

Sonia R. Banks

Biography

Dr. Sonia R. Banks is a results-driven clinical psychologist and behavioral health strategist, who makes the most of the transitions we all go through when reaching our desired goals. Dr. Banks uses behavioral play to change attitudes and introduce people to their "Possible Selves." She unleashes potential by challenging assumptions that limit our effectiveness and uses a person-centered approach to empower you to live your unique life and turn inner thoughts into spoken words that can lead to amazing resolutions.

"Let's Make Fun a Habit," is heard from Dr. Banks as she lures us to a more positive self-perception. Entering a room with the infectious energy and excitement of a child in a toy store, this self-proclaimed "Twister aficionado, coloring book Picasso, whiteboard vandal and hopscotch professional" shows up vibrantly as an innovator with the unique ability to make everyone around her more curious, playful, and certainly self-reflective. Whether she's training, lecturing, interviewing, or facilitating, Dr. Banks brings her full self to the experience and invites you to join her on the journey to self - discovery, awareness, and love.

Dr. Banks has a doctorate and master's degree in Clinical Psychology from George Washington University, and a Masters of Arts degree in Human Resource Management from the New School for Social Research. She received a Bachelor of Arts degree in Psychology from Wellesley College. She has a proven record of designing for authentic personal power as easily as for qualitative research-based behavioral interventions. Dr. Banks has counseled and coached hundreds of people using her trailblazing cross-disciplinary approach to relationship consulting. She has been a featured therapist in several articles published in Essence magazine and contributed to articles for the American Journal of Public Health. She is a diagnostic psychotherapist for several relationship conflicts on network shows, has been quoted in local newspapers, and has appeared several times on NBC, ABC, and COX radio. She currently leads a passionate process to improve quality of life and through @Play infuses playful activities as a tool for consulting, coaching, and team engagement, inspiring everyone from executives and entrepreneurs to couples and families.