Family Process Institute, Inc.
www.FamilyProcess.org

BIOGRAPHY

Mona Mittal, PhD, LMFT, MS-CI

Dr. Mittal is an Associate Professor in the Department of Family Science at the University of Maryland School of Public Health, where she is core faculty in the Couple and Family Therapy program and affiliated with the Maryland Population Research Center and the Prevention Research Center. Her research integrates couple and family therapy and public health to address interpersonal violence, trauma, mental health, HIV, and perinatal health among communities facing health inequities in the U.S. and globally. Dr. Mittal has led federally funded studies, including an NIMH K01 award testing an integrated HIV and violence intervention for women and a NIDA-funded study of a couples-based intervention addressing substance use, violence, and HIV among African American couples. Her current work focuses on perinatal mental health in WIC settings, trauma-informed lawyering, and relationship interventions for couples navigating reentry. She is the author of more than 50 publications and served on the National Academies of Sciences, Engineering, and Medicine committee on sustaining intimate partner violence services during public health emergencies. She serves on the editorial board of the *Journal of Marital and Family Therapy* and as Secretary of AAMFT's Intervention Research in Systemic Family Therapy Network. Dr. Mittal received her PhD in Marriage and Family Therapy from Texas Tech University and her MS in Clinical Investigation from the University of Rochester. She is a licensed marriage and family therapist and an AAMFT Approved Supervisor and maintains a clinical practice.