Psychotherapy With African Americans

This seminar will distinguish between colorblind and multicultural approaches. Dr. Williams will talk about racial identity in whites and blacks, and the impact of cultural stereotypes. She will identify the impact of discrimination and racism on mental health. This seminar will also focus on practical skills in working with African American clients, looking at cultural mistrust, diagnostic issues, and Afrocentric values. Finally, Dr. Williams will highlight the literature on race and IQ and psychopathology assessment. She will help participants in defining culturally sensitive therapy.

Learning Objectives

- Explain the importance of ethnic/racial identity for African Americans
- Describe the connection between discrimination and mental illness
- Describe the difference between Eurocentric and Afrocentric values
- Identify reasons for cultural mistrust among African Americans
- Recognize important intervention strategies for African Americans

The Presenter

Monnica Williams, Ph.D., is the Canada Research Chair for Mental Health Disparities at the University of Ottawa, where she conducts psychological research, mentors students, and teaches advanced courses in multicultural psychology and psychopathology. She completed her undergraduate work at MIT and UCLA, and received her doctoral degree from the University of Virginia. Dr. Williams was an Assistant Professor at the University of Pennsylvania School of Medicine in the Department of Psychiatry for over four years, where she worked with Dr. Edna Foa at the Center for the Treatment and Study of Anxiety before her move to the University of Ottawa in 2011, where she serves as the Director for the Center for Mental Health Disparities. She also worked at the University of Connecticut for 4 years, where she had joint appointments in the Department of Psychological Science and Psychiatry.

Dr. Williams has presented at many scientific conferences and is a much sought after speaker. She has published over 100 peer-reviewed articles and book chapters focused on anxiety disorders and cultural differences. She has been the principal investigator in several grant-funded research projects, and has served as a peer reviewer for over 25 different journals.

Dr. Williams is a licensed psychologist in the United States and Canada. She is the Clinical Director of the Behavioral Wellness Counseling Center which has offices in Tolland, Connecticut. She treats adults with anxiety disorders and provides clinical instruction to trainees. In the community, she conducts trainings and lectures for medical residents, local organizations, and treatment providers. She was president-elect of the Delaware Valley Association of Black Psychologists, co-founded the International OCD Foundation’s Diversity Advisory Board, and serves on the board of directors for the Chacruna Institute.

Seminar Schedule

Begin 10 AM ET and end 5:45 PM ET, with 15 minute breaks at 11:30, 3:15, and 4:30, and a one hour lunch break at 1PM.

How To Register:

On-Line at tzkseminars.com

Register On-Line for only $89

To Register

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Looren YEarrick, MSN, RN. This approval expires on March 1, 2022. To cancel a registration, go to the Contact page. You will be charged $30 for any cancelled registration.

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