

# 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.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course Level: Intermediate

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Explain the importance of ethnic/racial identity for African Americans
  2. Describe the connection between discrimination and mental illness
  3. Describe the difference between Eurocentric and Afrocentric values
  4. Identify reasons for cultural mistrust among African Americans
  5. Recognize important intervention strategies for African Americans

## Seminar Schedule

Begin 10AM EST and end 5:45 PM, 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](http://tzkseminars.com)  
Register On-Line for only \$99

## Psychotherapy with African Americans

Begin 10 AM ET

PART 1: Colorblind versus Multicultural (Therapeutic) Approaches

Break 11:30-11:45 AM ET

PART 2: Racial Identity

Lunch Break 1-2 PM ET

PART 3: Stereotypes

PART 4: Mental Health Sequale of Discrimination and Racism

Break 3:15-3:30 PM ET

PART 5: Working with African American Clients

Break 4:30-4:45 PM ET

PART 6: Assessment and Treatment Issues

End 5:45 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## 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 Louisville in 2011, where she served 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 on several grant-funded research projects, and has served as a peer reviewer for over 20 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 lecture 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.

## To Register

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Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

Tzkseminars  
103 East Bay View Drive  
Annapolis, Md. 21403



## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 6 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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