

6th World Congress on

Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

KEYNOTE FORUM | DAY 1

INTERNATIONAL JOURNAL OF EMERGENCY MENTAL HEALTH AND HUMAN RESILIENCE 2019, VOLUME 21

DOI: 10.4172/1522-4821-C2-028

The archetype of the “Strong Black Woman” and mental illness: How do we address the gaps?

Modern beliefs and symbolism in our community have created some problems. The “strong black women” and the “angry black women” stereotypes depict images of proud women who don’t take no for an answer. Black girls are often taught to “keep your head up” to get through anything. While it can be seen as a great life lesson, it may also allow black women to use this same coping strategy through adulthood which may foster an environment in which they have to manage everything. Regardless of what is happening in your life, black women are literally bred to be strong ‘all the time’. While this can be seen as positive in some

aspects, the image has been carved in order to not allow ourselves our humanity. If you are suffering from depression or anxiety, black women often don’t acknowledge it because they believe that they can’t. The stereotypical image of the strong black woman can also be seen as a barrier to access to mental health treatment. Issues may not be seen as mental health-related due to societal mental health stigma. This presentation aims to address the concept of the “strong black woman and its impact on mental health and well being of women of African descent. What are some of the potential gaps in psychotherapeutic care and how can these gaps be addressed?

Biography

Natasha Williams is a Registered Psychologist, keynote speaker and co-director of Allied Psychological Services in Toronto, Canada. She is the current trainer

**Natasha Williams**

N. S. Williams Psychology Professional Corporation, Canada

with the Adler Graduate Professional School in the CBT certificate program. She is also a guest facilitator/trainer with the Centre for Addiction and Mental Health (CAMH) in topics such as culturally adapting cognitive behavioral therapy for the English-speaking Caribbean community and Motivational Interviewing. She provides services in her private practice including assessment, consultation, supervision, individual psychotherapy and training to clients from diverse ethno-racial backgrounds, gender, and socio-economic backgrounds.

info@drnatashawilliams.com