

## Depressive Disorders in African Americans

This presentation will provide a detailed overview of Major Depressive Disorder (MDD), and related conditions from a DSM-5 framework. This will include a discussion of symptoms, etiologies, theoretical conceptualizations, and treatment approaches. It will also discuss the impact of race, ethnicity, and culture on attitudes towards depression, diagnosis and treatment, and barriers to care specific to African American populations. We emphasize the differential impact of racism on Black men and Black women as contributing factors. Finally, we discuss treatment considerations and outreach to the African American community.

### Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the prevalence and demographic factors related to depression in African Americans
2. Identify the major causes of stress in African Americans
3. Name the differences in stressors between Black men and women
4. Name the reasons for underuse of mental health services by African Americans
5. Identify preferred therapeutic approaches by African Americans

### Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 1 PM ET

Classification Review  
Unipolar Disorders  
Bipolar Disorders  
Prevalence & Demographic Features

Break 2:30-2:45 PM ET

Causes of Depression  
Culture & Depression  
Treatment Best Practices  
Barriers to Treatment  
Therapeutic Considerations

End 4:15 PM ET

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### 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 3 CE's for attending once they have completed these requirements.

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## 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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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