Introduction
The NBCC Foundation invites you to a NO-COST* webinar from the Innovations in Counseling: Working With Minority Populations webinar series. Funding for this training was made possible in part by the NBCC Minority Fellowship Program (MFP) grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed in written materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. government. NBCC is the nation’s premier professional certification board serving counselors who meet standards for the general and specialty practices of the profession. The NBCC Foundation, an affiliate of NBCC and a philanthropic nonprofit organization, administers the NBCC MFP.

Course Description
Although African American women are burdened with mental health issues, their use of mental health services is low. “I don’t have time for that” or “I can handle it” are all too familiar responses that an African American woman may make to explain why she does not seek help for herself. This lack of attention to her mental health has detrimental effects for the African American community. In this webinar, we will discuss the pertinent issues relevant to the African American woman and her struggle to address and overcome mental health problems. The intersection of history, the “Strong Black Woman” concept, stigma, mistrust of the mental health field, and lack of culturally responsive mental health treatment reveals the factors that keep this population of women from accessing the services that they need most.

After this webinar, participants will be able to:
- Identify the role that history, the “Strong Black Woman” concept, stigma, mistrust of the mental health field, and lack of culturally responsive mental health treatment have in limiting the African-American woman’s capacity to address her mental health problems appropriately.
- Recognize the impact that the lack of effective mental health treatment for African American women has on the African American community.
- Explore their role as helpers in reducing the barriers to effective mental health treatment for the African American woman.

Course Content
The quiz is based on the webinar A Culture of Stigma: The African American Woman and Mental Health, presented by Shana D. Lewis.

*This course is available for viewing at no cost. If you would like to receive continuing education credit for this course, it is available for a $10 processing fee (this is not covered by the grant).

You should only take the quiz if you have completed the webinar.

Click here to view webinar: A Culture of Stigma: The African-American Woman and Mental Health