

# **Monnica Williams, Ph.D.**

**Associate Professor, Psychological Sciences at University of Connecticut**

Storrs, CT, US

Dr. Williams is a board-certified, licensed clinical psychologist, specializing in cognitive-behavioral therapies.

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## **Biography**

Monnica Williams, Ph.D. is a board-certified, licensed clinical psychologist, specializing in cognitive-behavioral therapies. She is an Associate Professor in the Department of Psychological Sciences at the University of Connecticut, and Director of the Laboratory for Culture and Mental Health Disparities. She is also the Clinical Director of the Behavioral Wellness Clinic, LLC, in Louisville, Kentucky and Chadd's Ford, Pennsylvania.

Dr. Williams completed her undergraduate studies at MIT (biotechnology) and UCLA (psychology). She received her Master's and Doctoral Degrees in clinical psychology from the University of Virginia, where she conducted research in the areas of mental illness, tests and measurement, and ethnic differences. She completed her clinical internship at McGill University Health Centre, Montreal General Hospital Site, where she completed rotations in mood disorders, sexual disorders, and emergency psychiatric medicine. Prior to her move to Connecticut, Dr. Williams was an Assistant Professor at the University of Pennsylvania School of Medicine in the Department of Psychiatry for four years, where she worked with Dr. Edna Foa, an international authority on OCD and PTSD. She was also Director of the Center for Mental Health Disparities at the University of Louisville.

Dr. Williams sometimes contributes as a media expert. On television she has appeared on PBS, CTV, numerous newscasts, and talk shows. She has appeared on several radio shows, including NPR, and had been featured in newspaper and magazine articles, including The Washington Post, The New York Times, Fortune, and The Huffington Post. She has written for the New York Times, and Slate, and maintains a blog on Psychology Today called Culturally Speaking.

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## **Areas of Expertise**

OCD, Racial Trauma , Cognitive-behavioral Therapies, Psychology, Mental health costs of racism, Post-traumatic stress disorder (PTSD)

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## **Affiliations**

International OCD Foundation (Scientific Advisory Board), Association of Behavioral and Cognitive Therapies (Special Interest Group Leader), Anxiety & Depression Association of America (ADAA), American Psychological Association, Connecticut Psychological Association

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## **Education**

**University of Virginia**

Ph.D. Clinical Psychology

**University of Virginia**  
M.A. Clinical Psychology

**University of California**  
Post-Baccalaureate Studies Psychology

**Massachusetts Institute of Technology**  
B.S. Electrical Engineering (biomed tech)

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