

Dr. Natasha Williams

Clinical Psychologist. Best-Selling Author. Wellness and Leadership Expert

Dr. Natasha Williams Biography

Dr. Natasha Williams is a Clinical Psychologist, Radical Self-Care, Wellness and Leadership Expert. She is one of the founding clinical directors of Allied Psychological Services located in Toronto, Canada, which is an anti-oppressive, multi-ethnic, multi-lingual psychological clinic.

Dr. Natasha's work is published in academic journals. She is a bestselling author, an international professional speaker, and a certified Diversity, Equity, and Inclusion corporate trainer.

She moves women from "typical self-care" to radical self-care by redefining selfishness so that they can improve their physical, emotional and mental health. During her more than 15 year career as a Clinical Psychologist, she has empowered women to challenge their gender, cultural and ethnic paradigms in order to create a new narrative for themselves. This allows them to work through their healing process, live their life on their own terms and ultimately become the best versions of themselves.

As an international professional speaker, Dr. Natasha has traveled across Canada and the United States as well as around the world to Hawaii, Peru, Japan, South Africa, Trinidad, Suriname, Haiti, Jamaica and India to present at major conferences, train medical and other corporate staff, and lecture at post-secondary institutions.

Dr. Natasha is a media expert and a regular guest contributor for the CTV Television Network and CBC and has been featured in several publications such as Chatelaine, The National Post, and Reader's Digest.

Dr. Natasha's Clinician Experience

Dr. Natasha Williams is a Registered Psychologist with the College of Psychologists of Ontario and the past Chair of the Board of Directors at Women's Health in Women's Hands, a Community Health Centre for Black women and women of colour in Toronto.

Dr. Natasha is a member of the Ontario Psychological Association (OPA), Canadian Psychological Association (CPA) and the American Psychological Association (APA). She is a guest facilitator/trainer with CAMH in topics such as culturally adapting cognitive behavioural therapy for the English-speaking Caribbean community and motivational Interviewing. Currently, she is the Clinical Director of Allied Psychological Services and the current President of the Association of Black Psychologists (ABPSI).

With her numerous leadership and training positions, Dr. Natasha has brought her expertise to many boards. She was OPA's diversity delegate representative at the APA State Leadership Conference in Washington D.C., the past Chair of the OPA Diversity Task Force, past board member of the Ontario Psychological Association, past faculty member with the Bridge Training program for internationally trained mental health professionals, a former trainer for TAPE Educational services, and the former lead trainer with the Adler Graduate Professional School in the CBT certificate program.

