

# DR. CHINWÉ WILLIAMS

*THERAPIST, AUTHOR, SPEAKER*

[drchinwewilliams.com](http://drchinwewilliams.com)



## About Dr. Chinwé

Dr. Chinwé is a highly regarded trauma therapist, bestselling author, trusted keynote speaker and workshop facilitator. Knowledgeable, competent and warm, Dr. Chinwé is a board-certified and dedicated mental health professional. She is an authority on stress, anxiety, burnout, trauma resolution, the intersection of faith, culture and mental health, youth, young adult and women's wellness.

She is a Licensed Professional Counselor (LPC), a Board Certified Counselor, a Counselor Educator & Supervisor and a certified EMDR therapist. She earned her Doctorate in Counselor Education & Practice from Georgia State University and her Master's degree in counseling from The University of Georgia. Dr. Chinwé lives in Cumming, Georgia, with her husband, two young sons and young adult daughter.

## Why Dr. Chinwé?

- With nearly 20 years of experience working with adolescents, young adults, adults, professionals and families, Dr. Chinwé uses a warm, thoughtful and strength-based approach to both counseling and speaking that empowers clients to make more mindful and intentional decisions about the direction of their lives.
- As the co-author of the best-selling book, SEEN: Healing Dispair and Anxiety in Kids and Teens Through The Power of Connection, Dr. Chinwé is passionate about equipping individuals across generations with not only the tools to help in mental health crises but also the hope that we can support those around us to the best of our abilities.
- Dr. Chinwé understands that awareness, support and resources are essential to feeling safe, secure and worthy. As a sought-after speaker for parents & churches, businesses & organizations and counselors & educators, she is devoted to helping people and teams resolve old, unhealthy patterns of thinking and behaving that prevent them from reaching their full potential.
- Faith is an integral part of Dr. Chinwé's approach to counseling and speaking. In addition to her courses and guides, she works to create a trauma-informed environment to navigate anxiety and overall mental health in church communities.

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## Suggested Interview Questions:

- How does the spiral of anxiety affect our everyday lives? What steps can we take to escape the cycle of anxiety and fear?
- How has your role as a parent influenced your work and approach to wellness?
- What is the true definition of trauma? How can we normalize symptoms and work to remedy our experiences?
- What role does faith play in your approach to counseling and speaking?
- Why do you find it important to empower adolescents, teens and young adults when it comes to mental health?
- How does racial trauma affect the individual and the collective?
- You co-authored the book SEEN: Healing Dispair and Anxiety in Kids and Teens Through The Power of Connection. Why is it important for you to offer accessible tools to help kids, teens and parents alike?
- How do we approach mental health as a parent of a child experiencing struggles?
- Why we need to create safe spaces for our children to express themselves freely
- How does your work reduce the stigma around mental health, especially in the younger generation, corporate environments and communities of faith?
- COVID-19 brought unprecedented loss, isolation and mental health crises. How has the pandemic impacted our overall well-being?
- When is it time to bring in a professional for a child's anxiety or trauma?
- You bring a gentle and compassionate yet expert voice to your counseling services and speaking events. Why is it important to approach hard conversations with an empathetic nature?
- How does connection cultivate a happier and healthier life?



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## Suggested Interview Topics:

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- The Spiral of Anxiety: What Is It and How Do We Escape It?
- Poking Without Prodding: Strategies for Parenting Healthy Teenagers
- Safety in the Church | How To Create Trauma-Informed Ministry
- Overcoming overwhelm as mothers, women and community leaders
- Company Culture | Why Meaningful Relationships Cultivate a Thriving and Lasting Workforce
- Wellness strategies for leaders and organizations
- Signs of burnout and how to alleviate them
- Somatic Therapy: What Is It and How Does It Address Race-based Trauma
- How to create a sense of belonging in diverse communities and corporate environments
- Myth vs. Fact: Destigmatizing Mental Health
- Tips for parenting children with mental health struggles
- How to take control of your anxiety so you can not only survive but thrive
- What language to use when approaching conversations on mental health
- Immediate Relief: Strategies to Implement in Your Every Day to Relieve Stress
- Self-Management Strategies for Leaders

