

Michele Owens

Biography

Dr. Michele Owens is an acclaimed psychologist and educator known for her ability to support while challenging, inspire while facilitating and to identify opportunities to enhance growth and new perspectives. Passionate about healthy relationship development for women, couples and adolescents in low income and minority communities, she designs and conducts workshops on diversity, multiculturalism, and relationship enhancement where she facilitates challenging and impactful conversations. Her mission: to release the stigma associated with mental health concerns and treatment in these communities. If you ask her what it's all about she's likely to tell you that what matters most is "who you love and who loves you back."

Dr. Owens has a unique perspective on the ways in which culture and tradition can support and strengthen mental health and wellness. She is focused on issues of social justice, inclusion and attempting to "right some wrongs and help to create balance." Combining her love of the arts and desire to help strengthen communities, she offers her clinical skills in unique, culturally relevant settings. These have included book discussions, poetry readings, photo exhibits, cooking classes and film showings. In these environments, participants can relax and experience connection, conversation, music, and laughter, while fostering a greater understanding and enactment of healthy and meaningful interaction as underpinnings of overall wellbeing.

Dr. Owens earned her undergraduate degree in Sociology and Psychology at Case Western Reserve University. She is a graduate of The Derner Institute of Advanced Psychological Studies, where she earned a Ph.D. in Clinical Psychology. She also studied at the NYU Postdoctoral Program in Psychoanalysis and Psychotherapy. Dr. Owens has lent her clinical expertise to several major colleges and institutions, including Columbia University, City College, Hofstra University and the Einstein College of Medicine. Appearing on several media outlets, with printed features in *Essence* and *Jet*, her writings can also be found in the award-winning book *Psychotherapy with African American Women* and in *The Psychology of Black Boys and Adolescents*. Today, she continues her private practice in NYC and is the Senior Psychologist at Prep for Prep, a premier NYC academic and leadership development organization for underserved adolescents.