

Strong, Magical, and Depressed: A Qualitative Intersectional Exploration of Black Women's Experiences with Depression

presented by

Daryllyn Harris, LCSW

Daryllyn Harris-Waller is a licensed clinical social worker and founder and CEO of Renewed Essence Counseling and Wellness. She earned her BASW and MSW from the University of Washington in Seattle in 2006. She is a well-rounded clinician with several years of experience as a case manager, college professor, and mental health therapist. She is a PhD candidate in Clinical Social Work at Smith College in Northampton, MA. Her research focuses on the lived experiences of African American women who have experienced depression. She is a Black feminist researcher and uses her work to build an understanding of facilitators and barriers to mental health use for Black women. She is just as committed to her own healing as she is to facilitating and helping others heal. She is intentional about filling herself with love, purpose, relaxation, and self-care. She has a deep and relatable understanding with her clients and truly acknowledges the sacred work that is done in therapy. Rooted in faith, she is committed to integrating mental health and spirituality. She enjoys dancing, being outside, Pilates, connecting with beauty in nature, and is passionate about her community and dedicates her time and energy to social justice and mental health advocacy. She is committed to her marriage and loves being a mother to her twin toddler girls. She is currently a tenured faculty member at Highline College in Des Moines, Washington where she serves as a Mental Health Counselor and the Counseling Center Department Coordinator.

3/28/24 8-9:15 AM

<https://hartfordhealthcare.zoom.us/j/98139399014>

Learning Objectives: *As a result of participating in this Live Internet Activity, participants should be able to:*

- *Interpret understanding of Intersectionality (racialized stress) and the Strong Woman Schema as theoretical frameworks for exploring/understanding depression for Black Women.*
- *Apply Intersectionality and the Strong Woman Schema to analyze at least one example (case study or scenario) of how they influence the experiences of Black women with depression.*
- *Formulate 2-3 questions/probes specifically designed to explore depression in Black women with "curiosity and care" to promote culturally sensitive and trauma-informed practices.*

Accreditation & Credit Designation Statements: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

- **Physicians:** Hartford HealthCare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
- **Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25** other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 Credit[™] from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Planning Committee: None
- Speakers: None



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