

**Keshia Cameron**

Psychotherapist, MSW

**Approved Biography**

10.01.2020

Keshia is a Psychotherapist Mental Health Counselor with a Master's in Community Health Education and Master's in Social Work. Keshia has 7+ years of experience working with diverse populations in an academic setting. She is a former academic advisor, advocate, and retention specialist for college students who needed additional academic and socio-emotional support in order to retain their studies. Keshia utilizes strengths-based and motivational interviewing techniques to build relationships with students and stresses the importance about seeking resources to address the mental health gaps for underrepresented students of color.

Keshia examines the impact of stigmatization that mental health in the Afro-Caribbean communities and facilitates workshops for college students on why their mental health needs must be addressed. She believes that everyone must use their experiences as life lessons on being a better individual for self and the surrounding environment. Keshia focuses on these strengths and resilience to address any generational trauma that may have impacted the person's physical, spiritual, and mental being. She aims to use her non-judgmental approach and conversational style to ensure a safe, secure and healing space.

Keshia is a recent Magna Cum Laude graduate of the social work program from CUNY Lehman College. She has facilitated various workshops on academic advising, socio-emotional support, and psychoeducation in clinical and non-clinical spaces.


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