



ISHA W. METZGER, PHD, LCP

LICENSED CLINICAL PSYCHOLOGIST
FOUNDER AND DIRECTOR OF THE EMPOWER LAB
OWNER OF CULTURAL CONCEPTS CONSULTING

ISHA W. METZGER

ENTREPRENEUR, PROFESSOR, ACTIVIST



ABOUT DR. METZGER

Isha W. Metzger, PhD is a first generation American from Atlanta, Georgia by way of Sierra Leone, West Africa. She is a Licensed Clinical Psychologist, Director of The EMPOWER Lab, and Owner of Cultural Concepts Consulting, LLC.

She is focused on providing direct services, consulting, and supervising the delivery of evidence-based treatments to thousands of underserved individuals seeking treatment for a broad range of problems related to trauma exposure, anxiety and mood, substance use, risky sexual behaviors, self-harm, and a range of internalizing and externalizing problems.

PROGRAMS & RESOURCES

Dr. Metzger stands against anti-Black racism and oppression through "Engaging Minorities in Prevention, Outreach, Wellness, Education, & Research" through community-based participatory methods and advocacy

THE EMPOWER LAB

The EMPOWER Lab aims to reduce mental health disparities through increasing engagement in mental health treatment, community outreach, education and training, and research focusing on the Black community. Specifically, Dr. Metzger is interested in improving mental health (anxiety, depression, PTSD) treatment outcomes for African American youth exposed to interpersonal and racial trauma.

CULTURAL CONCEPTS CONSULTING

Dr. Metzger provides clinical supervision for unlicensed professionals delivering evidence-based services focused on reducing anxiety and mood symptoms, racial stress, substance use, risky sexual behaviors, post-traumatic stress, and various mental health concerns. She conducts supervision to enhance therapists' competency in culturally sensitive assessment and treatment of trauma-related symptoms with a specific focus on ethnic minority children and young adults.



KEY MESSAGES

ELIMINATING MENTAL AND BEHAVIORAL HEALTH DISPARITIES

Dr. Metzger focuses on eliminating mental and behavioral health disparities that result from both interpersonal and racial stressors for ethnic minority youth. Her goal is to continue to get the attention of policymakers, lawmakers, and funders who can use their positions to help fund, develop, research, evaluate, disseminate, and amplify work that is being done to help Black youth heal from the effects of racial trauma.

EDUCATING ONESELF TO LEARN ABOUT THE SYSTEMS OF OPPRESSION

Dr. Metzger believes educating oneself to learn about the systems of oppression and how they marginalize and negatively impact mental, physical, behavioral, and emotional outcomes is an important step to improving racial injustices. Each person should read and share what they've learned, engage in training and continuing education, check their own implicit biases, and engage in experiences that will help them get comfortable with advocacy and allyship.

UNDERSTANDING SIGNS OF RACIAL TRAUMA

Dr. Metzger helps others understand signs of racial trauma, including how to cope with racial stressors and strategies for effective allyship through her ongoing Public Health Messaging Campaign and her Black and EMPOWERED podcast.



SPEAKING TOPICS

Dr. Metzger delivers informative and dynamic evidence-based presentations to academic and professional audiences globally.

Topics include:

- Cultural sensitivity in treatment delivery
- Diversity and inclusion on college campuses
- The impact of racism and discrimination on African American youth
- Preventing risk behaviors in adolescents
- Racial socialization and "the talk" between Black parents and their children
- Mental health among diverse populations



TESTIMONIAL

"Very well organized and professional presentation. Wonderful speaker. While some of what was presented caused me to want to get defensive, I choose to acknowledge my responses, stay and listen with an open mind and figure out what pieces of what she was talking about I could address from my position as an individual and professional. Thanks for that opportunity!"



GET IN TOUCH



@THEEMPOWERLAB



@THEEMPOWERLAB



WWW.DRISHAMETZGER.COM

ISHA W. METZGER

ENTREPRENEUR, PROFESSOR, ACTIVIST

MEDIA KIT | 2021