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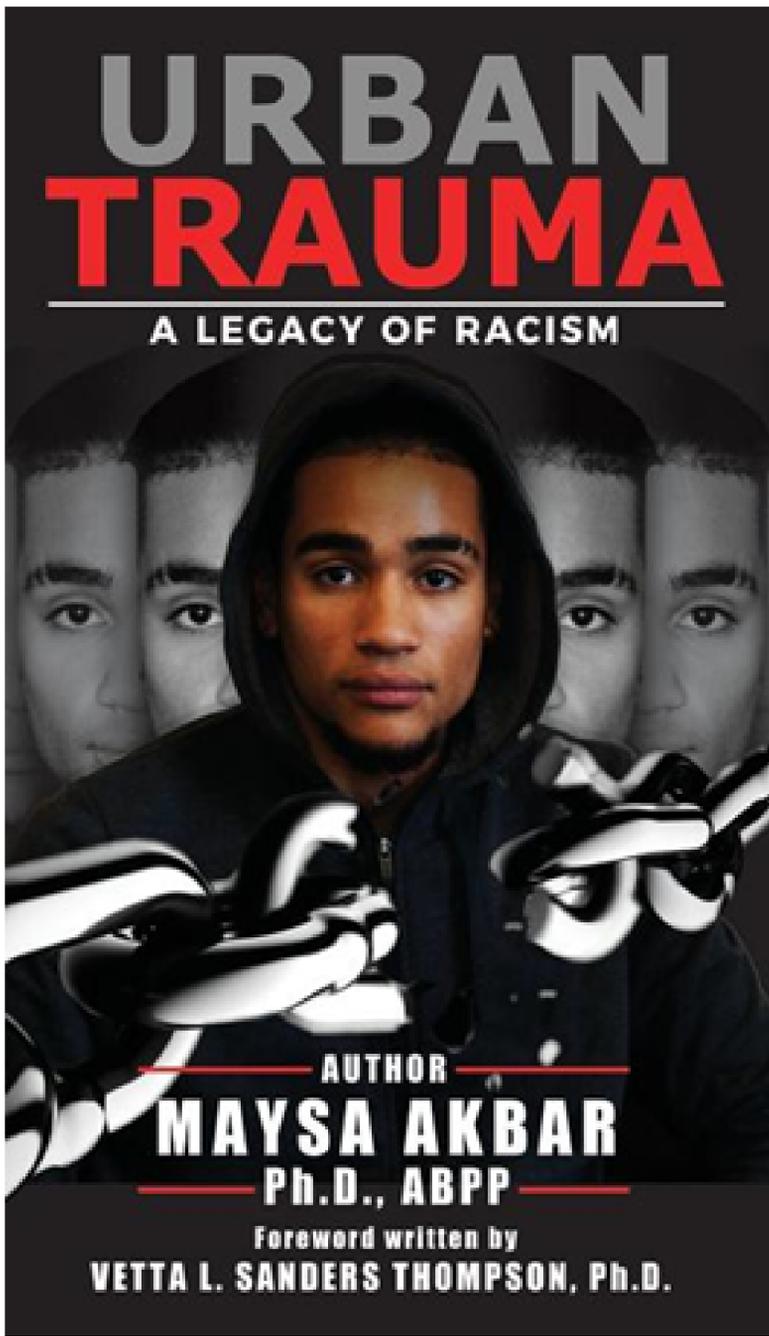
MAYSA AKBAR

Author | Speaker | Healer

Dr. Maysa Akbar, is a groundbreaking psychologist, best-selling author, and healer. Dr. Akbar is a thought leader and expert in racial trauma, allyship, diversity, equity, and inclusion. She is an engaging and dynamic speaker who is sought by corporations, philanthropies, nonprofit organizations, urban school districts, and social service agencies in their efforts to promote antiracism and advance racial equity. She brings insight, courage, and passion to her conversations with communities of color and white communities alike.

In her first book, *Urban Trauma, A Legacy of Racism*, Dr. Akbar introduces the Urban Trauma® framework that unpacks how people of color live in a state of crisis due to oppressive societal systems, resulting in feelings of anger, rage, and hopelessness. In her second book, *Beyond Ally, The Pursuit of Racial Justice*, with wisdom and compassion, Dr. Akbar advances her racial justice work through the creation of the Ally Identity Model, which details the stages of allyship in dismantling systemic oppression.

Dr. Akbar is a board-certified clinical psychologist and is an Assistant Clinical Professor at Yale University, School of Medicine. She is the CEO and founder of Integrated Wellness Group, psychotherapy practice specializing in treating race based trauma since 2008. Dr. Akbar represents the American Psychological Association at the United Nations where she informs psychology practice within the international community. Dr. Akbar lives in New Haven with her husband and two children. In her spare time she engages in mediation and yoga practices focused on healing and liberation from race-based trauma.



Survived physical abuse. Witnessed community violence. Conquered the streets. Saved by education. This is Dr. Maysa Akbar's story. A story of overcoming Urban Trauma.

It's easy to look down at urban communities and wonder why economic and social disparities still exist when so many people of color, despite facing severe adversity, have done better. They have broken the "cycle."

Yet there are those in urban communities who continue to be plagued by what Dr. Maysa Akbar has defined as Urban Trauma – a set of conditions that sustain modern day oppression.

In *Urban Trauma: A Legacy of Racism*, Dr. Akbar makes the case that since the time of slavery, systemic trauma in our urban centers is a result of poverty, overcrowded housing, poor physical and mental health, despair, violence, crime, and drug abuse.

Drawing from historical events, intergenerational biology, and psychology she expertly illustrates that not only is Urban Trauma real, but that by denying its existence we deny our communities of color the chance to heal and break their cycle.

Urban Trauma: A Legacy of Racism was released October 3, 2017 and quickly became a #1 BEST SELLER in Slavery & Emancipation on Amazon. It also debuted as a #1 New Release in General Sociology of Race Relations, Sociology of Urban Areas and Post-traumatic Stress Disorder.

Testimonials

"This book helps me understand the impact of urban trauma on conditions in my city that my administration works to ameliorate. Dr. Akbar's poignant stories and insight to negative, often disruptive behaviors of children - and adults - living with multi-generational trauma provides a foundation for understanding these problems and provides tools to address these complex limiting behaviors."

- Toni Harp, Mayor, New Haven, Connecticut

"Dr. Akbar pokes her finger deep into the painful pulse of today's urban communities - clearly outlining behaviors and characteristics that have proven efficacious for some but a detriment to many others. As the mother of two black boys. Urban Trauma is a cultural masterpiece connecting the dots of history and the burden of proof that deals directly with what has been, what is, and what is to come."

- Staci L. Hallmon, Vice President, Essence Communications

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Check out our online courses on our website to become online certified or online Urban Trauma Informed.



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MAYSA AKBAR

To Speak



Inspire your audience and curate a meaningful event with Dr. Maysa Akbar as your keynote speaker, workshop leader, and trainer.

Dr. Akbar is a dynamic and engaging speaker on various topics ranging from the social impact of racial trauma to leading businesses on the internal work needed to be diverse and inclusive. With a collaborative approach, she partners with organizations seeking to create allyship and a more equitable world.

Dr. Akbar is a talented and passionate storyteller whose unique performative style has been chronicled as:

"relatable", "humorous" and "knowledgeable"

Every event is individualized and tailored to the specific audience and purpose of the event. Effortlessly captivating her audience throughout the entire engagement, Dr. Akbar leaves people profoundly informed and highly motivated to be agents of change.

Book your next event featuring Dr. Akbar by emailing us at info@urbantrauma.com