

DR. RIANA ELYSE ANDERSON

Psychologist | Speaker | Academic

Riana Elyse Anderson PhD, LCP is an Assistant Professor in the Department of Health Behavior and Health Education at the University of Michigan's School of Public Health. She earned her PhD in Clinical and Community Psychology at the University of Virginia and completed a Clinical and Community Psychology Residency at Yale University's School of Medicine and a Fellowship in Applied Psychology at the University of Pennsylvania. On the whole, Dr. Anderson aims to facilitate healing in Black families with practical applications of her research and clinical services, as well as through public engagement, mentorship, and policy recommendations. Dr. Anderson uses a range of methods to study racial discrimination and "The Talk" in Black families and apply her findings to help families reduce their racial stress. She is particularly interested in how family-based therapeutic programs helps to improve Black youth's mental health. Dr. Anderson is the developer and director of the EMBRace (Engaging, Managing, and Bonding through Race) Program and loves to translate her work for a variety of audiences, particularly those whom she serves in the community, via blogs, video, interactive media, panels, and literary articles.

Expert Topics

- * Racial Discrimination
- * Racial Socialization
- * Stress and Coping
- * Racial Stress & Trauma
- * Mental Health
- * Black Families
- * Interventions



Seen On

CNN NBC NPR ESSENCE
The New York Times Forbes
Women'sHealth teenvogue

FOR MEDIA REQUESTS:

rianaelysemedia@gmail.com

FIND DR. RIANA ONLINE:

rianaelyse.com



Recent Sightings

