



# DR. KAHINA LOUIS

CLINICAL PSYCHOLOGIST | SPEAKER | CONSULTANT

Dr. Kahina Louis is a licensed clinical psychologist, speaker, and consultant. As the founder of Strengths and Solutions, she manages a group private practice of over 10 Black women therapists, serving clients across the Southeast US. Her mission is to spread the word on how tangible mental wellness and self-care can truly be. Through local to national speaking engagements and global publications, she's seized the opportunity to educate about anxiety and depression, mental health and therapy, and overcoming stigma against mental illness, particularly in the Black community.

**For bookings: [info@strengthsandsolutions.com](mailto:info@strengthsandsolutions.com)**

AS SEEN IN

**THE HUFFPOST**

**FAST COMPANY**

**COSMOPOLITAN**

**BYRDIE**

**POPSUGAR.**

## SPEAKING TOPICS

Black Mental Health Awareness

Anxiety & Depression Management

Psychological + Psychoeducational Assessments

Navigating Stigma Against Therapy & Mental Health

Effective Coping Skills & Self-Care

## ORGANIZATIONS THAT TRUST DR. KAHINA LOUIS

**Stanford University**

**Congressional Black Caucus FOUNDATION**

**NFBPA South Florida**

**FULL SAIL UNIVERSITY**

**100 BLACK MEN OF GREATER FORT LAUDERDALE**



Working with Dr. Kahina Louis has been a true delight and pleasure. Dr. Louis facilitated several sessions for my interns at the Congressional Black Caucus Foundation (CBCF) that negated the negative stereotypes of mental health while highlighting the many benefits. Her engagement and vulnerability with the interns allowed them in return to be vulnerable and ask the tough questions. Dr. Louis's charisma, thoughtfulness and expertise has truly made a lasting impact.

-Courtland L. James M.B.A., M.S.  
Senior Program Coordinator, Leadership Institute