



Presenter Bio

The son of a Black man raised in Texas and a Thai woman who immigrated to this country, Myron Nelson knows what it's like to feel differently from the people around you. Combine his family history of depression with life's inevitable setbacks and the result is repeated episodes of depression. Myron has spent the last decade trying to understand his own depression and help others overcome theirs. As a psychotherapist working in a variety of settings, including community agencies, universities, and private practice he has helped hundreds of depressed clients improve their relationships and feel hopeful for the future. He is the founder of Black Tie Therapy, a private practice in Chicago that specializes in depression and race-identity development. You can read more about his work at www.blacktietherapy.com and www.howtobeaburden.com.

Black Tie Therapy

Address: 3717 N. Ravenswood Ave. Suite 239 Chicago, IL 60613 - Phone: 773-217-8426