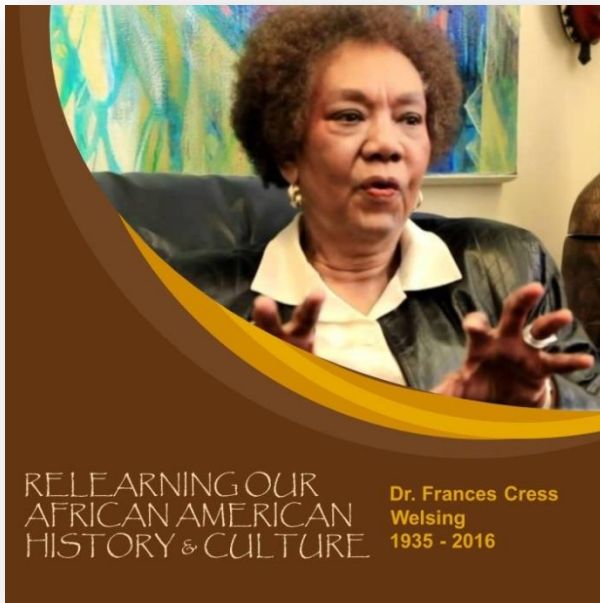




**AFRICAN AMERICAN NONPROFIT LEADERS**  
Champions for Nonprofit Excellence and Social Change.

## Dr. Frances Cress Welsing



- Psychiatrist Dr. Frances Cress Welsing is often described as the [Queen Mother of Black Consciousness and was noted](#) by the Los Angeles Times as "The first scientist to psychoanalyze white racism in the history of Western psychiatry, rather than focusing on the victims of racism."
- She earned a BS from Antioch College in and M.D. from Howard University. She went on to work as assistant professor of pediatrics at the Howard College of Medicine. Her first major article, *The Cress Theory of Color-Confrontation* (which would eventually become [The Isis Papers](#)), helps us understand racism towards solving the mental health problems of black people.
- Welsing is known for being [an advocate for strong African American families](#). Her work on improving the mental health of African Americans led to [a career in the field of race and cultural analysis](#). Welsing's analysis of the impact of white supremacy was trenchant, hard-hitting and consistent. Scholars and "activists" in the Black community who knew Welsing and studied her work saw her as an unswerving champion for African Americans and lover of humanity.

