

Dr. Williams' Biography

Born and raised in West Oakland, CA, and being a first-generation college student, Dr. Williams has worked extensively with LGBTQ + communities, various communities of color, individuals of low socioeconomic status, at-risk youth, and high-risk sexual offenders. She has a wide range of experiences including working for the California Department of Corrections and Rehabilitation providing services to incarcerated male youth offenders and has also worked internationally in New Zealand as the sole psychologist of a 21-bed inpatient unit where she incorporated NZ Maori practices and culture into the individual behavioral treatment plans of clients who were dually-diagnosed.

Dr. Williams is an Associate Professor at California State University, Sacramento, Marriage Couples and Family Counseling program. In addition, some of her many duties have included being a member of Sac State's Division of Inclusive Excellence, mentor for the Cooper Woodson College mentorship program and McNair's Scholars program—assisting with undergraduate student research projects. Dr. Williams also served as Faculty Student Advisor for the Student Counseling Society and is also Assessment and Accreditation Coordinator for the Counselor Education program.

Dr. Williams has worked with many social justice/cultural competence-focused agencies in the past, but currently, she is Founder and CEO of E. M. Williams Consulting, Inc., where their mission is to provide a comprehensive range of high-quality services via cultural competency trainings, technical assistance, and strategic planning to better prepare and equip AOD, mental and behavioral health service providers with culturally proficient and relevant interventions throughout the State of California.

Dr. Williams co-authored an article titled, "Eliminating Counselors' Transphobia: Moving Counseling Forward with Transgender People" located in the International Journal of Social Science and Business, Vol. 6. No. 1. She has written a book chapter titled, "Intersectionality: How it looks," and published a resource article for Center for Applied Research Solutions on substance use disorder prevention and working with the LGBTQ+ community entitled "Our Opportunity to Narrow the Gap: Working with individuals in LGBTQ+ communities."

Dr. Williams was also awarded Outstanding Faculty – Community Service in 2025.