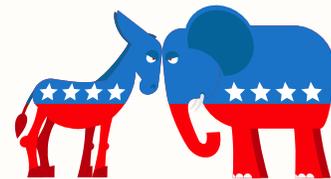




THERAPY IN A TIME OF POLITICAL STRESS & POLARIZATION



Tuesday, May 21, 2024 * 9:00 am - 12:00 pm EST
Live Online Webinar * \$65/person * 3.0 Contact Hours

In the toxic polarization of our society, most of us stay focused on our traditional work of personal healing, trying to steer clear of the struggles in our wider culture. But that outside world keeps impinging on our clients' lives—and our own. Voter suppression versus stolen elections, banning abortion versus reproductive rights, racial justice versus defending America, climate catastrophe versus ruining the economy, gun control versus more guns—the troubling list is long. As therapists, do we just take sides and hold contempt for the political “other,” therefore becoming part of the polarization? Or can we apply a larger therapeutic vision to political conflict in our clients' lives and in society? Explore a larger vision for our role as therapists. You'll discover how to identify the connection between your current clinical work and societal polarization and develop skills in bridging gaps between individuals and family members who see themselves as opposing the ‘political other.’



William J. Doherty, Ph.D. is a family therapist and Professor in the Department of Family Social Science at the University of Minnesota where he directs The Minnesota Couples on the Brink Project and The Citizen Professional Center. Clinically, he currently focuses on couples on the brink of divorce and on relational ethics in the everyday lives of clients. Following the 2016 U.S. Presidential election, he co-founded Braver Angels, a citizen initiative bringing conservatives and liberals together to counteract political polarization and restore the fraying social fabric in American society. Braver Angels now has volunteers working in all 50 states. Among his awards is the Lifetime Achievement Award from the American Family Therapy Academy. He is the author of several books. Along with his daughter, he has started The Doherty Foundation for Social and Civil Well-Being.

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