

# Depolarizing Therapeutic Presence: Utilizing Concepts of the “Experiential Democracy Dialogue” to Help Therapists Reduce Polarization With Clients

## An Existential- Humanistic Institute Workshop

SATURDAY, JAN 22ND

10 AM-1 PM, PACIFIC  
VIA ZOOM

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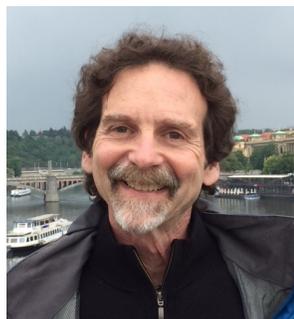


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This workshop will provide skills for therapists who are challenged by the cultural and political stances of their clients and want to more effectively work through their own charged internal reactions that could adversely affect the therapeutic relationship. Dr. Schneider spent over fifteen years developing a one-on-one depolarization dialogue format called the “Experiential Democracy Dialogue” (detailed in his book, “The Depolarizing of America: A Guidebook for Social Healing”). This approach is a hybrid of his experience as a leading figure in the existential-humanistic psychological and psychotherapeutic movements with his experience as a trained moderator for the nation-wide organization called “Braver Angels.”

In this workshop, Dr. Schneider will outline five phases of the Experiential Democracy Dialogue – Guided Visualization, Providing Background, Taking a Stance, Identifying Stereotypes and Results/Discovery – and then demonstrate how going through these phases can help therapists feel a greater openness toward and gain a greater understanding of their clients. Participants will then be placed into dyads to go through this process together. Participants will then be able to reflect on and begin to integrate how utilizing Experiential Democracy Dialogue techniques and core concepts can help strengthen their therapeutic relationships with clients who hold strong cultural and political differences from them. In this process and will be emphasized by Dr. Schneider.

## Our Presenter



### Kirk Schneider, PhD EHI President & Core Instructor

Kirk Schneider, PhD, is a licensed psychologist and leading spokesperson for contemporary existential-humanistic/integrative psychology. Dr. Schneider is a cofounder and current president of the Existential-Humanistic Institute (an award-winning psychotherapy training center), Council Member of the American

Psychological Association (APA), past president (2015-2016) of the Society for Humanistic Psychology (Division 32) of the APA, and current candidate for president of the APA. He is also a moderator for Braver Angels and an adjunct faculty member at Saybrook University and Teachers College, Columbia University. A Fellow of five Divisions of the APA, Dr. Schneider has published over 200 articles, interviews and chapters and has authored or edited 13 books including *The Spirituality of Awe*, *The Polarized Mind*, *Awakening to Awe*, *The Handbook of Humanistic Psychology*, *Existential-Humanistic Therapy*, *Existential-Integrative Psychotherapy*, *The Wiley World Handbook of Existential Therapy*, and *The Depolarizing of America: A Guidebook for Social Healing*. Dr. Schneider’s work has been featured in *Scientific American*, the *New York Times*, *Psychology Today* and many other health and psychology outlets.