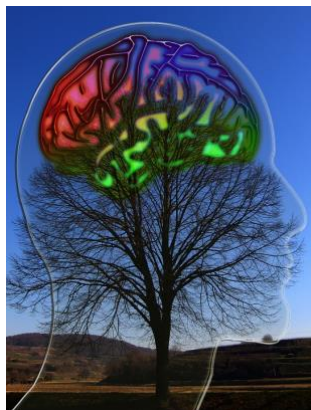




The Depolarizing of America **for Ourselves, Our Clients,** **and Our Communities**



Kirk J. Schneider, Ph.D.

Saturday, September 11, 2021

Live via Zoom

10:30am – 12:30pm PST

Dr. Schneider is a candidate for President Elect of the American Psychological Association and we welcome you to stay after the workshop to hear about his vision for APA.

[12:30pm-1pm Meet & Greet]

Please register by September 8, 2021: <https://www.wi.edu/continuing-education>
(Zoom info will be emailed the day before the event.)

Free for The Wright Institute Community

Staff, Faculty, Students, Practicum and Internship Training Directors/Supervisors/Post Docs (serving WI Practicum and Internship Trainees)

General Public: \$50, Non-WI Students: \$20, Alums: \$30

Alumni who complete or update their Alumni Survey may attend this program free of charge. For more information or help accessing the survey please contact Cassandra Dilosa at cdilosa@wi.edu.



CE Credits: 2 CE Hours

The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

Workshop Description:

This workshop introduces the concept of the “polarized mind” as well as strategies for depolarizing this (individual and collective) mindset. Dr. Schneider developed the concept of the polarized mind based on existential-depth and social psychological research on the roots of human destructiveness. Beginning with the definition of the polarized mind—which is the fixation on a single point of view to the utter exclusion of competing points of view—Dr. Schneider will trace the historical roots of this problem and consider their implication for contemporary times, including some clinical implications for both individual and collective functioning.

Dr. Schneider will then focus on the recent surge of interest in dialogue groups in the U.S. as a counter to the polarized mind. These groups bring people of contrasting backgrounds together for supportive, structured dialogues aimed at helping them to learn about and understand one another as distinct from imposing views on one another, which is the typical—and often polarized—way that such encounters devolve. The ultimate aim of these groups is discovery followed by the increased prospect of achieving common ground. Dr. Schneider will draw attention in particular to a one-on-one dialogue format that he developed over a decade called “the Experiential Democracy

Dialogue." This approach is a hybrid of his development of the latter along with his experience as a trained moderator for the nation-wide grassroots organization called "Braver Angels." Braver Angels uses a highly structured format to bring self-identified liberals and conservatives together for "living room" style dialogues. Dr. Schneider will use power point to discuss the phases of the Experiential Democracy Dialogue and offer it as a possible resource for audience members to use in their work with clients and the community. There will be a 55 minute period for audience members to engage in and practice the full six-phase Experiential Democracy Dialogue format in dyads, prior to a general discussion period with the entire group.

After completing this workshop, participants will be able to:

- Summarize the basic concepts of the Polarized Mind and Experiential Democracy Dialogue
- List three phases of the Experiential Democracy Dialogue
- Apply the Polarized Mind and Experiential Democracy Dialogue in their practices and communities.
- Summarize two implications of the Polarized Mind and Experiential Democracy Dialogue for contemporary cultural and political divides in the U.S.

Course Outline:

- 10:30am-10:50am: Introduction and summary of the polarized mind as context for the Experiential Democracy Dialogue
- 10:50am-11am: Summary of the Experiential Democracy Dialogue format accompanied by power point
- 11:00am-11:55am: Break-out Dyads to discuss and practice the dialogue phases (agreed to by dyad partners).
- 11:55am-12:30pm: Q & A with the audience and stretch break
- [12:30pm-1pm: Meet & Greet discussion of Dr. Schneider's APA presidential campaign]

Presenter Bio:



Kirk J. Schneider, Ph.D., is a licensed psychologist and leading spokesperson for contemporary existential-humanistic psychology. Dr. Schneider is a cofounder and current president of the Existential-Humanistic Institute (an award-winning psychotherapy training center), Council Member and Candidate for President of the American Psychological Association (APA), past president (2015-2016) of the Society for Humanistic Psychology (Division 32) of the APA, recent past editor of the *Journal of Humanistic Psychology* (2005-2012), a trained moderator for the conflict mediation group Braver Angels, and an adjunct faculty member at Saybrook University and Teachers College, Columbia University. Dr. Schneider is also an Honorary Member of the Society for Existential Analysis and the East European Association for Existential Therapy.

His work on existential-integrative psychotherapy has been featured in a special issue of the *Journal of Psychotherapy Integration* (March, 2016) and is the inspiration for the psychotherapy training program of the Living Institute, Toronto, Canada. 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*, *BBC World News*, *The Guardian*, *Psychology Today* and many other health and psychology outlets. He has also been offering Webinars on the Experiential Democracy Dialogue nationally for the past two years. For more information on Dr. Schneider's work visit

<https://kirkjschneider.com>.

Please contact us in advance if you require special accommodations on the day of the event.

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