



Tania Israel

Media Kit

PSYCHOLOGIST, AUTHOR, SPEAKER,
PROFESSOR

TANIAISRAEL.COM
TANIA@TANIAISRAEL.COM

Table of Contents

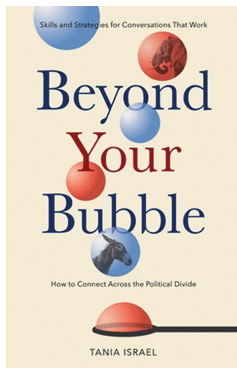
About Tania Israel	3
Book	3
Presentation and Workshops	4
Media and Press	5
Contact	5

About Tania Israel



Tania Israel is a Professor of Counseling Psychology at UCSB and award-winning author of [*Beyond Your Bubble: How to Connect Across the Political Divide, Skills and Strategies for Conversations That Work*](#) (APA, 2020). She has shared her expertise on dialogue across political difference on the TODAY show, the *New York Times*, the *Washington Post*, NPR, and dozens of other media outlets. Skilled in public speaking and facilitation, Dr. Israel's work has been received enthusiastically by professional conferences, corporations, campuses, political organizations, campuses, and faith communities. Her expertise on LGBTQ psychology has been solicited by the Institute of Medicine, the National Institutes of Health, and the White House; and she has received honors for her research and advocacy from Congress, the American Psychological Association, and the California Asian & Pacific Islander Legislative Caucus. Dr. Israel has two widely viewed TEDx talks (on [bisexuality](#) and [how to win a political argument](#)), and her innovation and whimsy are evident in her presentations, performances, and other creative projects. To learn more, visit taniaisrael.com or connect with her on [LinkedIn](#), [Twitter](#), or [Instagram](#).

Beyond Your Bubble: How to Connect Across the Political Divide, Skills and Strategies for Conversations that Work



This practical, politically neutral book offers concrete skills for holding meaningful conversations that cut across today's intense political divide, showing readers how to connect to the people in their lives.

Political polarization is at an all-time high, and the consequences for our personal relationships are significant. Many people have friends and family members with whom they feel they can no longer communicate because of their extreme political views. In this book, psychologist Tania Israel presents her program for helping people have meaningful, constructive conversations with those they disagree with politically.

Chapters show readers how to develop and use the scientifically-proven skills that are the foundation of constructive conversation, including strategies for effective listening, managing emotions, and understanding someone else's perspective, as well as finding common ground, avoiding self-righteousness, and telling your own story. Throughout, conversation prompts, practical exercises, case examples, and self-quizzes help readers visualize and practice starting, sustaining, and ending challenging conversations.

Inspired by the author's experience leading workshops to bridge common ground among members of her community, this book shows how we can reach across the divide and bring Americans together, one conversation at a time.

"Israel enriches her straightforward advice with charts aimed at helping readers to gauge their level of comfort with political disagreements and useful sample dialogues and thought experiments. The result is a lucid and concise guide to avoiding the pitfalls of partisanship."

Publishers Weekly

Presentations and Workshops

Bridging the Political Divide: Optimism for Moving Beyond Polarization

Political polarization in the U.S. is at a record high. As anger, fear, distortions, and social media drive the wedge ever deeper, what hope is there for maintaining connection within families, friendships, workplaces, and communities? Dr. Israel can offer solutions. Grounded in evidence, experience, and skills, she will share practical and research-based strategies to help bridge the political divide. Her approach to building understanding will leave you informed, optimistic, and empowered to take action.

If You're Not Listening, You're Not Paying Attention: Dialogue as a Tool for Social Justice Advocacy

"If you're not outraged, you're not paying attention" is a rallying cry in social justice circles. Indeed, there is plenty to be outraged about, however, outrage has its limitations, and prolonged outrage takes a toll on health. Science points to listening as an effective tool for collaboration, persuasion, and organizing. In this presentation, Dr. Israel harnesses psychological theory and research to offer a blueprint for dialogue-based social justice advocacy.

Beyond Your Bubble: How to Connect Across the Political Divide

It can be difficult to bridge the political divide. How do we talk with people who hold political views that are different from our own? Is there a path forward, out of conflict, toward understanding and healing? In this interactive workshop, Dr. Tania Israel will prepare attendees to engage in dialogue by helping them to build skills for listening, managing emotions, developing accurate perceptions of others, and sharing their views. This program uses an active-learning format and can be delivered in person or via Zoom, with demonstrations, mini-lectures, polls, discussion, and role plays. People of all political persuasions can benefit from this program.

Dialogue as a Tool for LGBTQ Advocacy

How can we advocate effectively for LGBTQ issues? Why should we listen to people who don't support LGBTQ rights? What can we do when we feel frustrated, threatened, or demoralized? In this interactive workshop, Dr. Israel equips attendees to approach challenging conversations with confidence and skills. Her dual expertise in LGBTQ psychology and dialogue across political disagreement inform this enlightening and engaging program.

Praxis Makes Perfect: A Quarter Century of LGBTQ Psychology Research

In this engaging presentation, Dr. Israel shares her decades-long journey as an LGBTQ psychology researcher and advocate. Integrating storytelling, research findings, and wisdom; she describes one woman's quest to generate knowledge during a period of rapid social change and inspires attendees to achieve their potential as researchers.

Media & Press



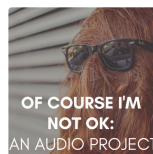
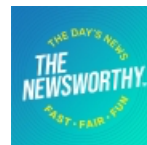
The New York Times

HUFFPOST

Psychology Today

GLAMOUR

The Washington Post
The Lily



Contact

Email

Tania@taniaisrael.com

Website

www.TaniaIsrael.com

Download Headshots

www.TaniaIsrael.com/headshots



www.linkedin.com/in/tania-israel



@bybdialogue



@bybdialogue

Social Media

Pronouns: she/her/hers

Tania Israel

Pronunciation of Tania: tAH-nyuh (rhymes with lasagna)