



Tania Israel

Media Kit

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Table of Contents

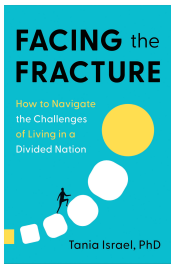
About Tania Israel	3
Resources for Navigating Political Conflict	3
Presentation and Workshops	4
Media and Press	5
Contact	5

About Tania Israel



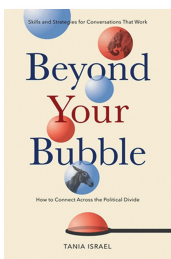
Tania Israel is a Professor of Counseling Psychology at the University of California, Santa Barbara and award-winning author of [*Beyond Your Bubble: How to Connect Across the Political Divide*](#) (APA, 2020) and [*Facing the Fracture: How to Navigate the Challenges of Living in a Divided Nation*](#) (Greenleaf, 2024). Dr. Israel's work on navigating political conflict has been received enthusiastically by professional conferences, corporations, campuses, political organizations, and faith communities. She has shared her expertise with the TODAY show, the *New York Times*, the *Washington Post*, NPR, and dozens of other media outlets. Her TEDx talks include: [*How to Win a Political Argument*](#) and [*What Halibut Fajitas Taught Me About Bridging the Political Divide*](#). Dr. Israel has facilitated educational programs and difficult dialogues about a range of topics, including abortion, law enforcement, religion, and sexual orientation. She has received honors from Congress, the California State Legislature, and the American Psychological Association. To learn more, visit taniaisrael.com or connect with her on [LinkedIn](#), [Twitter](#), [Instagram](#), and [TikTok](#).

Resources for Navigating Political Conflict



A valuable resource that moves beyond explaining the problem of polarization to demonstrate how individuals can cope with the political divide, showing readers how to reduce toxic input from media, manage polarizing feelings, and engage effectively with others.

"This book is a master class for every American exhausted by toxic division and looking for a way out. Dr. Israel offers a refreshingly even-handed look at the challenge and empowers us with practical tools that quickly build resilience, strength, confidence, and hope."— PEARCE GODWIN, founder of Listen First Project

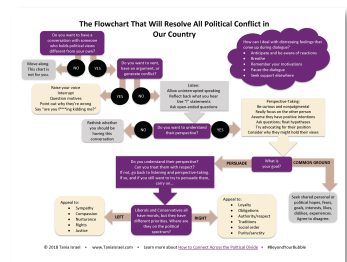


This practical, politically neutral book offers concrete skills for holding meaningful conversations that cut across today's intense political divide, showing readers how to connect to the people in their lives.

It is important to have realistic expectations for those who hold radically different views... discusses strategies for connecting across the political divide. — The New York Times

The Flowchart That Will Resolve All Political Conflict in Our Country

I created the flowchart to help people make intentional decisions about whether they want to engage in dialogue and, if so, how to do so effectively. It's available for download at taniaisrael.com.



Popular Speaking Topics

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.

Cancel or Connect? Campus Culture in a Divided World

“These are troubled times on college campuses. DEI is framed as both under attack and on the attack. National and world conflicts play out in classrooms, conference rooms, and public spaces. Free speech, social justice, and mental health hang in the balance. What societal and psychological forces contribute to campus dynamics? How do we hold people accountable while encouraging growth? What advocacy strategies are both effective and authentic? This program will employ evidence, storytelling, and skills to help staff, faculty, students, and administrators navigate current challenges.

All I Need to Know About Political Conflict, I Learned From *The Wizard of Oz*

Roiled by social media algorithms, provocative news, and clashing politicians, Americans are experiencing increased stress and interpersonal conflict. Appeals to elected officials, demands for media reform, and calls for “the other side” to change their tactics reveal frustration and paralyzing disempowerment. Drawing on a familiar and imaginative narrative, Dr. Israel takes her audience on a journey down the yellow brick road to help them navigate the challenges of living in politically polarized times. Attendees will gain knowledge, skills, and motivation to strengthen their individual capacity and perhaps even to repair our ruptured country.

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.

Media & Press



The New York Times

HUFFPOST

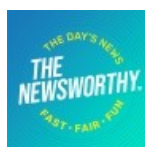
Psychology Today

GLAMOUR

The Washington Post
The Lily



Newsweek



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Pronouns and Pronunciation
Pronouns: she/her/hers
Pronunciation of Tania: tAH-nyuh (rhymes with lasagna)
