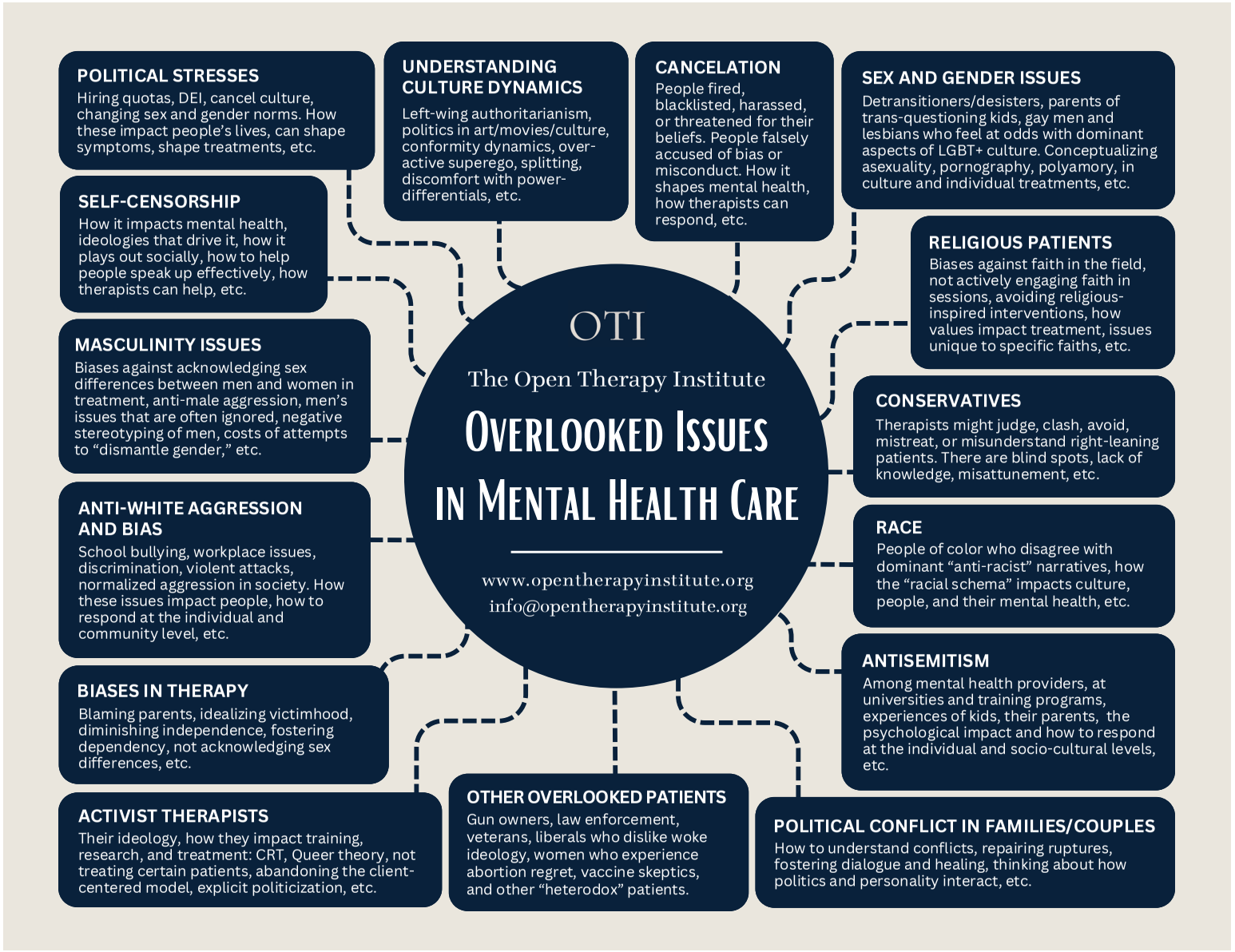
OTI
The Open Therapy Institute
Overlooked Issues in Mental Health Care
www.opentherapyinstitute.org
info@opentherapyinstitute.org
POLITICAL STRESSES
Hiring quotas, DEI, cancel culture, changing sex and gender norms. How these impact people's lives, can shape symptoms, shape treatments, etc.
SELF-CENSORSHIP
How it impacts mental health, ideologies that drive it, how it plays out socially, how to help people speak up effectively, how therapists can help, etc.
MASCULINITY ISSUES
Biases against acknowledging sex differences between men and women in treatment, anti-male aggression, men's issues that are often ignored, negative stereotyping of men, costs of attempts to "dismantle gender," etc.
ANTI-WHITE AGGRESSION AND BIAS
School bullying, workplace issues, discrimination, violent attacks, normalized aggression in society. How these issues impact people, how to respond at the individual and community level, etc.
BIASES IN THERAPY
Blaming parents, idealizing victimhood, diminishing independence, fostering dependency, not acknowledging sex differences, etc.
ACTIVIST THERAPISTS
Their ideology, how they impact training, research, and treatment: CRT, Queer theory, not treating certain patients, abandoning the client-centered model, explicit politicization, etc.
UNDERSTANDING CULTURE DYNAMICS
Left-wing authoritarianism, politics in art/movies/culture, conformity dynamics, over-active superego, splitting, discomfort with power-differentials, etc.
CANCELATION
People fired, blacklisted, harassed, or threatened for their beliefs. People falsely accused of bias or misconduct. How it shapes mental health, how therapists can respond, etc.
OTHER OVERLOOKED PATIENTS
Gun owners, law enforcement, veterans, liberals who dislike woke ideology, women who experience abortion regret, vaccine skeptics, and other "heterodox" patients.
SEX AND GENDER ISSUES
Detransitioners/desisters, parents of trans-questioning kids, gay men and lesbians who feel at odds with dominant aspects of LGBT+ culture. Conceptualizing asexuality, pornography, polyamory, in culture and individual treatments, etc.
RELIGIOUS PATIENTS
Biases against faith in the field, not actively engaging faith in sessions, avoiding religious-inspired interventions, how values impact treatment, issues unique to specific faiths, etc.
CONSERVATIVES
Therapists might judge, clash, avoid, mistreat, or misunderstand right-leaning patients. There are blind spots, lack of knowledge, misattunement, etc.
RACE
People of color who disagree with dominant "anti-racist" narratives, how the "racial schema" impacts culture, people, and their mental health, etc.
ANTISEMITISM
Among mental health providers, at universities and training programs, experiences of kids, their parents, the psychological impact and how to respond at the individual and socio-cultural levels, etc.
POLITICAL CONFLICT IN FAMILIES/COUPLES
How to understand conflicts, repairing ruptures, fostering dialogue and healing, thinking about how politics and personality interact, etc.