

# The OTI Approach

As society becomes more politicized, the Open Therapy Institute remains committed to the traditional healing ethos of therapy. OTI therapists provide an open, confidential environment where clients can freely explore all of their concerns.



## OPEN THERAPY

Talking through difficult issues is usually the best path to insight, mental health, and effective solutions to problems. This is especially important for people who live in censorship cultures or face antagonism for their beliefs. That's why OTI therapists strive to actively cultivate openness in the therapy room.

## DIALOGUE

OTI therapists recognize that the best way to address problems is usually through dialogue. Therapists can guide the process and offer thoughts, but the ultimate outcome is a collaboration between clients and therapists.



## NOT INDOCTRINATION

Therapists can't agree with every client on every issue, nor is that the aim of therapy. OTI therapists aim to facilitate openness by remaining curious, engaged, and empathic. They encourage dialogue that is catered toward the client's goals, and they don't advocate for any political agenda.

## CLINICAL SKILL

People with "unorthodox" views are often misunderstood in therapy. Sometimes this is a result of therapists intentionally politicizing sessions, and sometimes it's a result of biases that therapists are unaware of. To be effective, therapists need to understand their clients' concerns, be able to engage them supportively, and have some knowledge of what might be helpful for them.



## CHILD AND ADOLESCENT CARE

OTI therapists recognize that child and adolescent identity development evolves over time, and we encourage clients and their families to remain open to exploration. Clients and their families will make the ultimate decision about crucial life decisions.