

The Open Therapy Institute

Patient Profiles

Censorship

- *I posted something online and was nearly fired. I have no future at my current place of work, lost most of my friends, got a ton of hate mail, and I don't know where to go. It all happened so fast. I need some support to think through where I go from here.*
- *I've been a Democrat my whole life, but at work I have to attend countless 'diversity trainings' that are really hateful. I feel alone, and I worry about speaking up.*
- *I've been a conservative for a long time, but now it feels like a crime to have my beliefs. I'm even attacked for being Christian. I'm always self-censoring at work and even with friends. I don't know how to speak up and find less judgmental people.*
- *I'm open-minded and have mixed political beliefs, but I like asking difficult questions. Now that feels forbidden. I feel like I've lost my community, and I don't know how to connect to others who are open-minded and curious.*
- *Political issues seem like they're changing incredibly fast, but it doesn't feel safe to ask questions. I'm starting to feel more alone and isolated. I just want a confidential space where I can figure out what I believe about all this, without worrying about hurting my career or losing friends.*

Open Therapists

- *I've felt depressed since a loved one passed away, and I'd like to see a therapist. But I don't want to have to censor parts of myself that matter to me, and my political views are part of that. I don't want to worry that opening up about those issues would ruin the therapy.*
 - *I voted for Trump, but when I told my therapist, she reacted in a clearly judgmental way, and it changed how she saw me. I tried to avoid politics in future sessions, but*
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holding back my feelings on such important issues made the therapy stifling and unhelpful. I need to be able to work with someone more open-minded.

- *I'm a cop. Since 2020, work has been unbearable. I feel hated by the community I'm trying to serve, and day-to-day work feels impossible. I feel less and less safe. It would be nice to get some help with these stresses.*
- *Family stress is making homelife feel volatile. Where can we find a family therapist who won't blame us for every problem, and who will respect our roles as mother and father?*

Gender & Sexuality

- *In my marriage, I'm feeling increasingly emasculated. How can I find a way to be a man that feels like who I am, without just causing conflict with my wife?*
- *I'm proud to be gay, but I've recently started to feel alienated by a lot in the LGBT+ community, which doesn't really reflect how I feel. I want to be honest about my views, but I don't want to lose my friends. How can I find a way through this?*
- *My daughter recently told me she was trans, and it seemed really abrupt. I love her deeply, but I don't know how to talk to her about this. I don't want her to make rash decisions she might later regret. It would be nice to talk through this with someone.*

Racial Issues

- *Affirmative action has cost me a lot professionally. It's not a small part of my life. But when I mentioned this to my last therapist, she shut me down. She avoided political issues whenever I brought them up, and was clearly uncomfortable. I need to find a therapist who's more supportive and can let me speak openly.*
 - *I'm black and I oppose racism, but I think some of the 'anti-racism' movement goes about it the wrong way. How can I be open about what I believe without losing my connection to other black and white people I care about?*
 - *I was bullied in high school for being white—sometimes it got pretty bad. My friends*
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and even past therapists didn't understand and sometimes took the side of the bullies. Now I just don't talk about it. It would be nice to process what happened and find support.

Religion & Spirituality

- *I believe in God and the Bible, and I feel like my views are despised. I've avoided therapy because I don't trust therapists to be respectful or understanding. But if I could find a therapist who was supportive, it would still be nice to get help with some issues I'm facing.*
- *I'm a Catholic woman who is struggling with stress related to my marriage. I'd like to meet with a therapist for support but I'm worried that they'll push me to explore leaving my spouse, which is against my religion. I really wish there were more providers who understood and respected my values.*
- *I'm a religious person, but most therapists can't relate. They can't understand how my faith helps me, and sometimes they see it as ignorant or pathological. I would like to find a therapist who understands spirituality and is more open.*

Profiles of potential patients were developed by experienced clinicians to highlight some of the populations that OTI aims to serve. Last updated November 2023.