

Harmony Politics for counselors

With Harmony Politics,
you can attract and retain
ideologically diverse clients.

By Value Relating
solving problems by resolving needs

What can this do for as a counselor?

Translate your client's political views into their sensitive needs.

Instructions

Scroll down to find the white fields. Click in each white field, and then select the best option from the dropdown list. Then scroll down to read the test fitting your chosen option. Save as a PDF. Clear the fields and use again.

Check below for further options to serve your ideologically diverse clients.

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Aims

REPLACE DEBATING WITH RELATING

The central aim here is unhindered therapy

The important therapeutic difference is not between liberalism and conservatism, but between overgeneralizing on either side and getting to specific needs of each affected person. Such generalizing fuels prejudice that the worst generalizing on the other side must be representative of them all, while assuming one's own excessive generalizing is not so bad. Harmony Politics enables you to help clients address their specific needs, where actual therapy of politicized needs can honestly begin.

Harmony Politics aims...

- ☑ to help you, the counselor, recover any lost rapport with your client over political differences,
- ☑ to help you, the counselor, to tap into your client's political views to better understand their sensitive needs,
- ☑ to help you unpack your own political views behind your risk for countertransference,
- ☑ to replace the agree-disagree political binary with the tools to relate to each other's different priority of inflexible needs,
- ☑ to help you inspire your client to proactively resolve the needs underscoring political differences,
- ☑ to invite you to apply this in a new kind of counseling called psychosociotherapy, and
- ☑ to convert political differences to unifying love.

Navigation

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↑ Slipping into political tension ↓

Your client's political outlook inevitably slips into the therapeutic process. Perhaps you prefer to avoid political differences. But your client relies on politics to convey their publicly affected needs. Those needs are not being met, so they now come to you. How you handle this opportunity correlates with how well you can help your client. And if you can retain your client.

Your client's presenting political outlook:

PROGRESSIVE

Your own political outlook:

CENTRIST CONSERVATIVE

Political issue raised by your client:

ABORTION

Unsure what to consider as your political outlook? Or your clients? Then answer these items below to estimate where you each likely fit along the political spectrum.

Your likely political outlook:

Select best response that fits you for each.

Your client's likely political outlook:

Select best response that fits your client for each.

We simplify your outlook as primarily conservative. No need to complete this.

We simplify your client's outlook as primarily liberal. No need to fill out.

Politics runs thick with generalizing. Your specific experiences in life may resist fitting neatly into the liberal-conservative divide. Your client may also defy simple categorizing. A client may present a liberal position on one issue and a more conservative stance on other issues. After engaging others of an opposing political side and empathizing with their affected needs, your client may shift their position. Your client may be processing their feelings and beliefs about a hot botton issue right now, using you as a sounding board. With all that in mind, let this serve as a rule of thumb. Let us move beyond popular politics.

↑ Moving therapy beyond popular politics ↓

Your client can have political views sharply divergent from yours without undermining the therapeutic process. Ideally. As long as you recognized the many limits in popular politics. Your client's political views can serve as stepping stones for deeper understanding, or stumbling blocks to any meaningful therapy. This tool breaks down the difference.

For starters, politics provides you and your clients a popular way to convey your affected priority of needs. If you expect your client to experience the same priority of needs as you, and your client expresses opposing political views, you risk countertransference. You risk rejecting your client, who may then reject you.

Your client risks your rejection.

You probably do not think of political disagreement as rejection. But the more their needs tie into their abortion views, the easier to come across as rejecting what they need.

Understandably, this goes directly against their purpose for counseling. How can they trust you to help them with their vulnerable needs if you do not relate to their less vulnerable politically expressed needs? When you fail to relate to their politically expressed needs, they likely will not open up as much to you. Or cease seeing you altogether.

You risk losing the client, and more.

After building up rapport with your client, your client may drop their guard to express their political views on some issue. Perhaps transference emerges, as they project their political angst onto you. If reacting with countertransference by instantly disagreeing (or agreeing) with your client's political views, because it emotionally elicits your vulnerable needs, you risk undermining the therapeutic alliance. Your elicited needs easily distracts full attention to their needs.

If clinging to the notion that politics is based on rational agreements, you may unconsciously expect your client to link their thinking with yours on abortion. If you seem to threaten their trusted political way to cope with their abortion-related needs, your client may suddenly cancel any further sessions.

④ Your client could become disillusioned with therapy itself. They may see it as [hopelessly partisan](#).¹ They likely will warn others not to see you. You then risk your professional reputation. And the reputation of the profession.

Harmony Politics turns popular politics on its head. It rethinks politics as a way for you to relate to your clients' needs, in at least three ways.

↑ 1. Politics reveals your client's unresolved needs. ↓

Politics is not as rationally based as widely assumed. But expresses your *psychosocial orientation*.



As a counselor, you can now understand how your client experiences abortion-related challenges like anxiety and anguish through the lens of their prioritized needs. Think of their political views as a helpful window into their priority of needs.

First, let go of the popular yet overgeneralized notion that we rationally choose our political beliefs. [Jonathan Haidt²](#) is one among many to debunk this popular view. The prioritizing needs come first. Political beliefs attach to give expression to these needs.

You gravitate to certain political beliefs because they serve your particular set of needs. Now you can relate to the particular set of needs of others expressed by beliefs different from your own, including your clients. Your political beliefs about abortion serve your specific needs. Your client likely has a different experience of needs around abortion. You understand their experience of abortion-related needs through their political views. You leave notions of rational choice at the door.

The new social science of **anankology**, the study of need, provides a robust understanding of politics as a way to agree on support to ease shared needs. According to anankology, politics is *the art of generalizing how to agreeably address needs in different situations*. Urban situations tend to create a different priority of needs than rural situations. Contrary to popular belief, politics is less about reasoned arguing and more about irrational needs.

Anankology appreciates politics as the outward expression of an inward psychosocial orientation. Needs come first, their expression in politics arrives later. If more of your *self-needs* resolve than your *social-needs*, because of your life situation, you tend to have a **wide-orientation**. You express your prioritized needs with **liberalism**. If more of your *social-needs* resolve than your *self-needs*, because of your situation, you tend to have a **deep-orientation**. You express your prioritized needs with **conservatism**.

WIDE focused <small>inclined toward liberalism</small>	DEEP focused <small>inclined toward conservatism</small>
 <p>If your <i>self-needs</i> resolve more than your <i>social-needs</i>, because of your life's situation, you become wide-oriented. You view your prioritized needs through the wide binocular lens of liberalism.</p>	 <p>If your <i>social-needs</i> resolve more than your <i>self-needs</i>, because of your life's situation, you become deep-oriented. You view your prioritized needs through the deep magnifying glass of conservatism.</p>

Politics typically divides between a side accommodating *self-needs* prioritizing over *social-needs* and a side accommodating *social-needs* prioritizing over *self-needs*. Learn more about this psychosocial orientation in the **HP** tab.

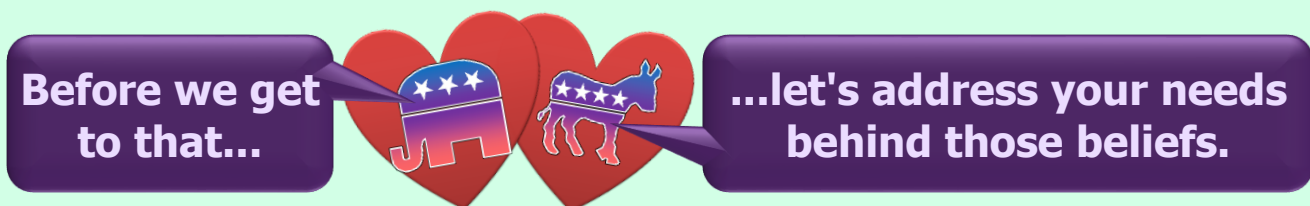
↑ 2. Politics unmask your client's vulnerable needs. ↓

Politics allows your client (and you) to express vulnerable needs, under guard of broad support.

This HP tool helps you translate your client's political rhetoric into their current priority of needs. First, at the level of access to public resources to address their abortion-related needs. Second, at the deeper level of their impacted psychosocial needs. If your client favors pro-choice on the issue of abortion, you can suspect their self-needs, like authenticity and privacy, are more resolved than their social-needs, like inclusion and fairness. You can affirm the needs themselves, without premature agreement or disagreement for what to do about them.

Politics lets your client guard their vulnerable needs beneath a cloak of publically supported beliefs. They count on that support to insist what others must do, to respect their abortion-affected needs. They get to check how much you respect their abortion-affected needs. You can show the deepest respect by affirming their underlying needs, without premature agreement or disagreement for what to do about such needs. You acknowledge how important it must be for them to protect the mother's choice. You offer no judgment how that can serve or hinder their needs.

As an honored role in this helping profession, you are more helpful when guiding your client beyond the fragile certainty of abortion politics. You can offer much more value by helping them link their experience of needs behind their guarded views. "Before we get to that," you can tell your client seeking your agreement, "Let's get right to the point. Let's address your needs behind those views." You work with your client to cultivate the honesty necessary to process their vulnerably affected needs.



Politics expresses agreement about ideas, about abortion. You resist that pull, to go straight to the needs affected by abortion. You affirm those needs without jumping ahead to what is to be done about those vulnerable needs affected by abortion. You understand but curb their generalized reactions.

HP helps you distinguish between the inflexible prioritized needs around abortion, expressed in political terms, and the overgeneralizing expectations to ease such prioritized needs, also expressed in political terms. The former is not only legit but often essential. The latter is often problematic, for both sides.

↑ 3. Politics exposes structural barriers to needs. ↓

Our true foes are structurally unresolved needs from too much generalizing. Not each other.

Politics is largely a contest around generalizations. The abortion issue starts with the generalization of pitting pro-choice against pro-life. Helping your client see beyond this overgeneralizing binary can free them from viewing the other political side as some mortal enemy. You can help them see unresolved needs on all sides as the true foe.

Abortion politics pits reproductive rights against unborn rights. Your clients psychosocial orientation compels them to prioritize the abortion-affected needs of the new mother over the abortion-affected needs of the unborn. This positions each other's priority of publicly affected needs against each other. It is about one group generalizing their abortion-related needs as the only standard for society, which disrespects the different abortion-related needs of others. This always exposes a structural error beyond personal control.

It is an overgeneralization to expect society to officially side with one priority over the other. These competing needs emerge as an arbitrary artifact of culture. If society always sided with the needs of the new mother against the needs of the unborn, or with the needs of the unborn against the needs of the new mother, there would be no working society. This division is more of a structural problem, beyond the scope of traditional psychotherapy.



Our challenge, as helping professionals, is to help each individual resolve their needs in sync with others resolving theirs. That requires letting go of each other's pain-relieving generalizations. To turn opposing political views on abortion into specific steps for resolving abortion-related needs, starting with your client's abortion-related needs. Welcome to Harmony Politics, the antidote to the divisiveness of popular politics. And a free tool for you to retain your ideologically diverse clients.

↑ Therapeutic Harmony Politics ↓

Your client's trust in your expertise

The Internet empowers your client to access all kinds of helpful information. They can research CBT for themselves, or the latest research on evidence-based therapies to treat addictions. The more they factcheck what they hear from you, or from the media, or from others, the more suspicious of your acclaimed expertise. In our current populist political climate, you may come face to face with your client's *relational orientation* and *easement orientation*.

Your client's "relational orientation" (RO)

Anankology, the new social science for understanding needs, finds we have a set way for relating to others, and toward other things. Simplified here, you either relate to other as generally as possible, or you relate to other's specifics. Politics entices you, and your client, to cling to comforting generalizations. Politics builds on coalitions that must avoid potentially divisive specifics. Politics routinely overlooks the specifics necessary to resolve needs, which would remove the pain.

Your client's "easement orientation" (EO)

Anankology also finds we have a set way for easing our painful needs. Simplified here, you either prioritize relief or resolve. You either go first to what eases the mounting pain from your unresolved public facing needs, or you endure the grinding discomfort to prioritize resolving the need. Only by resolving the needs will its pain finally dissipate. Politics tempts you to first go for the easy road of pain relief. Once attached to relieving your pain, your needs are less likely to resolve. You then rely on the pain relief of politics to get by.

Client present populist sentiment?

yes

Client's relational orientation (RO):

more general than specific

Client's easement orientation (EO):

more relief than resolve

Popular politics tempts us to be divisive. We are told we must each take a packaged side, generalizations and all. We are to skip any nuance to hold our coalition together. Staying neutral, they say, makes us complicit with the wrong side. We must fight for what we know is right, after accepting the generalization that others with an opposing priority of needs must be wrong. But you realize soon enough how opposing what another needs does not extinguish moral conflict, but enflames it.

Harmony Politics counters such divisive politics in three phases:

- 1) **Identify** affected needs - to "de-generalize" from overgeneralizing
- 2) **Express** affected needs - to "de-alienate" from disappointing expectations
- 3) **Address** affected needs - to "de-polarize" from mutual hostilities

↑ 1. Identifying affected needs - "degeneralize" ↓

Needs come first. Political and other beliefs serving those beliefs arrive after.



You remain vulnerable to others for most of your needs. Your food supply. Your safety from harm. Your need for companionship, for belonging, for support during emergencies. Your client faces most of these same public facing needs as you. Politics exist to ease such public facing needs. The more your client generalizes to ease the pain of such needs, the less these needs resolve. Their public facing needs will continue to provoke more pain.

You first experience a need to give voice for the voiceless unborn, or vicariously experience others' need to give voice for the voiceless unborn. Those on the other political side directly or vicariously experience a prioritizing need for bodily autonomy. Your client first experiences a need for bodily autonomy, or vicariously experience others' need for bodily autonomy. Your contrasting outlook could result in some transference and countertransference. You risk provoking your client's defensiveness instead of understanding how they experience their publicly affected needs. You mitigate by detaching from generalizing.

Through the lens of their psychosocial orientation, your client views the affected needs of the new mother over the affected needs of the unborn. Their priority of needs compels them to protect the mother's choice. They can hardly empathize with the other side's priority to protect the unborn's life. Your client likely feels stuck in emotional pain until sufficient balance removes that pain. Political generalizing offers relief from that pain. For both sides.

Spurred into further generalizing, each side imagines the worst in the other. Your client may express outrage that Republicans close clinics and may even force births from rape. Your client may get defensive when opponents claim Democrats murder children or commit infanticide. Such catastrophizing may ease some pain on each side. Rational thinking must take a back seat to the persisting pain of your client's publicly affected needs.

One political side generalizes for relief of an unresolved psychosocial need, while guarding a more resolved psychosocial need. The other political side generalizes for relief of a psychosocial need, while guarding a more resolved psychosocial need. Your client's side generalizes for equal access while guarding medical privacy. The other side generalizes self-responsibility while guarding their life sanctity. To ease that need, your client may overgeneralize by saying "allow abortion on demand for all new moms" while the other side overgeneralizes by saying "prohibit abortion under any circumstance".

↑ De-generalizing ↓

We cannot solve our specific problems from the level of generalizing that created them.

Divisive politics tends to be **FAKE**, freely and knowingly exaggerated. Politics serves better as a window than a door. You can peer in with its broad generalizations, but cannot enter into meaningful solutions without first shifting to applicable specifics. Too often, politics fails to become that stepping stone to relevant specifics. Too often, politics hardens into stumbling blocks of self-serving exaggerations.

Divisive politics lets you judge the other side by its most exaggerated generalizations. Then it upholds your side by casting its most exaggerated generalizations as mere aberration. Divisive politics tempts your client to view those arguing to prohibit abortion under any circumstance as exemplary of the other side, while characterizing anyone on the client's side who argues to allow abortion on demand for all new moms as merely an exception to your client side's sound arguments.



Any attachment your client has to political generalizations is likely fueled by pain of unresolved needs. Instead of challenging your client's generalizing, invite them to get a little more specific. If they politically seek to allow abortion on demand for all new moms, or something like it, ask what that would do for them if allowed to come to past. Would that satisfy their apparent need for equal access?

This process of stepping gradually away from generalizing is called **degeneralizing**. Instead of bouncing back and forth between broad generalizations, you guide your client to transition from trusted generalizing to something a little less general. You support their shift from *pain-avoiding generalizations* to *need-resolving specifics*, one purposeful step at a time. You add some disinfecting sunlight to what fuels their exaggerations, their unresolved needs. You help them remove the poison of alienation.

↑ 2. Expressing affected needs - "dealienate" ↓

You cannot know everyone's needs. Nor can others know all of your needs.



In large societies like ours, we rely on impersonal norms to ensure we minimally respect each other's public facing needs. Politics contest if those norms should favor easing those needs mostly through others (*wide-oriented*) or mostly on one's own (*deep-oriented*). Without knowing each other's needs personally, we expect others to conform to **public norms** to safeguard our public facing needs. This adds to the challenge to knowing your client's affected needs.

Your client's political views grant you a glimpse into their sensitive needs. At first, they cloak their affected needs as arguable political positions. It is easier for them to express an emotionally charged need when given with some idea how to relieve it. It is generally easier for your client to insist we protect the mother's choice than to vulnerably admit they struggle with anxiety and privacy over abortion.

It generally is easier for them to change their expressed views than alter their politically charged feelings. They personally cannot do much about the issue of abortion, but they can feel supported by those who agree with their pro-choice stance. Their feeling of anxiety and privacy express the vulnerability of their publicly affected needs. They cannot change those feelings or their vulnerable needs for equal access and medical privacy as easily as they can alter their abortion views to fit a friendly or hostile audience.

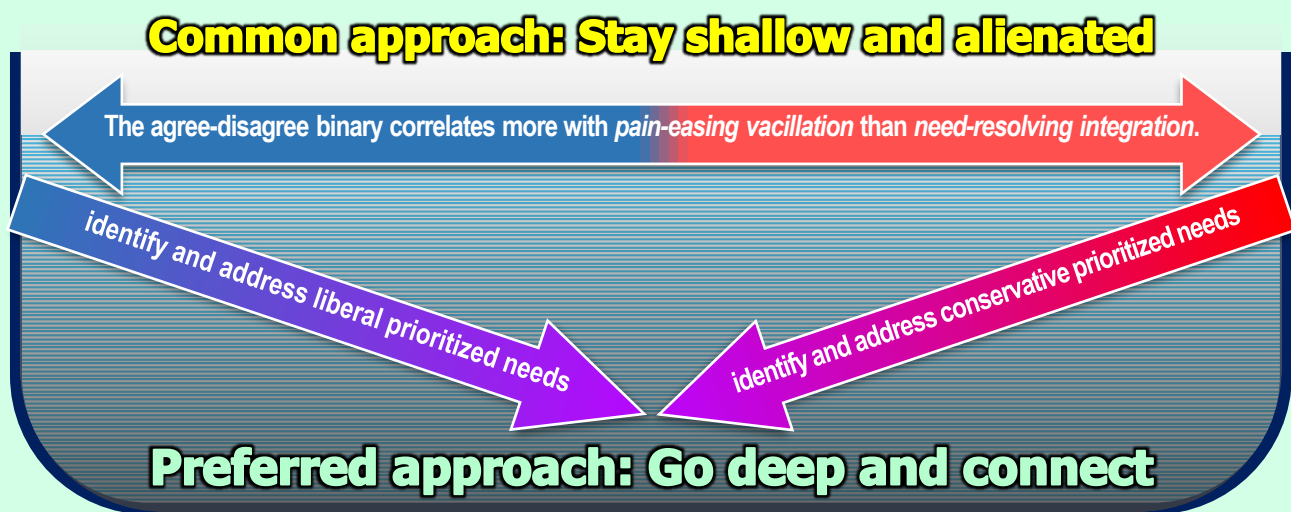
You peel back their layers of protected alienation to help resolve their deeper needs. Harmony Politics helps you reverse engineer their emotionally charged abortion views, to help them identify and express their vulnerable needs shaping their political beliefs. You have an opportunity to help them process the experiences shaping those needs—without agreeing or disagreeing with the political views they rely upon to express those vulnerable needs. Prematurely revealing your stance on abortion could undermine this intimate journey into greater self-awareness.

Your client can feel alienated from you when you stay at the popularly expected level of agreement-disagreement. They likely expect you to disagree with their pro-choice stance on abortion. If you miss this opportunity to connect beyond their abortion politics, with a hint of disagreement, your client reflexively self-censors their politically charged feelings. They tested the waters and withdrew. They cannot change the needs fueling those feelings. They can more easily change your relation with you. This missed opportunity risks leaving your client stuck in alienation.

↑ De-alienating ↓

You have no need to debate when you can more honestly relate.

Popular politics entices you and your client to stay shallow and alienated. You both are given a generalization to agree or disagree, with little room for nuance. If your client agrees it is good to protect the mother's choice, it may ease their anxiety and privacy. Since this pain-relief does not resolve the needs provoking such pain, your client's abortion-related pain persists. Your client risks staying shallow and alienated to cope with unending pain of their unresolved needs. Shift from that overgeneralizing binary to deeper understanding of your client's abortion-impacted needs.



Harmony Politics encourages you to go deep and connect with your client's and anyone's political views. Instead of arguing a stance for reproductive rights or against unborn rights, or some similar generalization for relief, you help them identify and express their specific abortion-affected needs. You guide them to see how their unique situation prompts them to protect the mother's choice over attempts to protect the unborn's life. After seeing why each side prioritizes their particular needs, your client can appreciate politics is relative to needs. Then they can go deep and connect with political others, just as you went deep and connected with them. They can empathize with an opposing priority of needs, in the name of love.

This process of going deeper to connect both sides is called **dealienating**. Instead of settling for alienating norms, you guide your client to transition from disappointing expectations of others to knowing what you can actually do for each other. You support their shift from *normative alienation* to *mutual expression of affected needs*. You help them upend the status quo of political leaders dictating what they should believe and do. You help them reverse the trap of sliding into political polarization.

↑ 3. Addressing affected needs - "depolarize" ↓

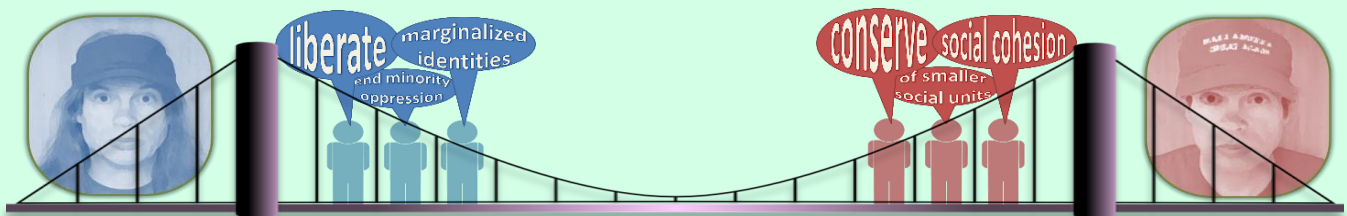
Two wrongs don't make a right, but sometimes they make a law.

**mutually
resolve
needs**

Too much generalizing pulls both sides into error. Too often, such errors crystallize into overgeneralizing norms contested in politics. We step back from these alienating generalizations to know each other's needs. The more you know another's needs, and the more they know yours, the easier to address each other's needs. Instead of politics prioritizing your own needs, we prioritize the needs of others in the name of love.

The less your client's abortion-related needs resolve, the more drawn to extreme positions for relief. Political polarization feeds on our increasing volume of unresolved needs. You as their counselor can provide a meaningful alternative to the disappointment of divisive politics.

Instead of overgeneralizing by insisting we must allow abortion on demand for all new moms, or similar stance, you encourage your client to empathize with voiceless unborn. Ask your client how it impacts what they need when the other side insists we must prohibit abortion under any circumstance. You remain present for their painful reaction. You focus their attention to specific needs, like the need for bodily autonomy. You ask them if they still think this is more important than the need to give voice for the voiceless unborn.



When you see they are ready to focus more on resolving affected needs, you encourage them to see the other side's need for self-responsibility and for life sanctity is no more or less important than your need for equal access and for medical privacy. The more your client can empathize with voiceless unborn, ask them if this can make it easier for the other side to empathize with distressed new mothers.

If your client ever thought of the other side as full of repugnant "misoginists", does your client still think that way? Or can your client humanize the other side with competing needs? Can your client now understand why those most desperate on the other side may think of your client as complicit with other "baby killers"? Once your client can envision receiving more respect from the other side for their abortion affected needs, you can help free their focus on their impacted psychosocial needs. You can then segue to de-polarizing.

↑ De-polarizing ↓

Wellness is psychosocial. Your self-needs *and* social-needs must resolve for you to fully function.

Nature pulls us to balance our self-needs and social-needs. Your client may experience intense emotions like anxiety and privacy because their need behind their desire for bodily autonomy remains unresolved. Their desire for bodily autonomy depends on their deeper unmet psychosocial need for equal access and their guarded psychosocial need for medical privacy. This need for psychosocial balance fuels political tension.

Situations beyond their personal control dictates these needs. Politics give expression to these impacts, with the support of those similar affected. Because we often blindly trust politics to ease such needs. As your client focuses on their more visible need for bodily autonomy, you focus on their less visibly affected psychosocial needs.

As you support resolving their affected self-needs on par with resolving their affected social-needs, you see their polarization gradually collapse. You nurture their conciliation between a wide and deep orientation to abortion needs. You help them replace the addictive ice cream and potato chips of tasty but divisive politics with the nutrient-rich vegetables of Harmony Politics. You see past hostilities melt into genuine concern for each other's welfare, as you turn challenges of political conflict into opportunities to spread more and more love.



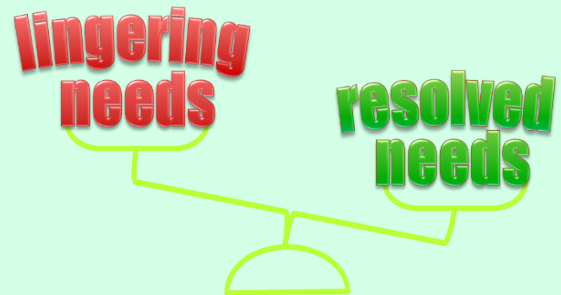
This process of conciliating both sides is called **depolarizing**. Instead of pitting one side's priority of needs against the other's priority of needs, you guide your client to recognize the pressing needs on both sides of the issue. You support their shift from *mutual hostilities* to *mutual resolution of relevant needs*. You help them connect resolution of their publicly affected needs with the other side being able to resolve their publicly affected needs. You help them spread some need-resolving love.

↑ TAKEAWAY ↓

To summarize, you realize politics is not as rationally based as widely assumed. Rather, you see your client using guarded political views to leak out their vulnerable needs. You now can tap into your client's sensitive needs by reverse engineering their political expression. You replace debating with deeper relating, toward resolving the underlying needs.

1. Divisive politics misplaces the conflict. Harmony Politics refocuses on affected needs.

The conflict is not between those experiencing a contrasting priority of needs, but between those clinging to generalizing for relief and those shifting to specifics to resolve the politicize need. You redirect your client's focus to their affected needs. You support your client facing those needs amidst the discomfort of not knowing how they will be relieved.

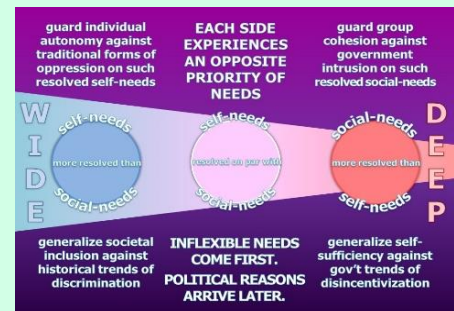


2. Divisive politics relies extensively on generalizing. Harmony Politics gets to specifics.

Politics attracts those in pain from unresolved public facing needs. Politics offers your client widely agreed upon generalizations for relief. The more your client's needs feel relieved by generalizing, the less likely the specific needs behind that pain can resolve. Consequently, your client feels stuck in pain. You help your client remove their pain by resolving the specific needs glossed over by politics.

3. Divisive politics assumes too much choice. Harmony Politics points to unchosen needs.

Your client's visible political outlook masks a less visible psychosocial orientation. Your client's life situation shape those needs. Political sides coalesce around this competing priority of needs. You support your client through the challenging journey to skip these popular reactions, to address their underlying psychosocial needs. You help your client replace conventional demanding with unconventional love.



Ready to go beyond conventional counseling? Use this tool to recover any lost rapport with your client over political differences. Contact me at **Value Relating** to fit this tool to your particular counseling needs. Does your client need advocacy to address their public facing needs? I look forward to introducing you to **psychosociotherapy**, to empower your client to speak truth to political power, wherever they must confront it.

↑ Therapeutic Harmony Politics ↓

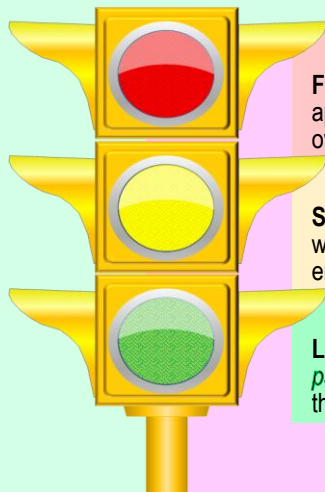
This tool covers just enough to get you started on your own. [Contact me](#) for support.

If you have lost clients in the past over political differences, you can now reach out to them and tell them you have learned from your mistakes. Or you can start branding yourself to new clients as a counselor who embraces all regardless of ideology. Well, as long as the client's political expression does not immediately threaten you.

You need not step onto this path alone. I can coach you to build up your brand as one who builds bridges between opposing political sides. Or simply consult with me on how to apply this to your practice. That includes addressing any client distrust in your expertise. If you can afford FREE, then you can afford me. I am not charging anything upfront, as I too am building up my brand.

You can invite me to join a special session with your client, if necessary. With your client's informed decision, and their every HIPAA right and other concern covered in an agreeable [business associate contract](#)⁴, I can introduce you and your client to psychosociotherapy. It shifts any stigma from the client courageously seeking improvement to those negatively impacting the client, who have yet to show such courageous improvement.

Counselors are known to be wounded warriors, who professionally help others in ways they once needed such help. You have opportunity to help your clients heal up their political battle scars. With these *anankelological* tools for resolving needs, you help your client make the leap from seeking help to being in a qualified position to passionately help others. Along the way, you brand yourself to a helper who more than help others recover but to also thrive. Ask me what else psychosociotherapy can do for your practice.



Recover rapport

First, Harmony Politics stops you from losing clients over political differences. You set yourself apart from less inclined counselors when demonstrating you can connect more deeply with your client over contentious issues. Because you go deeper to the underlying needs.

Sustain momentum

Second, Harmony Politics slows damage between opposing sides. You stand out as a counselor who builds bridges between political sides. You empathize with a Trump supporter as much as you empathize with a Bernie supporter. You position yourself in high demand.

Thrive with psychosocial flow

Lastly, Harmony Politics can speed up your client's full life potential. You can learn to use *psychosociotherapy* to empower your client to speak their truth to power. You advocate the resolution of their affected needs in accord with others resolving their needs.

Value Relating is currently the only provider of psychosociotherapy.

↑ Introducing psychosociotherapy ↓

This tool helps you address psychosocial needs at the personal level with traditional psychotherapy. It can only go so far. Discover how **psychosociotherapy** can address your client's psychosocial needs on both a personal and interpersonal or social level. Instead of helping your client adjust to harsh political realities, you empower your client to adjust their relationships with politically powerful others, in a mutually beneficial conciliatory way.

psychosociotherapy

Power relations easily distort how well each side can resolve their needs. Your client hits a wall when doing all they can to change themselves to fit into a problematic environment. Now you can inspire them to shift focus from adjusting themselves to fit powerful others to incentivizing powerful others to fit the needs of your distressed client.

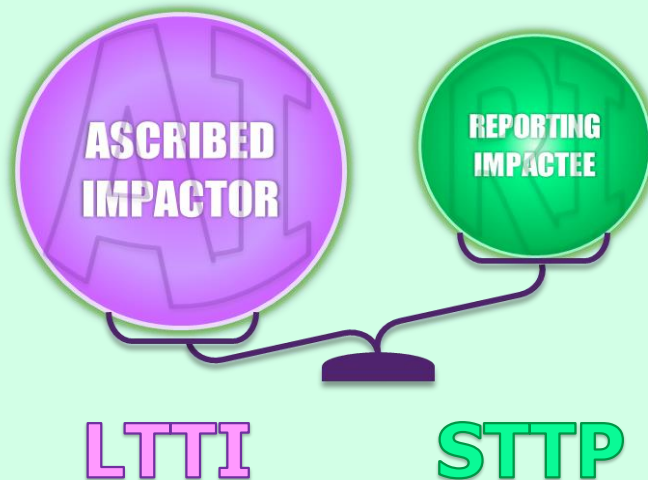


I invite you to help me develop a fresh online model for therapy. Instead of focusing on changes within your client, *psychosociotherapy* supports your client to change their relations with powerful others. You work with me to give them a solid starting point. I invite you to empower your client to speak their truth to political power, using what I call the *impact parity model*.

impact parity model

The **impact parity model**, or IPM, empowers your client to address power relations. The IPM identifies the powerholder in that relation as the *ascribed impactor*, or **AI**. It identifies your relatively less powerful client as the *reporting impactee*, or **RI**.

Your client receives support to *speak truth to power* (**STTP**), including to you. The IPM incentivizes the AI to *listen to those impacted* (**LTTI**). The IPM inspires those in power to invest in those they impact with their power.



Revolutionary revenue model

Psychosociotherapy does not rely on insurance. Nor is it an out-of-pocket personal health expense. It creates value for both sides in a power relation. The IPM incentivizes the AI, who typically has greater resources and the most to gain from this model, to invest in your RI client. They receive valuable data for better serving others like the RI. Just as you are learning to attract and sustain RI clients. AI's must compete with each other to be most responsive to clients' underserved needs.

↑ Competitive responsiveness ↓

Applied anankology creates a new field focused on serving specific needs as they occur.

need-response field

Political leaders lead poorly when pitting us against each other. Their legitimacy sinks when failing to integrate the needs of both sides. They need your politically passionate client to lead a better way. Harmony Politics can empower you and your client to *lead* these leaders. You and your client can replace petty divisive politics with the more compelling competition of who loves the most, by being more responsive to politicized needs.

The competition that matters most is who loves more.

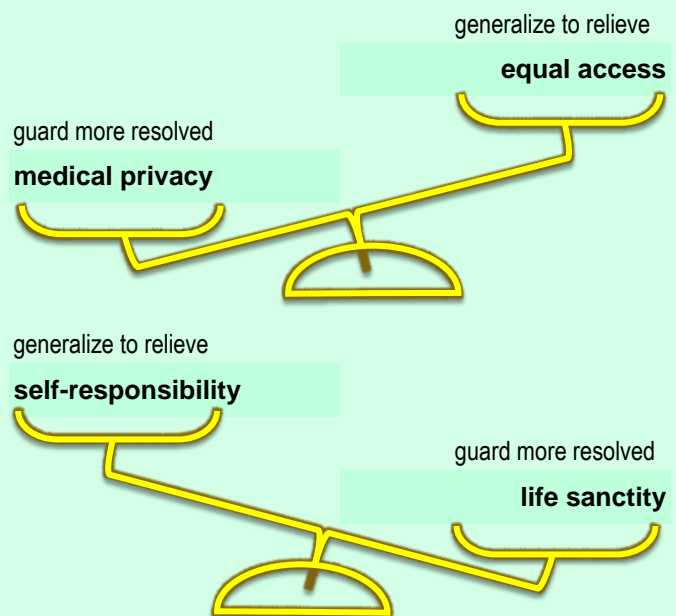
WAVE
 PROVE THEM WRONG
 CLAIM ONLY YOUR
 SIDE IS RIGHT
 DENOUNCE THEM AS BAD

or

LOVE
 PROVE YOU LISTEN MORE
 OFFER MORE THAN
 THEY WILL OFFER
 AFFIRM MORE NEEDS

Your client's psychosocial orientation presents a *strong side* and *weak side*. Guarding their more resolved need is their strong side.

Generalizing to relieve their other need is their weak side. The opposing side flips these. Each side can demonstrate more love by 1) respectfully conveying to the other side the impact of a political loss, and 2) asking how a win could impact the needs of the other side. Meaningful competition is not between political winners and losers, but between who can create the most value by resolving needs and those stuck in pain-relieving generalizing. It is not what your client gets from political battles, but what they give.



Your client's internal therapeutic changes are more sustainable when their external threats are addressed. **Psychosociotherapy** using **need-response** adds this needed depth to counseling. I look forward to working with you to resolve specific power-impacted needs between your client and powerful others. To grow love we all need.

↑ Value Relating's other free tools ↓

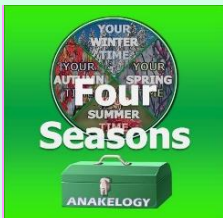
Harmony Politics is one of many spreadsheet tools under development. Check out more.



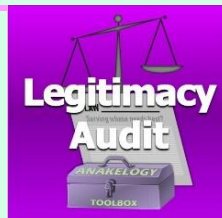
Harmony Politics
Link your political outlook to your psychosocial and other publicly affected needs. Empathize fully with both political sides.



Innocence Validity
For the many wrongly convicted not yet exonerated. Enter case details, and share its calculated estimate of innocence with others.



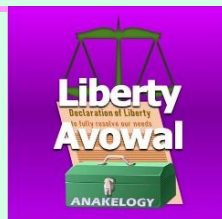
Four Seasons
Enter your birthdate and see your life's seasonal patterns. See how your affected psychosocial needs shapes your political outlook.



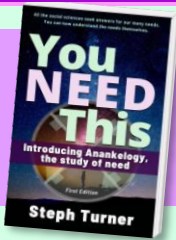
Legitimacy Audit
Check various authority's level of responsiveness to entrusted needs. Link that gaged responsiveness to how willingly involved in your life.



Exaction Invoice
Identify and report hidden costs of coerced compliance. Put a price on power's negative influence on you. Hold power accountable.



Liberty Avowal
Declare your liberty resolve needs. Replace alienation of impersonal norms with a loving passion to resolve each other's affected needs.



Steph is also the author of the forthcoming book *You NEED This*.

You NEED This
Introducing Anankelogy, the study of need
Set for publication on June 20, 2021.

Steph Turner is neither liberal nor conservative, but "transpolitical." Steph identifies as a "transspirit" who is spiritually compelled to transcend divisive categories, to integrate complementary sides into a resolving whole. That includes transcending the generalized political left-right binary and transcending the generalized political populace-elite binary.



Contact me and let me know how can I improve this for you? What am I missing?

References

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Thank you for trying out this spreadsheet tool.

Value Relating
solving problems by resolving needs

Thank you for this opportunity to serve your needs.