

Dr. Tania Israel Bio

Tania Israel is a Professor in the Department of Counseling, Clinical, and School Psychology at the University of California, Santa Barbara. A Penn graduate with a double major in Psychology and Women's Studies (CAS '88) and a masters in Human Sexuality Education (GrED '91), she holds a Ph.D. in Counseling Psychology and is a Fellow of the American Psychological Association. Dr. Israel teaches about helping skills, leadership, and community collaboration, among other things. She has facilitated educational programs and difficult dialogues about a range of topics, including abortion, law enforcement, religion, and sexual orientation. Her award-winning book, [*Beyond Your Bubble: How to Connect Across the Political Divide, Skills and Strategies for Conversations That Work*](#) (APA, 2020), grew out of Dr. Israel's skill-building workshop that she developed and delivered to hundreds of participants following the 2016 election. It draws on her strengths as a psychologist and community collaborator to prepare people to engage in dialogue across political lines. Dr. Israel's honors include 2019 Congressional Woman of the Year (CA 24th District), Asian and Pacific Islander Heritage Award for Excellence in Mental Health from the California Asian & Pacific Islander Legislative Caucus, and Emerging Leader Award from the APA Committee on Women in Psychology. To learn more, visit taniaisrael.com or connect with her on [LinkedIn](#), [Twitter](#), or [Instagram](#).