

# MEDIA KIT

## Kirk J. Schneider, Ph.D.

Psychologist · Author · Speaker

Forthcoming: *The Vibrant Center* | June 3rd, 2026

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### ABOUT DR. SCHNEIDER

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#### Long Biography

Kirk J. Schneider, Ph.D. is a licensed psychologist, author/coauthor of 16 books, and one of the foremost voices in contemporary existential-humanistic psychology. For more than three decades, Dr. Schneider has explored what it means to live with depth, authenticity, and awe — and how those qualities can heal not only individuals but a fractured society.

President and co-founder of the Existential-Humanistic Institute (EHI) and adjunct faculty at both Saybrook University and Teachers College, Columbia University, Dr. Schneider has dedicated his career to showing that the most pressing questions of our time — polarization, anxiety, meaninglessness — are at root existential ones. His work bridges rigorous clinical practice, existential philosophy, and urgent public discourse.

A Fellow of seven American Psychological Association (APA) divisions and a two-term member of the APA Council of Representatives, Dr. Schneider was the 2022 APA President-Elect candidate. He is the recipient of the Rollo May Award for outstanding pursuit of new frontiers in humanistic psychology, and an Honorary Member of the Society for Existential Analysis (UK) and the East European Association for Existential Therapy. He was the keynote speaker at all four World Congresses of Existential Therapy and his books have been translated into Chinese, German, Greek, Russian, Turkish, Portuguese, Korean, Slovakian, and Lithuanian.

His forthcoming book, *The Vibrant Center* (University Professors Press, June 3rd, 2026), offers a timely and deeply personal antidote to the age of extremes — arguing that the capacity to hold life's complexity with curiosity rather than fear is both a psychological and civic imperative.

#### Short Biography (for program notes and introductions)

Kirk J. Schneider, Ph.D. is a licensed psychologist, author/coauthor of 16 books, and a leading spokesperson for existential-humanistic psychology. He is president of the Existential-Humanistic Institute, a Fellow of seven American Psychological Association (APA) divisions, and adjunct faculty at Saybrook University and Teachers College, Columbia University. His work has been featured in the *New York Times*, *Scientific American*, *The Guardian*, *Forbes Health*, *BBC World News*, and *NPR*. His new book, *The Vibrant Center*, publishes June 3rd, 2026.

#### One-Line Bio

Psychologist, award-winning author of 16 books, and the leading spokesperson for existential-humanistic psychology — showing how awe and authentic encounter can heal individuals and polarized societies.

## CREDENTIALS & AFFILIATIONS

<b>License</b>	Licensed Psychologist (CA and MA)
<b>Current Role</b>	President & Co-Founder, Existential-Humanistic Institute (EHI)
<b>Faculty</b>	Adjunct, Saybrook University & Teachers College, Columbia University
<b>APA</b>	Fellow of 7 Divisions (Humanistic, Clinical, Psychotherapy, Independent Practice, Psychological Study of Social Issues, Philosophical & Theoretical, and Quantitative and Qualitative Research)
<b>APA Leadership</b>	Past President, Division 32, Humanistic Psychology (2015–2016); Two-term Council of Representatives Member
<b>2022</b>	APA President-Elect Candidate
<b>Award</b>	Rollo May Award — APA Division 32 (Outstanding New Frontiers in Humanistic Psychology)
<b>Honorary</b>	Society for Existential Analysis (UK), East European Association for Existential Therapy
<b>Global</b>	Honorary Advisory Board, the Existential Movement; Global Advisory Board, Organization for Human Dignity and Humiliation Studies
<b>Other</b>	Allied Partner, Psychotherapy Action Network (PsiAN); Trained Moderator, Braver Angels, Founder, the Corps of Depth Healers
<b>Translations</b>	Chinese · German · Greek · Russian · Turkish · Portuguese · Korean, Slovakian, Lithuanian

## FEATURED BOOK — THE VIBRANT CENTER

<b>Release Date</b>	June 3, 2026
<b>Publisher</b>	University Professors Press
<b>Hardcover ISBN</b>	978-1-955737-74-6 (\$89.95)
<b>Paperback ISBN</b>	978-1-955737-75-3 (\$29.95)
<b>eBook ISBN</b>	978-1-955737-76-0
<b>eBook Platforms</b>	Apple iBooks · Barnes & Noble Nook · Google Play · Amazon Kindle
<b>Pre-order</b>	<a href="https://universityprofessorspress.com/product/the-vibrant-center/">universityprofessorspress.com/product/the-vibrant-center/</a>

## About the Book – The Vibrant Center

The Vibrant Center is a book for our times. It calls for a sweeping change in the consciousness of our society — from parenting to education to work to religious and spiritual settings to governance — to address the extremism and polarization that is racking our day-to-day lives.

This is not the centrism of ready compromise or mechanical balance. It is a centrism that is dynamic and attuned to circumstance rather than preset orthodoxy; a pivot point that supports choice rather than reactivity, rich possibility rather than narrow prejudice and assumption. The Vibrant Center advocates for an approach that has rarely been tried among dominant societies in history, but that has a real chance within the frameworks of democratic republics — if they could but live up to their aspirations.

Drawing on years of accumulated clinical wisdom, Dr. Schneider provides concrete strategies, case examples, and innovative ideas for how our world can shift from fear-based and mechanized to awe-based and vibrant. This is a manifesto for everyday people who are sick and tired of the mental and physical destructiveness of our age — and who are ready for a more centered, enriching approach to life.

## Table of Contents

Preface · A Note About Method · Introduction: The Need for a Vibrant Center of Living

Chapter 1: The Vibrant Center of Parenting — Finding Grace Points in Polarities; Awe for Life at the Heart of Parenting; Critical Thinking Through Conversation; Meaning in Life

Chapter 2: The Vibrant Center of Education — Supporting Kids to Be Present, Open, and Discerning; The Experiential Democracy Dialogue; The Call for Critical Inquiry

Chapter 3: The Vibrant Center of Work — Making Work Meaningful; Emotionally Restorative Relationships; The Role of AI

Chapter 4: The Vibrant Center of Religion and Spirituality — Coupling Conviction with Doubt; Toward a Vibrant Center of Religiosity

Chapter 5: The Vibrant Center in Government — An Office of Psychological Advisors; The Corps of Depth Healers; Braver Angels Format; Vibrantly Centered Governance

Chapter 6: Are We Ready for a Political Party Called 'The Vibrant Center?' — Philosophy, Policies, and Likely Constituencies

Chapter 7: Toward an Awe-Based, Vibrantly Centered World — Resilience Stories (Frankl, Mandela, Angelou, Hawking, Thich Nhat Hanh, de Beauvoir, Lorca, and others); Corps of Depth Healers Certificate Program

Final: Conclusion · Appendix · Notes · Index · Author Bio

## Complete Bibliography (16 books)

- The Vibrant Center: A New Consciousness for Our Broken Age (University Professors Press, June 2026) — forthcoming
- Life-Enhancing Anxiety: Key to a Sane World (2023)
- The Depolarizing of America: A Guidebook for Social Healing (2022)
- The Spirituality of Awe: Challenges to the Robotic Revolution (revised edition)
- The Wiley World Handbook of Existential Therapy (co-editor)
- Supervision Essentials for Existential-Humanistic Therapy (with Orah Krug, 2016)
- The Polarized Mind: Why It's Killing Us and What We Can Do About It (2013)
- Humanity's Dark Side: Evil, Destructive Experience, and Psychotherapy (co-editor, APA Books, 2012)
- Existential-Humanistic Therapy (with Orah Krug, 2009)
- Awakening to Awe: Personal Stories of Profound Transformation (2009)
- Existential-Integrative Psychotherapy: Guideposts to the Core of Practice (2008)
- The Handbook of Humanistic Psychology: Theory, Research, Practice, 2nd ed. (2015; ed. with Pierson & Bugental)
- Rediscovery of Awe: Splendor, Mystery, and the Fluid Center of Life (2004)

- The Psychology of Existence: An Integrative, Clinical Perspective (with Rollo May, 1995)
- Horror and the Holy: Wisdom-Teachings of the Monster Tale (1993)
- The Paradoxical Self: Toward an Understanding of Our Contradictory Nature (1990/1999)

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## TOPICS & ANGLES FOR INTERVIEW

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### Core Themes

- How presence (really “being there” with one’s whole-body awareness), openness to experience, and discernment, which can lead to an awe (humility and wonder, sense of adventure) toward life — not certainty — are the keys to psychological and civic flourishing.
- The need for greater presence, openness, and discernment in all major sectors of society—from parenting to education to work settings to religious and spiritual settings to government.
- The existential roots of political polarization, and how to move beyond them (such as a proposed government Office of Psychological Advisors overseen by a Psychologist General and a “protocol of civility” (or a “pre-legislative protocol”) requiring bridge-building dialogue, such as the Experiential Democracy Dialogue, to more deeply address the issue at hand—as well as presidential candidates fitness for office.
- The creation of a Vibrant Center political party to have nation-wide impact on cultural and political leadership
- Life-enhancing anxiety: reframing fear as an invitation to deeper living.
- Why the 'vibrant center' is not centrism but courageous complexity.
- Depth therapy and the limits of quick fixes in mental health care.
- The role of authentic encounter in healing fractured relationships (seeding society with more vibrantly centered, awe-based leaders and everyday people based on what we know about resilience and self-actualizing people).
- The purpose of the Corps of Depth Healers Certificate Program as one of many possible private sector partnerships with an Office of Psychological Advisors.

### Interview Angles

- What mainstream psychology is missing — and why it matters now
- The psychology of extremism: from the consulting room to the Senate floor
- Cultivation of presence and Awe as a public health intervention
- How therapists can help clients—and everyday people--navigate a polarized world
- Rollo May's legacy and existential psychology in the 21st century
- The corps of depth healers certificate program: training the next generation of existential practitioners
- The need for an Office of Psychological Advisors in government, key functions of that Office
- The need for a political party that prioritizes vibrant centered policies and programs—a Vibrant Center Party.
- The need to draw from resiliency and self-actualization research to understand what a vibrantly centered, awe-based society might look like, and how to seed our society with such everyday people and leaders
- The qualities that resilient and self-actualizing (“great”) people share

## SAMPLE INTERVIEW QUESTIONS

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### For general / mainstream media

1. What is the 'vibrant center' — and why do you argue it takes more courage than picking a side?
2. You've written that anxiety can be life-enhancing. What does that mean in an age of epidemic anxiety?
3. Can psychology actually help heal political polarization? What would that look like in practice?
4. Your work traces back to existentialists like Rollo May. Why does that tradition feel so urgent right now?
5. What do you mean when you say awe is a public health concern?
6. What do you mean by a government Office of Psychological Advisors and how would they advise the government and nation?
7. What do you mean by a “protocol of civility” (or a “pre-legislative protocol”) and why is it important for the legislative process?
8. What do you mean by “seeding” society with resilient and self-actualizing people?
9. What are the apparently cross-cultural qualities that resilient and self-actualizing (“great”) people share?
10. What is the purpose of the Corps of Depth Healers Certificate Program?

### For mental health / clinical media

1. How does existential-humanistic therapy differ from CBT or other evidence-based approaches — and where do you see it fitting in today's landscape?
2. You've supervised therapists for decades. What do you think is most missing in how we train clinicians today?
3. Your concept of 'existential-integrative' therapy is distinctive. How would you describe it to a non-clinician?
4. What does working with a polarized client actually look like in the room?
5. How has your own experience of awe shaped your clinical and intellectual work?
6. What do you mean by a government Office of Psychological Advisors and how would they advise the government and nation?
7. What do you mean by a “protocol of civility” or “pre-legislative protocol” and why is it important for the legislative process?
8. What do you mean by “seeding” society with resilient and self-actualizing people?
9. What are the apparently cross-cultural qualities that resilient and self-actualizing (“great”) people share?

## MEDIA COVERAGE & APPEARANCES

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### Major Print & Digital Coverage

- New York Times — featured/quoted (September 22, 2019, Updated September 7, 2021, & November 3, 2019)
- Scientific American — feature article “The U.S. Needs a Mental Health Czar” and (with Mohsen Fatemi): 'Today's Biggest Threat: The Polarized Mind'
- The Guardian — quoted/featured
- USA Today — quoted/featured
- Vanity Fair — quoted/featured
- Forbes Health — quoted/featured

- Psychology Today — ongoing blog contributor, 'Awakening to Awe'
- Psychiatric Times — book review + interview

## Broadcast Appearances

- BBC World News — <https://www.bbc.com/news/world>
- NPR — [Kirk Schneider at San Francisco State University, May 22, 2010 : The Best Commencement Speeches, Ever](#)
- KQED Forum with Michael Krasny — [The Polarized Mind with Kirk Schneider | KQED](#)
- China Global TV Network America — [Americas - Latest Regional News](#)
- Free Speech TV / RT TV with Thom Hartmann, The Big Picture — <https://www.thomhartmann.com/bigpicture>
- Thinking Allowed (PBS TV) with Jeffrey Mishlove — [Thinking Allowed](#)
- Through Conversations Podcast — <https://music.amazon.com/podcasts/e6a06801-6cee-4fd9-8653-5a583a498e50/episodes/f703aa17-50ce-40ef-9215-32b899718213/through-conversations-the-crisis-of-being-human-today-%E2%80%93-kirk-schneider>
- The Psychology Podcast with Scott Barry Kaufman — [Existential-Humanistic Therapy with Kirk Schneider - Scott Barry Kaufman](#)

## Selected Podcast Appearances (19+ total)

- Shrink Rap Radio #835 — [#835 Existential-Humanistic Psychologist Kirk Schneider PhD on Life Enhancing Anxiety | Shrink Rap Radio](#)
- Soberful Podcast #261 — [#261 - Life-Enhancing Anxiety with Dr. Kirk J. Schneider - Soberful Online Sobriety Programs](#)
- People Who Read People (Behavior Podcast) — [The awe and the horror of existence, with existential-humanistic psychologist Kirk Schneider - People Who Read People: A Behavior Podcast](#)
- Becoming Existential (Max Karlin) — [The Gift of Presence with Dr. Kirk J. Schneider - Max Karlin](#)
- Theory of Change Podcast #67 (RMHCPA) — [Life Enhancing Anxiety: A Path Toward Depth in the Human Experience](#)
- Psychology in Seattle — [Existential-Humanistic Psychology with Dr. Kirk Schneider](#)
- Depth Dialogues (own series, ongoing) — <https://podcasts.apple.com/us/podcast/depth-dialogues-podcast/id1751592738>
- Shrink Rap Radio #835 — Life-Enhancing Anxiety
- Soberful Podcast #261 — Life-Enhancing Anxiety
- People Who Read People (Behavior Podcast) — 'The Awe and the Horror of Existence'
- Becoming Existential (Max Karlin) — 'The Gift of Presence'
- Theory of Change Podcast #67 (RMHCPA)
- Psychology in Seattle—'Existential-Humanistic Psychology with Kirk Schneider'
- Depth Dialogues (own series, ongoing)

Full list of 19+ appearances: [owltail.com/people/wOowY-kirk-schneider/appearances](http://owltail.com/people/wOowY-kirk-schneider/appearances)

## Video

- BBC World News — <https://www.bbc.com/news/world>
- NPR — <https://apps.npr.org/commencement/speech/kirk-schneider-san-francisco-state-university-2010/>
- KQED Forum with Michael Krasny — <https://www.kqed.org/forum/201307161000/the-polarized-mind-with-kirk-schneider>
- China Global TV Network America — <https://america.cgtn.com/>
- Free Speech TV / RT TV with Thom Hartmann, The Big Picture — <https://www.thomhartmann.com/bigpicture>
- Thinking Allowed (PBS TV) with Jeffrey Mishlove — <https://thinkingallowed.com/>
- Through Conversations Podcast — <https://music.amazon.com/podcasts/e6a06801-6cee-4fd9-8653-5a583a498e50/episodes/f703aa17-50ce-40ef-9215-32b899718213/through-conversations-the-crisis-of-being-human-today-%E2%80%93-kirk-schneider>
- The Psychology Podcast with Scott Barry Kaufman — <https://scottbarrykaufman.com/podcast/existential-humanistic-therapy-kirk-schneider/>
- Shrink Rap Radio #835 — <https://shrinkrapradio.com/835-existential-humanistic-psychologist-kirk-schneider-phd-on-life-enhancing-anxiety>

- Soberful Podcast #261 — [#261 - Life-Enhancing Anxiety with Dr. Kirk J. Schneider - Soberful Online Sobriety Programs](#)
- People Who Read People (Behavior Podcast) — [The awe and the horror of existence, with existential-humanistic psychologist Kirk Schneider - People Who Read People: A Behavior Podcast](#)
- Becoming Existential (Max Karlin) — [The Gift of Presence with Dr. Kirk J. Schneider - Max Karlin](#)
- Theory of Change Podcast #67 (RMHCPA) — [Life Enhancing Anxiety: A Path Toward Depth in the Human Experience](#)
- Psychology in Seattle — [Existential-Humanistic Psychology with Dr. Kirk Schneider](#)
- Depth Dialogues (own series, ongoing) — [Depth Dialogues Podcast](#)
- APA Interview on Existential-Humanistic Therapy — [Existential-Humanistic Therapy Over Time](#)
- PsiAN Interview (Psychotherapy Action Network) — [PsiAN Speaks: Kirk Schneider PhD](#)
- PsychAlive — From the Polarized Mind to Awe (full interview) — [https://www.psychalive.org/pl\\_resources/polarized-mind-awe-existential-humanistic-approach-life-interview-dr-kirk-schneider/](https://www.psychalive.org/pl_resources/polarized-mind-awe-existential-humanistic-approach-life-interview-dr-kirk-schneider/)
- PsychAlive — What is Awe? — [VIDEO: Dr. Kirk Schneider - What is Awe? - PsychAlive](#)
- PsychAlive — The Transformative Power of Awe — <https://www.psychalive.org/video-dr-kirk-schneider-transformative-power-awe/>
- PsychAlive — Awakening to Awe, A Personal Journey — [VIDEO: Dr. Kirk Schneider – Awakening to Awe, A Personal Journey](#)
- PsychAlive — Developing Awe in Existential Psychotherapy — [VIDEO: Dr. Kirk Schneider on Developing Awe in Existential Psychotherapy - PsychAlive](#)
- PsychAlive — Psychological and Cultural Polarization — <https://www.psychalive.org/video-dr-kirk-schneider-psychological-cultural-polarization>
- PsychAlive — Modern Culture and the Experience of Awe — [VIDEO: Dr. Kirk Schneider on Modern Culture and The Experience of Awe - PsychAlive](#)
- PsychAlive — Enlivening Our Society with Awe Based Wisdom — <https://www.psychalive.org/video-dr-kirk-schneider-enlivening-society-awe-based-wisdom/>
- BBC World News clip — <https://youtu.be/PwyWcOpLTjw>
- Existential-Integrative Therapy demo — <https://www.youtube.com/watch?v=OHym5sJA8aY>
- Experiential Democracy Project — I-Thou Dialogue on Racism & Policing — [Experiential Democracy Project: An "I-Thou" Dialogue on Racism and Policing \(Full Video\)](#)

## ONLINE PRESENCE & CONTACT INFORMATION

<b>Website</b>	<a href="http://kirkjschneider.com">kirkjschneider.com</a> ; <a href="http://corpsofdepthhealers.com">corpsofdepthhealers.com</a>
<b>Substack</b>	<a href="https://kirkschneider374439.substack.com">kirkschneider374439.substack.com</a>
<b>Psychology Today Blog</b>	<a href="https://psychologytoday.com/us/contributors/kirk-j-schneider-phd">psychologytoday.com/us/contributors/kirk-j-schneider-phd</a>
<b>LinkedIn</b>	<a href="https://linkedin.com/in/kirk-schneider-a526a661">linkedin.com/in/kirk-schneider-a526a661</a>
<b>YouTube</b>	<a href="https://youtube.com/channel/UCTkfyLvBxdnW4rihYq93EXA">youtube.com/channel/UCTkfyLvBxdnW4rihYq93EXA</a>
<b>Corps of Depth Healers</b>	<a href="https://youtube.com/@corpsofdepthhealers-ws9nq">youtube.com/@corpsofdepthhealers-ws9nq</a>
<b>Amazon Author Page</b>	<a href="https://amazon.com/stores/author/B001HMPK46">amazon.com/stores/author/B001HMPK46</a>
<b>Goodreads</b>	<a href="https://goodreads.com/author/show/549416.Kirk_J_Schneider">goodreads.com/author/show/549416.Kirk_J_Schneider</a>
<b>Publisher (UPP)</b>	<a href="https://universityprofessorspress.com/kirk-j-schneider-phd-upp-author">universityprofessorspress.com/kirk-j-schneider-phd-upp-author</a>
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