Glen White

When did you begin teaching at LifeQuest?

- September 2019

Please list your most recent job title:

- Psychologist, The Fowler Institute

What is your educational background?

- PhD in Clinical Psychology

Please list experiences, awards or recognition you've had which are related (or not!) to your upcoming class topic:

- Public speaking and training experiences for decades in my capacity as a psychologist, psychotherapist, and professor.
- Teaching medical students, doctoral level psychologists-to-be, and other budding mental health professionals.
- Recipient of Red Sash awards from Senior medical students at UAMS for excellence in teaching, classes of 1996, 1997, 1998, 1999, 2000.
- Researching and reading about political polarization has enlightened me to how many complex factors are involved, but it also gives me hope to find the many things that can help people have civil conversations despite differences.

Please tell us why you like to (or are interested in) teaching at LifeQuest:

- I enjoy teaching others and learning from my audience as well, so the opportunity to speak with the smart, experienced group of folks at LifeQuest is exciting to me. It challenges me to do my best, and I will be looking forward to hearing the perspectives of others during the classes. I expect it to keep me on my toes!

List three distinctive personal facts about yourself:

1. I love music of all types, but I especially like rock and jazz. I play a little guitar, but not enough to impose myself on the public. It's still fun!
2. During my (semi)retirement, I am helping to develop a local alliance of the national Better Angels organization that seeks to reduce political polarization in our country and improve civility in conversations across political divides.
3. The outdoors and the natural world is very important to me, and it provides a healing environment for me. Interestingly, there is increasing research these days that supports nature as a positive influence on peoples' emotional and mental state, so it's not just me that thinks that!