

American University Center for Well-Being Programs and
Psychological Services presents:

Treating Political Stress among Young Adults

Tuesday, October 14, 2025

11:00am-1:00pm Eastern Time



Robert Ortega, Ph.D. received his doctorate in Counseling Psychology from the University of Oregon after completing an APA-accredited clinical internship at American University. He currently owns RIO Therapies, where he works in clinical practice. He has published research in the fields of critical consciousness, and his dissertation explored the relationship between political action behaviors and mental health symptoms. He now provides workshops and consultation regarding the treatment of political stress and strategies to engage in values-aligned community engagement.

This seminar is free of cost and limited to current American University employees. The target audience is clinical psychotherapists and allied health professionals who currently work for American University. This is an intermediate level training. This live, interactive, seminar will be offered in person at 4400 Massachusetts Ave NW (MGSC 206), Washington, DC 20016. At the completion of this training, participants will be able to:

- Discuss the complex relationship between political stress symptoms and evidence-based interventions.
- Identify research supported techniques for treating populations going through political stress.
- Describe strategies to help young adults find value aligned approaches to engage in their communities.

2.0 hours of CE are available for participants who attend entire program and complete the evaluation. Social workers receive 2.0 clinical credit. Certificates will be issued via email within 7 days of receipt of the completed course evaluation.

The registration deadline is 11:00am Eastern Time on Monday, October 13, 2025. Use the registration link here: https://american.co1.qualtrics.com/jfe/form/SV_3KnKm0kviWM9ons

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