



Helping Beyond the 50-Minute Hour: Therapists Involved in Meaningful Social Action

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"Slacktivism" is a term that has been coined to cynically describe the token efforts that people devote to some cause, without long-term or meaningful impact. We wear colored wristbands, pins, or ribbons proclaiming support for a particular organization. We might post something on social network sites or send messages to friends about causes dear to our hearts. We might even volunteer our time to work on behalf of marginalized, oppressed, or neglected groups or donate money to a charity. Yet the key feature of significant social action is follow through—continuing efforts over a period of time so as to build meaningful relationships, provide adequate support, and conduct evaluations to measure results and make needed adjustments that make programs even more responsive.

This book is intended as an inspiration for practicing psychotherapists and counselors, as well as students, to become *actively* involved in a meaningful effort. The authors have searched far and wide to identify practitioners representing different disciplines, helping professions, geographic regions, and social action projects, all of whom have been involved in social justice efforts for some time, whether in their own communities or in far-flung regions of the world. Each of them has an amazing story to tell that reveals the challenges they've faced, the incredible satisfactions they've experienced, and what lessons they've learned along the way. Each story represents a gem of wisdom, revealing both questions of faith, as well as of sustained action. The authors have been encouraged to dig deeply in order to talk about the honest realities of their work. After reading their stories, you will be ready to pick a cause that speaks to you and begin your own work.

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