



CONFLICT TRANSFORMATION

Conflict Transformation

Navigating conflict can be difficult or feel overwhelming yet avoidance can prevent us from growing or improving the situation. In this episode of our **Journey to Thrive** Podcast Series, Don Marks, Psy.D., Ph.D. addresses the topic of **Conflict Transformation**. Dr. Marks discusses the possibility of adopting a mindful perspective to conflict, one that recognizes the history and context of the situation, embraces the relational complexity, and promotes active listening and dialogue for an improved way to move forward. [*Listen to the podcast episode here.*](#)