

TIM WARNEKA '89

Promoting nonviolence

Shortly after the Sept. 11, 2001, attacks on New York City and Washington, D.C., Tim Warneka, a practicing psychotherapist for 10 years, found himself trying to find a way to offer accessible help to those in need.



"I had a lot of panicked parents coming up to me on the street and in church saying, 'Tim, what do I tell my kids?'" he says.

To help parents talk to their children about the terrorist attacks, he wrote "A Guide for Parents: Ten Tips for Talking with Children About Terrorism" and posted it online at <http://www.clevelandtherapists.com>, an online directory of psychotherapists he had recently started.

The response was overwhelming. The article began to appear on numerous Web sites and in chain e-mails. Warneka, who received his master's from Cleveland State, heard from people around the world, including a family that lived near the Pentagon saying that the article helped them through a difficult period.

This success enabled him to write a chapter for *The Psychology of Terrorism*, a four-volume set published in November 2002. His chapter, "Everyday Terrorism: The Long Shadow of Our Hidden Dragon: Shared Factors of Terrorism and Juvenile Violence," explores the connections between everyday acts of violence and acts of terrorism.

Currently, he is writing a book with his brother, Patrick, about using nonviolence through emotionally intelligent leadership practices in business. It is tentatively titled *How to Lead Without Pushing or Pulling* and incorporates principles of the Japanese nonviolent martial art of aikido, in which he holds a black belt.

"All of my work today is grounded at UD," Warneka, who majored in psychology, says. "Being around the Marianists helped me to focus on what my passions were.

"They taught me about social justice and working for the community. ... I learned more outside of the classroom than inside."

—Anthony Fulton '05