

Chattanooga Psychotherapist and Author Launches New Keynote: 'Conflict Isn't the Enemy'

Two decades in the counseling room and more than 175 stages shaped Judy K. Herman's talk about what happens beneath disagreements.

CHATTANOOGA, TN, UNITED STATES, October 5, 2026 /EINPresswire.com/ -- [Judy K. Herman, LPC-MHSP, NCC](#), has launched a new signature keynote, "Conflict Isn't the Enemy," exploring what happens beneath disagreements and how people can stay connected when relationships get hard. The keynote is available for booking now for 2027 conferences, professional associations and [continuing education programs](#).

The presentation draws on Herman's clinical work with couples and individuals, along with extensive experience speaking and facilitating at conferences, summits, retreats and workshops.

"Conflict isn't the enemy. Disconnection is," Herman said.

Her clinical work has convinced her that the greatest threat to resilient relationships is not the disagreement itself. It is what people do when the tension feels unsafe: avoiding difficult conversations, people-pleasing, becoming defensive or quietly distancing themselves.

"After hearing the deeper stories of hundreds of clients, I've come to believe that all of us desire to feel felt, heard and understood by another person," Herman said. "Conflict is inevitable. Disconnection doesn't have to be. I've watched people create deeper connections when they find the courage to move beyond avoidance and people-pleasing. Now I'm bringing what I've learned into larger rooms because we need these skills not only in our closest relationships, but also in our workplaces, families, communities and culture."



Relationship wellness speaker and psychotherapist Judy K. Herman brings insights from the counseling room to the stage with her new keynote, "Conflict Isn't the Enemy."

Through stories, humor and immersive experiences, Herman teaches people to hold the tension of differences long enough to create emotional safety and the possibility of a more conscious response. Her approach encourages audiences to stay grounded, lean into curiosity and speak honestly without becoming harsh.

Audiences learn to recognize what drives their own avoidance, stay present in the moment without defending or withdrawing, and invite honest conversations with language they can use right away.

The keynote closes with three deceptively simple choices:

Choose courage when avoidance feels safer.

Choose honesty when silence feels nicer.

Choose connection when distance feels easier.

Those choices reflect Herman's message that conflict itself can become an invitation to create better relationships and a better life.

Judy K. Herman, LPC-MHSP, NCC, is a Chattanooga-based relationship wellness speaker, author and licensed psychotherapist in Tennessee and Georgia. She translates relationship psychology and clinical experience into practical tools for healthier communication and connection. She speaks and facilitates at conferences, summits, retreats and continuing education programs.

Herman is the author of *Beyond Messy Relationships* and [Relationships With Purpose](#) and creator of the Better Relationships, Better Life podcast.



Judy K. Herman draws on more than two decades of clinical experience to help audiences navigate conflict, communication and connection.



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