

MEET CLAUDIA DOMMASCHK

LMFT | FOUNDER OF WISDOM EXCHANGE
PSYCHOTHERAPIST | GESTALT PRACTITIONER



Claudia Dommaschk, LMFT, is a psychotherapist, Gestalt practitioner, and community weaver with nearly thirty years of clinical experience. She is the founder of Wisdom Exchange, an international community devoted to cultivating relational intelligence in times of cultural transition.

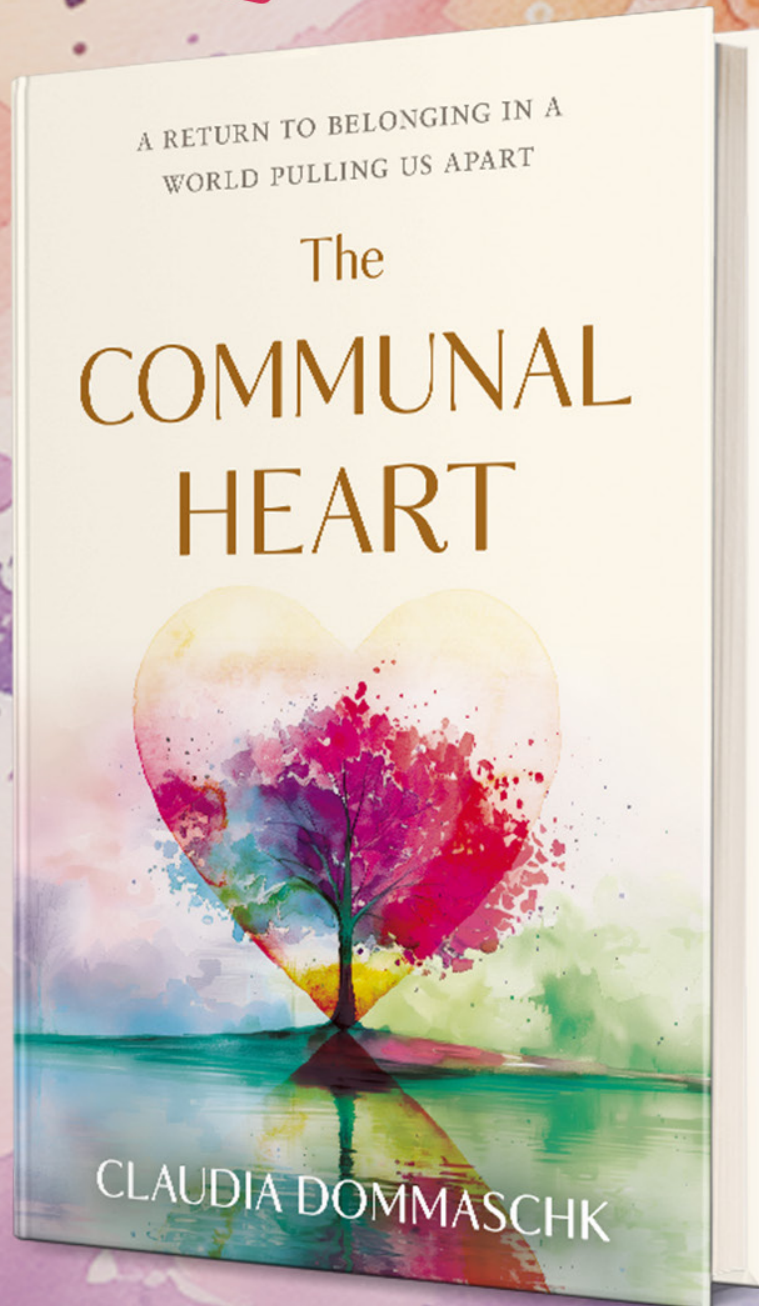
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WHAT CLAUDIA DOMMASCHK BRINGS

Claudia Dommaschk is a Licensed Marriage and Family Therapist in Davis, California. She offers individual and couple counseling for adults and has over 30 years

of experience treating a wide range of psychological problems such as anxiety, depression, work-related stress and relationship difficulties.

QUESTIONS TO ASK CLAUDIA:

1. You open the book with young people saying they'd consider marrying an AI. What did that tell you and why start there?
2. You've spent nearly thirty years in a therapy room. Is there a moment in the work with a client that changed how you understand belonging?
3. You're clear that this isn't self-help. What's the difference between what you're offering and the usual "steps to a better life"?
4. The book's title, *The Communal Heart*, is also its central idea. What is it, in plain language, and when have you felt it in your own life?
5. You write that we're living through "profound fragmentation." A skeptic might say every generation believes it lives in uniquely broken times. What makes this different?
6. You write: "You belong here, not for what you do, but just for who you are—aware, alive, becoming." Why is that truth so hard for people to accept?
7. So many people right now are exhausted and want to withdraw. What's the honest case for staying in relationship when it's hard? The book is notably careful about gender—masculine and feminine ways of attending to the world. That's contested territory. Why go there?
8. After thirty years of practice, what's something you changed your mind about?
9. If a listener feels all this in their own life right now, what's the smallest real thing they could do today?
10. While the current interview questions are a strong, professional starting point, I've revised the list somewhat, and I wanted to walk you through my thinking so you can see the logic (and push back where you think I've gotten the balance wrong).

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