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**Trump’s rhetoric**

Communication scholars have written about the concept of “therapeutic rhetoric.” In contrast to the ancient notion of “deliberative rhetoric,” which focuses on how speakers and writers employ discourse to create change (e.g., passing legislation, securing votes and getting others to see the world as they do), therapeutic rhetoric is invoked in those instances where one realizes they cannot persuade others to change reality; as a result they use a kind of self-rhetoric to bolster and make themselves feel better about that over which they have little control.

Late-night television host Seth Meyers recently referred to President Donald Trump’s frequent rallies as “public therapy.” This portrayal isn’t just funny. It points to the fact that that we may have a chief executive who is mentally unstable — someone who rather than seeking professional help or engaging in self-reflection chooses to vent frustration and anger in public to make himself feel better.

This is not just unhealthy for him but for the American public as well.

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