

Working with Climate Change Anxiety -

Wednesday 29 June 2022

Time	Session	Presenter
9.30am - 9.45am	Welcome and introductions	
9.45am - 10.30am	<p>Climate seems to be the hardest word</p> <p>This presentation will explore what is meant by “climate anxiety” and how it can manifest including not talking about it or denying it - both in ourselves and our clients. Considering some of the conscious and unconscious processes that can hinder - or help - climate crisis awareness and acceptance.</p> <p>Raising awareness of climate change crisis as a systematic issue, rooted in injustice, inequality and loss of connection with other peoples and the rest of the world.</p> <p>This presentation will offer key ways in enabling climate conversations, without forcing them onto others.</p>	Linda Aspey
10.30am - 10.45am	Live Q&A session	
10.45am - 10.50am	Break	
10.50am - 11.35am	<p>Breaking silos: sketching an integrative model for working with eco-anxiety</p> <p>This session will try to combine knowledge from different psychotherapeutic models, as well as acknowledging the legacy of eco-therapy.</p> <p>Learning to articulate the client’s history with feelings towards the climate crisis without denying the reality of the crisis, whilst mapping emotional reactions on the client and therapist.</p> <p>This sessions aims to map the clients’ and therapists’ relation so “socially constructed silence” around the climate crisis, whilst encouraging the client in establishing a commitment towards the climate crisis in different areas of identity.</p>	Pedro Oliveira

11.35am - 11.50am	Live Q&A session	
11.50am - 12.00pm	Break	
12.00pm - 12.45pm	<p>The 'unabandonment project'. How can adults respond to climate distress in younger people</p> <p>This presentation will acknowledge the systemic and global context of this multi system crisis and seek clarity about the problems of language used to describe 'climate anxiety'.</p> <p>The exploration of moving from individual pathology to radical system change, listening to what young people are saying about their experience and anxiety.</p> <p>This presentation will address how counsellors and therapists show up and respond to young people, while growing their own capacity for this work.</p>	Jo McAndrews
12.45pm - 1.00pm	Live Q&A session	
1.15pm - 1.20pm	Event Close	