

## Working with Climate Change Anxiety

Thursday 4 May 2023

Time	Session	Presenter
9.30am - 9.35am	Welcome and introductions	
9.35am - 10.20am	<p><b>The work that reconnects</b></p> <p>This session will be hosted by Linda Aspey who will also present on “The work that reconnects” (aka Active Hope) and how it can be useful in therapeutic work.</p> <p>Linda Aspey is a BACP registered counsellor, FBACP. Psychotherapeutic counsellor, coach, facilitator, climate change specialist. <a href="http://www.aspey.com">www.aspey.com</a></p>	Linda Aspey
10:20am - 10.35am	Live Q&A Session	
10.35am - 10.45am	Break	
10.45am - 11.30am	<p><b>“Dad, the world’s dying” - a Solution Focused Approach to conversations about living with climate breakdown.</b></p> <p>This session will explore some of the conceptual foundations of the Solution Focused approach supported by examples from practice, with a particular focus on what has come to be known as ‘climate anxiety.’</p> <p>Fred Ehresmann is a Mental Health Nurse specialising in children, young people and family mental health. In a career spanning 30 years, his work has taken him into a variety of settings within Health, Education, Social Care and the Third Sector. As part of his core training and CPD Fred has experience of using approaches drawn from a variety of therapeutic modalities. His interest in Solution Focused Brief Therapy led him to undertake the Diploma in Solution Focused Practice with Brief in London and he has since been developing his use of the approach as a clinician, coach, group facilitator and trainer. He currently works at the University of the West of England as a Senior Lecturer where he has designed and delivered an undergraduate module in Solution Focused Practice.</p>	Fred Ehresmann

	Fred's interest in using the approach in the context of supporting people with their emotional responses to the climate emergency grew out his daughters' talking about their worries about the future, and an increasing number of people approaching him for help with managing the impacts on their mental health of the climate emergency. He has found the Solution Focused Approach's foregrounding of resourcefulness, creativity, agency and personal expertise to be invaluable in supporting people to navigate their way through psychological crisis prompted by awareness of or active engagement with the climate emergency.	
<b>11.30am - 11.45am</b>	<b>Live Q&amp;A session</b>	
<b>11.45am - 12.00pm</b>	<b>Break</b>	
<b>12.00pm - 12.45pm</b>	<b>Presentation title TBC</b>	
<b>12.45pm - 1.00pm</b>	<b>Live Q&amp;A session</b>	
<b>1.00pm - 1.05pm</b>	<b>Event Close</b>	

\*This programme is subject to change