



**Climate Informed Psychotherapy:
Moving from Despair to Engaged Action**
Friday, April 14, 2023
9:30 am to 5:15 pm

**A Live Interactive Webinar
Presented by
Barbara Easterlin, PhD**

6.5 Hours of APA Approved Continuing Education Credit



Barbara Easterlin, Ph.D. is a clinical psychologist and, until 2020, a member of the UC Berkeley Psychology Department's clinical faculty. Currently, she develops curricula for training clinicians on the mental health impacts of climate change and is the co-leader of a 70-hour Climate Psychology Certificate Program at the California Institute of Integral Studies in San Francisco. Dr. Easterlin is co-president of the Climate Psychology Alliance of North America (CPA-NA). With a Master's degree in Social Ecology and Environmental Psychology and a doctorate in Clinical Psychology, she is interested not only in the intersectional impact of climate change and environmental injustice on mental health but also on the positive impact of nature on individuals' stress response. She is particularly interested in the psychological process of denial and the positive benefits to mental health arising from emotionally informed activism.

Program Description

As our climate crisis escalates, more of our clients are expressing feelings of anxiety, anger, loss, despair, existential confusion, and hopelessness. Not only are we facing increasingly frequent natural disasters, the chronic, overarching, and complex nature of the climate crisis is psychologically burdensome. Urban/suburban and rural communities have different values about the urgency of the climate crisis, but increasingly both demographics acknowledge the scale of the problem. When faced with insurmountable stressors, psychological defenses act to keep the problem out of awareness. However, these same circumstances may also inspire altruism, compassion, teamwork and foster a sense of meaning as people work together to find solutions in the face of a rapidly changing climate.

Climate Psychology addresses the causality and mental health implications of climate change, the emotional responses it generates, and the important role psychology plays in developing coping strategies, motivating effective action, and resilience skill development such as mindfulness and emotional regulation. Mental health practitioners have an important role to play

through understanding the psychological and cognitive dimensions of how we arrived at this global crisis, the impact of the climate emergency on mental health, how to best to use psychological tools to turn toward the problem and to encourage sustainability practices. Participants will learn how psychological defenses and social norms create a barrier to engagement on this topic and how the mental health aspects of the climate crisis are interwoven with the intersectional domain of environmental justice. They will explore how this problem arises in the consultation room, how to validate and provide safe space to explore climate related emotions, and skills to help clients navigate creative and effective action in their own lives.

Learning Objectives

By the end of this course, participants will be able to:

- Define the key principles of the emerging field of Climate Psychology and the field's attention to the inequitable impact of climate change on vulnerable social, racial, regional, and demographic populations
- Describe human evolutionary and neuropsychological limitations that inhibit individual and collective action to mitigate the destructive impact of climate change and how these can be surmounted to address the emerging crisis.
- Describe common emotional responses, defenses, and behaviors that accompany climate crisis awareness such as minimizing, compartmentalizing, dissociating, projecting, and blaming other groups. In particular, understand the role of individual and societal denial as a regulating strategy to reduce the intrusive impact of the climate crisis on one's psychological health
- Understand the way in which rural and agricultural areas in the US are more impacted by climate change and how climate opinions vary between rural and urban/suburban areas.
- Understand the way in which climate awareness amplifies the wave of emotional dysregulation, particularly if one is already experiencing trauma related psychological burdens and learn specific ways to meet it with resilience, balance, positive and responsive action.
- Develop clinical strategies to improve sense of agency, emotional regulation, and resilience and to identify and treat challenging climate change related emotions, such as anxiety about the future, existential despair, grief, anger, confusion and the amplifying impact of the climate crisis on existing mood and anxiety disorders
- Identify and encourage the most effective climate aware behaviors, habits, parenting skills, and sense of agency to help find balance within an unpredictable future

Workshop Schedule

- 9:30 – 11:00 am: Workshop
- 11:00 – 11:15 am: Break
- 11:00 – 12:30 pm: Workshop

- 12:30 – 1:30 pm: Lunch
- 1:30 -3:15 pm: Workshop
- 3:15 – 3:30 pm: Break
- 3:30 – 5:15 pm: Workshop

CONTINUING EDUCATION CREDITS

Climate Informed Psychotherapy: Moving from Despair to Engaged Action is sponsored by: The Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

6.5 continuing education credit for psychologists will be awarded.

CONTINUING EDUCATION GRIEVANCE POLICY

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association’s Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following action will be taken:

If the grievance concerns the content of the workshop, an IPA representative will mediate and will be the final arbitrator.

Direct correspondence to:

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LOCATION

This workshop is being held as a live webinar only.

REFERENCES

Albrecht, E.A. (2019). *Earth Emotions: New Words for a New World*. Cornell University Press

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Democker, M (2018). The Parents Guide to Climate Revolution: 100 Ways to Build a Fossil-Free Future, Raise Empowered Kids, and Still Get a Good Night's Sleep

Davenport, L. (2017). Emotional Resilience in the Era of Climate Change. Jessica Kingsley Publishers

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Lertzman, R. (2015). Environmental Melancholia: Psychoanalytic dimensions of engagement. Routledge.

Johnson, A & Wilkinson, K. (2021). All We can Save: Truth, Courage, and Solutions for the Climate Crisis

Orange, D. (2016). Climate Crisis, Psychoanalysis, and Radical Ethics. Routledge.

Ray, S. J. (2021). A Field Guide to Climate Anxiety. UC Press

Stokens, P.E. (2015) What We Think About When We Try Not to Think About Global Warming: Toward a New Psychology of Climate Action. Chelsea Green.

Susteren, L. V. (2017, June 12). Overview of the mental health and psychosocial impacts of climate change.

Thomas, L. (2022) The Intersectional Environmentalist: how to Dismantle Systems of Oppression to Protect People and Planet. Little-Brown.

Weintrobe, S. (2021) The Psychological Roots of the Climate Crisis. Bloomsbury.

Wray, B. (2022) Gen Dread: Finding Purpose in an Age of Climate Crisis. Penguin Random House.

Cancellation Policy

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing to Marsha Karey, mkarey@illinoispsychology.org

REGISTRATION

Climate Informed Psychotherapy: Moving from Despair to Engaged Action will be held on Friday, April 14, 2023 from 9:30 am to 5:15 pm in a live interactive Webinar format.

Register online on the IPA Website or call the IPA Office: 312-372-7620 x 201

www.illinoispsychology.org

Workshop Fees

Before April 7, 2023

Member: \$125

Non-Member: \$175

Student: \$30

After April 7, 2023

Member: \$150

Non-Member: \$200

Student: \$50

Group Student/Trainee Rate: \$25

Supervisor/Teacher must enroll at full workshop fee

(Contact Marsha Karey mkarey@illinoispsychology.org for details)

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, they should contact Marsha Karey by March 31, 2023 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Marsha Karey 312-372-7610 x201.

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

