

The Climate Emergency: what can Psychologists do?

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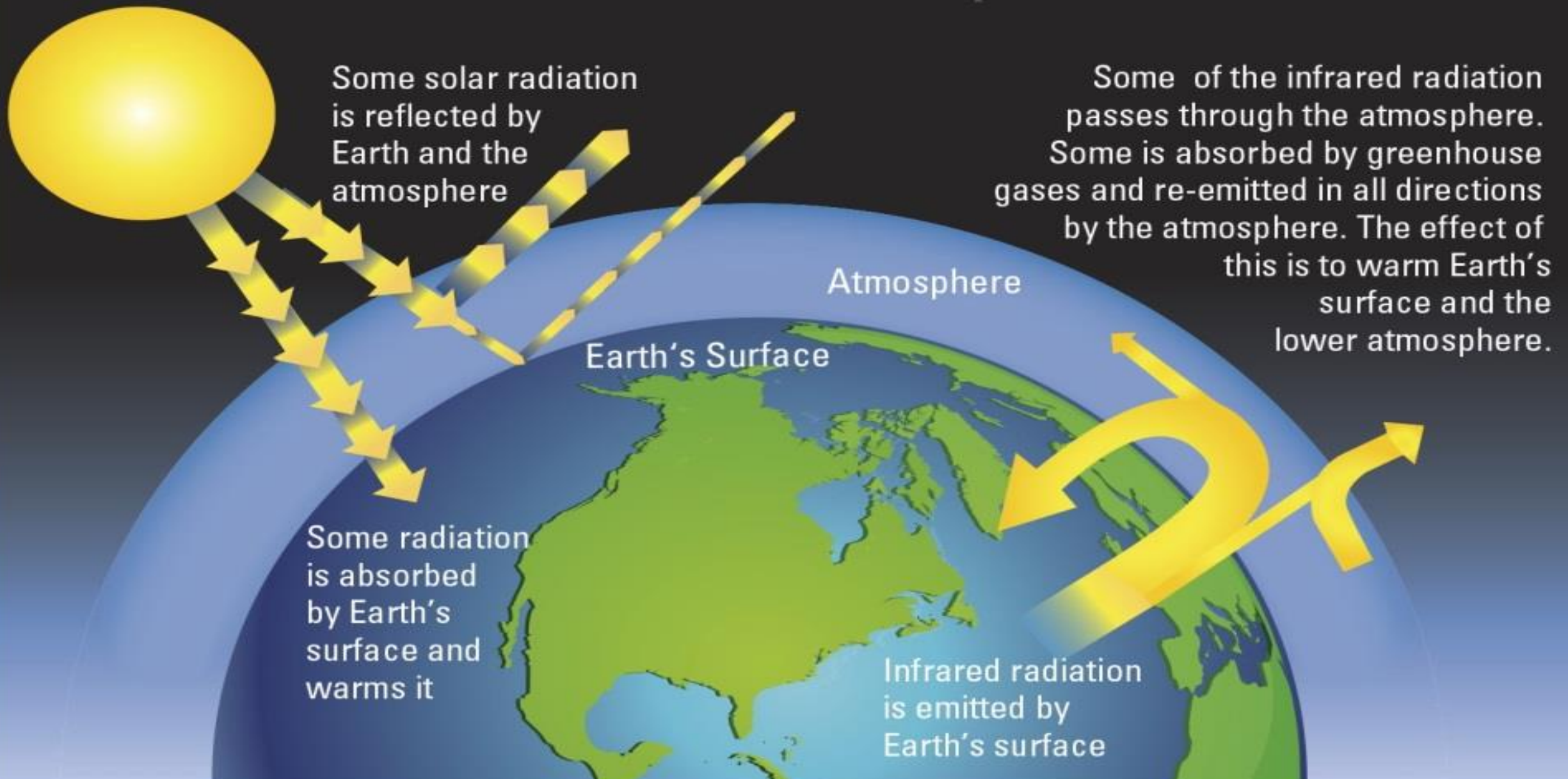




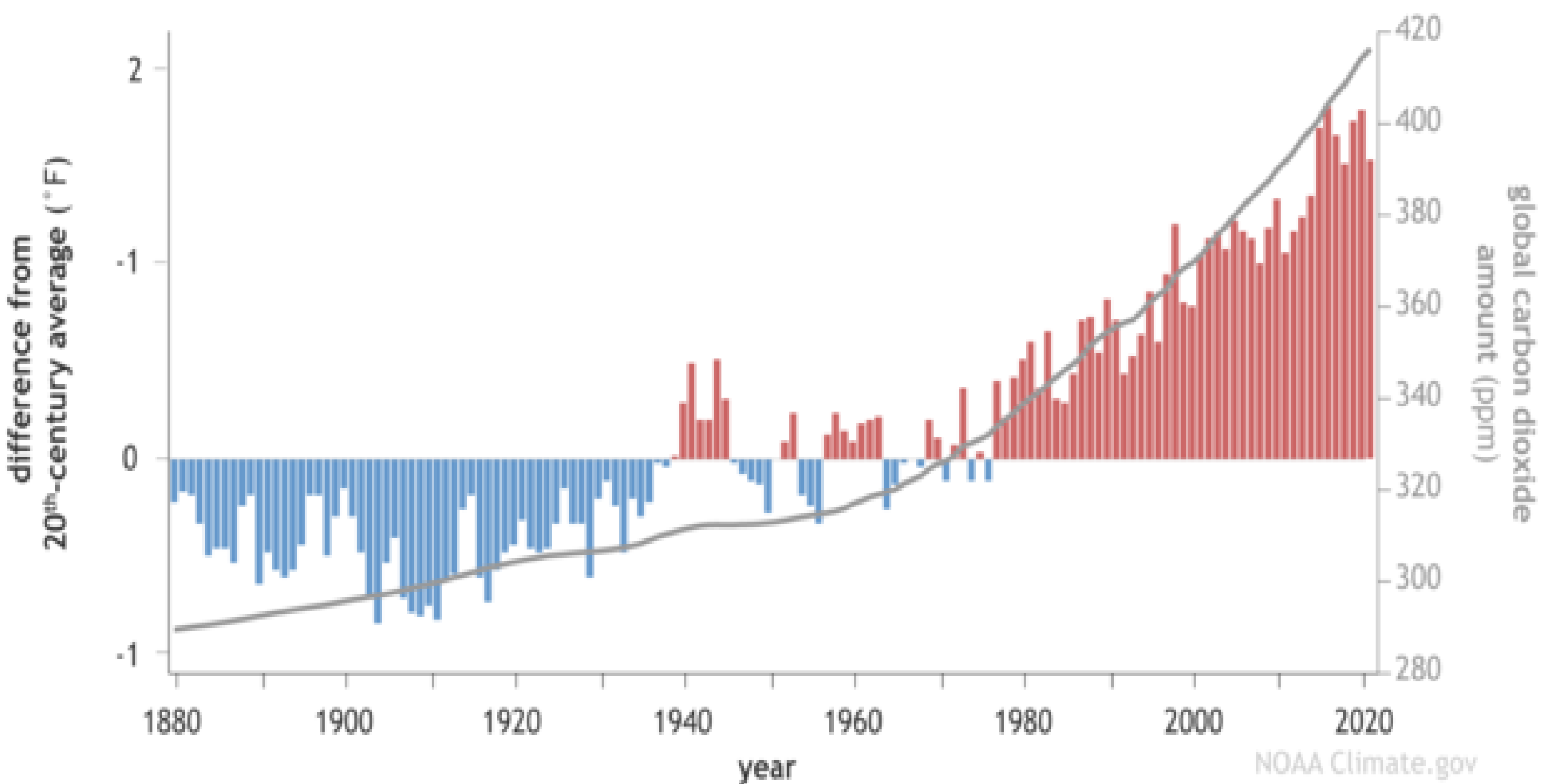
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THE GREENHOUSE EFFECT



Changes in global temperature and average atmospheric carbon dioxide (1880-2021)



The power of fossil fuel industries

- In government and parliaments
- In the media
- In investment and finance
- Active propaganda and disinformation –
climate change denial

1. Listen

- What are young people saying about climate change?
- Are we unnecessarily frightening our children?





2. Assess

- Investigate the ways in which environmental and climate changes are affecting the physical health and mental health of your own client group e.g. poor air quality, changing access to green spaces, impact of flooding, over-heating in homes, exposure to traumatic events

'Terrified for my future': climate crisis takes heavy toll on young people's mental health

Young people in the UK tell how the emergency is affecting their psychological wellbeing and how they are coping

Clea Skopeliti and Sammy Gecsoyler

Thu 30 Mar 2023 16.48 BST



📷 'I put my fear into action': Lily Henderson helping lead a climate protest. Photograph: Esther Silverton

3. Formulate

- Build environmental factors into our formulations (eg draw on community psychology and public health frameworks and knowledge, other psychological frameworks for understanding change)
- Formulate with and for individuals, groups and organisations
- Use our analytic skills to help problem solve, while also being respectful of others' skills and knowledge

4. Avoid pathologizing climate distress

- Be careful not to collude with any suggestions that feeling anxiety or grief about climate and ecological harm is somehow pathological rather than an appropriate response to real and serious existential threat and harm

5. Use social psychology to implement attitude and behaviour change

- Use social psychology principles to understand the reasons for entrenched, unscientific opinions, attitudes & behaviour
- Formulate
- Use social psychology principles to intervene: implement attitude and behaviour change

6. Lobby Psychological Professional Bodies

- Does your organisation have a Climate Crisis action group?
- Does it have a public statement on Climate Change?
- Does it have a strategy in response to the Climate Emergency?

ACPUK

A stylized graphic of three teal leaves or petals, positioned between the 'P' and 'U' of the acronym.

ASSOCIATION OF CLINICAL PSYCHOLOGISTS

ACP-UK Statement on the Need for Action to Address the Climate Crisis

 Dr Gareth Morgan, Dr Tori Snell, Dr James Randall

 October 8, 2020



[Home](#) / [Member Networks](#) / [Climate Action Network](#) / ACP-UK Statement on the Need for Action to Address the Climate Crisis

ACP-UK recognises the urgency of the climate and ecological crises and the need for action. As scientist-practitioners we actively seek reliable evidence to inform our positions and we recognise that environmental scientists have repeatedly warned us that the science is clear: the crises are real, human-made and pose a clear existential risk to the survival of our species and countless others on the planet.

[\[1\]](#), [\[2\]](#)

More from this network



Members of UKHACC



UK Health Alliance on Climate Change

Coordination Group

Monthly meeting facilitated by UKHACC





Opening Times
People's Palace
Monday - 10.00am - 4.00pm
Tuesday - 10.00am - 4.00pm
Wednesday - 10.00am - 4.00pm
Thursday - 10.00am - 4.00pm
Friday - 10.00am - 4.00pm
Saturday - 10.00am - 4.00pm
Sunday - 10.00am - 4.00pm
FREE Entry

XR PSYCHOLOGIST



SAVE OUR
BEAUTIFUL
PLANET

Climate
Action
Network

ACPN UK
ASSOCIATION OF CLINICAL PSYCHOLOGISTS

Climate
Action
Network

OF A

EVERYTHING
IS

... ..



hcppc health & care
professions
council



Environmental Score Card

- Does your employer/healthcare provider/university have an explicit climate action strategy/policy?
- Does it seek to reduce its carbon footprint?
- Does it encourage green travel and discourage fossil fuel use?

7. Encourage and take political action

- Speak out
- Join a protest
- Sign a petition
- Join a local climate action group

References/resources

- <https://www.imperial.ac.uk/grantham/publications/climate-change-faqs/>
- <https://climate.nasa.gov/scientific-consensus/>
- https://www.who.int/health-topics/climate-change#tab=tab_1
- <https://www.thelancet.com/countdown-health-climate>
- <https://www.tandfonline.com/doi/full/10.1080/09540261.2022.2097005>
- <https://acpuk.org.uk/acp-uk-rapid-response-to-report-on-impact-of-climate-breakdown-on-distress/>

Obrigado!
(Thank you)
Questions/Comments?