



Auckland 15th, Dunedin 29 th, Wellington 30th
November

Hope in an age of eco-anxiety: Building capacity for psychologists and other health professionals

presented by:

Niki Harré and Jackie Feather

Recent scientific reports have highlighted massive threats to the intricate web of life on our planet: climate change, catastrophic species loss, polluted waterways and oceans, soil degradation, deforestation and more. Together these pose a threat to our way of life, our future and our very existence on a scale never experienced by humanity before. This is exacerbated by the knowledge that this has been brought about by our own human activity, which has been the dominant influence on the climate and the environment in an age that has been termed the Anthropocene. How do we cope with this growing awareness in ourselves, our clients and our communities?

Part one. More and more people are recognising that our current way of life has passed its use-by date. However, we continue to replicate it day after day. Why? Can the same features of human psychology that prop up the status quo be tapped to create a better, more sustainable world – one that has human and ecological flourishing at its core? In the first part of this workshop, we will explore how people and organisations can be more effective in bringing about positive change by tapping four human strengths, our shared values, drive for happiness, sociability and desire to be good. Participants will be taken through a series of exercises that they are welcome to use in their own settings. There is a free online manual to accompany the workshop, see <http://www.infinite-game.net/the-infinite-game-manual/>.

Part two. The second part of the workshop will provide a clinically focused framework to address ecologically related mental health and wellbeing, drawing on local research. The main focus will be on eco-anxiety – the mental distress that is increasingly being felt by many, related to what's happening in our global and local environments. Ideas will be

presented about how to recognise, formulate and treat eco-anxiety (and other emerging conceptualisations such as climate grief/trauma, solastalgia and existential fear) based on classic CBT theory with a renewed emphasis on the 5th part of the 5-part model – the “environment” (Greenberger & Padesky, 1995). Third wave approaches including acceptance and compassion-focused strategies along with cultural and community factors can form the basis of ecologically-conscious and values-driven committed action.

As psychologists, we function to promote the wellbeing of society. So it is vital as a discipline that we acknowledge the profound impact human beings are having on the environment and urgently work to counter the ill-effects to the health and wellbeing of people and the planet. This workshop is aimed at psychologists across all scopes of practice, as well as related health professionals including psychotherapists and counsellors. Ideally participants will have a basic knowledge of CBT and third wave approaches, as a foundation for the second part of the workshop.

Niki Harré & Jackie Feather

Niki Harré is on the academic staff in the School of Psychology at the University of Auckland. Her recent research projects have focused on sustainable communities and schools, positive youth development and political activism. Niki is a founding member of the *Pt Chevalier Transition Town*, cycles to work, learns the guitar from a musician who lives on her street, and has a large organic garden thanks to her husband. In 2007 Niki edited, with Quentin Atkinson, the book *Carbon Neutral by 2020: How New Zealanders Can Tackle Climate Change*. She has published two further books, *The Infinite Game: How to Live Well Together* and *Psychology for a Better World: Working with People to Save the Planet*.

Jackie Feather is a clinical and counselling psychologist



and senior lecturer in counselling psychology at AUT. She is co-leader with Brian Dixon of the NZPsS Climate Psychology Taskforce and co-authored the position statement, *Environmental Wellbeing and Responsibility to Society*. Jackie is a founding member with her husband of *Kaitiaki and Friends of Te Aroha Valley and Hekerua Bay* – a voluntary group meeting regularly to remove invasive weeds and replant natives in their local bush valley on Waiheke.

Jackie and Niki co-authored with Quentin Abraham a chapter in the 2016 NZPsS Professional Practice Handbook: *'Bigger-than-self' issues: Implications for psychological practice in Aotearoa New Zealand*, and collaborated with local and international psychologists in presentations for the *Psychology for a Sustainable Future Symposium* at the 2018 NZPsS Jubilee Conference.

Each workshop will also be supported by local members of the NZPsS Climate Psychology Taskforce.

Venues

Auckland: AUT, Building WG, Plaza, Level 8, Room: WG80g

Dunedin: Dunedin City Library, 230 Moray Pl - Dunningham Suite

Wellington: St Andrews Conference Centre, 30 The Terrace

Please register online: <http://www.psychology.org.nz/pd-events/nzps-events/#cid=884&wid=301>

REGISTRATION & TAX INVOICE

Name

City.....

E-Mail

Phone

- Auckland 15 November, 10am-4pm
- Dunedin 29 November, 9.00am-2.30pm
- Wellington 30 November, 9.00am-3.00pm

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.

Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.

The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

I accept the booking conditions

Signed

Date

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development Coordinator:

pd@psychology.org.nz

register online (see link above) or scan and email completed form to: pd@psychology.org.nz
or post to PO Box 10536, The Terrace, Wellington 6143

PAYMENT

All prices are GST Inclusive
GST Number 42-486-864

NZPsS Member	\$80.00
Non Member	\$150.00
NZPsS Student	\$40.00
non-NZPsS Student	\$50.00

(please see different pricing for the Wellington workshop online as there is no catering)

I have special dietary requirements
(please specify).....

Payment method: Please tick one box

Cheque payable to: NZ Psychological Society Inc

Direct Credit Payment to: New Zealand Psychological Society
BNZ 02-0560-0262471-000

Payment reference

Credit Card Payments: MasterCard or Visa only

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