

## New Zealand Psychological Society Submission To the Parliamentary Environment Select Committee - on the Climate Change Response (Zero Carbon) Amendment Bill

Submission prepared by the NZPsS Climate Psychology Task Force.

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Please note: The Society requests to represent this submission in person at hearings

## Introduction

## The Psychological Society

The New Zealand Psychological Society (NZPsS, "the Society") is the premier professional and scientific association for psychologists in Aotearoa/ New Zealand and is committed to supporting quality practice, education and research in psychology. The Society is making a submission on the Climate Change Response (Zero Carbon) Amendment Bill to highlight the significant psychological aspects related to global climate change and the role of psychologists in providing guidance and support in these areas. These include the importance and relevance of how people understand and respond to the threat of climate change, and the consequences of climate change for human health and wellbeing. This submission draws from both national and international literature on psychology and climate change, including the American Psychological Association's report on Mental Health and Our Changing Climate (2017) <u>ea-apa-psych-report-web</u> and the Society's Position Statement on Environmental Wellbeing and Responsibility to Society (2018) <u>NZPsS-2018-Statement...</u>.

NZPsS recognises that caring for the natural world is critical to our wellbeing and seeks opportunities to work with government, political organisations and other agencies to ensure they understand the potential roles (policy, practical and research) for psychology in promoting understanding, encouraging climate-friendly practices and responding to communities and individuals experiencing climate related distress. (See kiwis suffering depression anxiety and hopelessness because of climate change)

The NZPsS represents 2000 members and associates and encompasses a broad range of practice in psychology in Aotearoa/New Zealand, including clinical, counselling, organisational and educational. We are committed to bicultural perspectives and practice and have substantial Māori representation on our decision-making bodies, including Executive, having recognised the

significance of our partnership with Māori, consistent with Te Tiriti, through the establishment of a National Standing Committee on Bicultural Issues in 1985?

The Society advocated for and, with other professional and regulatory bodies, established a new Code of Ethics in 2002 that strongly reflects our commitment to Te Tiriti and to principles relating to the pursuit of social justice and social wellbeing. These principles underlie the Society's Position Statement (above).

### The NZPsS Climate Psychology Task Force

In 2014, the membership of the Society approved remits that guided the development of the Position Statement and the establishment of the NZPsS Climate Psychology Taskforce (CPTF).

Since that time, the CPTF has actively promoted "climate psychology" (a legitimate discipline in its own right) through professional education including symposia, seminars, workshops and informative articles in our publications, and advocacy at a number of levels. We have further plans to provide information for health professionals, policy-makers and the public. This has been occurring in a number of forums already, such as in our contribution to the Royal Society publication, <u>Human Health Impacts of Climate Change for New Zealand</u> (2017), for which we provided expert input on anticipated mental health and well-being effects of predicted changes to our climate, social systems and environment.

The CPTF has developed extensive international links with eminent members of the psychology profession who are involved in the major international bodies applying their attention to the issue of climate change and its effects on human populations. The Society has been invited to participate in a meeting of psychological organisations to consider the role of psychology in addressing major global matters, particularly climate change (<u>APA Global Health Summit</u>). This international engagement will likely produce more effective networks for communication and collaboration regarding research findings and best practice which will be of considerable benefit to New Zealand. It will also allow us to share our questions, concerns and issues with an international panel whose expertise, knowledge and experience are a major resource. It will offer opportunities for us to contribute NZ's evolving learning and knowledge in areas that are unique in the efforts to address climate related problems.

The CPTF has been active in informing and updating the Society's members on Climate Psychology issues. In 2018 the Taskforce organised a Symposium on Psychology for a Sustainable Future for the NZPsS Jubilee Conference (see <u>Psychology for a Sustainable\_Future</u>). This symposium brought together international and local academic and practising psychologists, and highlighted Māori perspectives. Importantly, the majority of the international presenters participated in the symposium via ZOOM. It has also been part of the CPTF mandate to support the Society's own efforts to reduce its Carbon footprint as an organisation and a variety of initiatives have been implemented, including connection of participants in meetings, professional development events and conferences using online communication technology, with significant savings in air travel.

#### **Psychological perspectives on Climate Change**

#### The Key Issue

We have a challenge ahead. Scientists are clear about the evidence in support of human induced climate destabilization. Fundamental changes in our behaviour, our attitudes and values are

required if we are to avoid catastrophic future scenarios. We are beginning to experience extreme environmental changes and yet responding to this reality is being so resisted.

#### The Role of Psychology

For this reason we as psychologists are involved. We know that understanding human causes and responses to climate change is as important as understanding climate change itself; that if we are as a society, to successfully adapt and mitigate the anticipated climate breakdown, we will need to make the most radical and comprehensive shift of our history (Naomi Klein, in: *This Changes Everything: Capitalism vs The Climate (2014)*; <u>Attenborough 10 July 2019 The Guardian</u>). As the Canadian Prof Gifford has said... "Climate Change is... the result of 7.6 billion people making decisions every single day. That right there makes it a psychological problem." <u>apa.org/monitor/2018</u>. Psychologists are uniquely positioned to understand and help change human behaviour and attitudes, and this is crucial to a zero carbon future.

To effect change such as that envisaged in the Bill (and required for survival), the behaviour and attitudes of people need to change, at all levels; in our homes, workplaces, our communities, local government/cities etc, in our regions, industries, government and institutions. Government (country, regional and local) will need expert advice on how to motivate change, how to lead it, how to support it.

#### **Climate Change and Mental Health and Wellbeing**

There is already significant and growing awareness about the potential adverse environmental effects of climate change including the human health impacts, as outlined in the New Zealand Royal Society's 2017 Report: <u>Human Health Impacts of Climate Change for New Zealand</u>.

What is evident is that adverse weather patterns, loss of land and livelihoods and displacement of people from their homes and communities will have devastating outcomes, particularly for the less privileged. This will require widespread adaptation and amelioration of effects. Uncertainty and lack of control will increase, and we know these are key factors in psychological disorders. There is growing psychological knowledge about the mental health outcomes of climate change. Clinician members of the Society are already seeing emotional distress in clients that is being described in the international literature by terms as ecoanxiety, eco-paralysis, climate despair or solastalgia - a form of existential distress, commonly related to environmental change. However, psychological research also indicates that people are finding positive ways to cope.

As psychologists we are beginning to understand many of the adaptive measures that can help people to cope with climate change. These include individual as well as community based interventions that will enable capacity building and, among many other options, environmental preservation programmes that can provide "a sense of stewardship and personal investment" that can mitigate the potentially negative psychological effects (See Hayes et al 2018).

A small scale qualitative research project carried out at Auckland University of Technology (AUT) studied the psychological impact of anthropomorphic environmental change on millenials in New Zealand (Gaskell-Hahn, Feather & Favid, 2017) psychological-impact-of-anthropomorphic-environmental-change.

The participants reported a perception of lack of care and forethought about environmental issues from corporate, economic and government systems and a resultant sense of futility. Negative emotions experienced included fear, sadness, frustration, guilt, overwhelm and exhaustion. Participants described negative coping mechanisms such as withdrawal and apathy, but they also used a lot of positive coping mechanisms including getting into nature, knowledge seeking, lifestyle choices, optimism and humour. Participants considered a return to previously held values and ways of living that are more simple and create more human connection could provide a way forward.

A second small scale qualitative study at AUT researched pro-environmental behaviour and mental health and wellbeing of young adults in New Zealand (Ashwell & Feather, 2019). Participants reported that perceived environmental threat brought about feelings of worry, concern and pessimism. However, they also reported that these feelings promoted their pro-environmental behaviour. They discussed a range of ways nature can directly impact on wellbeing, such as enjoyment, stress reduction and physical health. They identified that their values provided motivation for their pro-environmental behaviour, and this in turn led to more positive emotions. Participants also discussed the link and tension between individual responsibility and government or corporate level responsibility - they felt that change needed to be happening at both levels. Finally, participants reflected that New Zealand has traditionally been seen as nature-loving, eco-friendly, clean, green and pure; while some saw truth in this stereotype, others perceived the opposite.

Ashwell, D. & Feather, J. (2019). Young adults in Aotearoa/New Zealand: The experiences of pro-environmental behaviour in relation to mental health and wellbeing. Oral presentation to the New Zealand Psychological Society Conference: Tuia te ao whänau whänui kia puäwai: Our relational world - psychology contributing to human flourishing, Millennium Hotel, Rotorua.

## The Response of Psychologists/Psychology

In responding to the existential threat of climate change, and more than at any other time, we will need to understand the behaviour of people, their motivations, their frustration and anger, their helplessness, depression and suicidal intent. We are already seeing this as the reality of climate breakdown is experienced and yet, we can take steps to ensure that those most vulnerable and most disenfranchised will maintain a sense of hope.

The NZPsS Position statement sets out the responses we envisage.

To counter environmental degradation and facilitate action based adaptation, mitigation and transformation psychologists can offer:

• Interventions to ensure understanding of the causes and consequences of environmental degradation, especially climate change (given the 2014 NZPSS AGM remit).

- Knowledge based interventions to stimulate interpersonal/public discussions and enhanced engagement in climate action
- Process-based interventions to facilitate the development of self and community efficacy in community-led solutions

• Interventions to overcome emotional responses associated with this understanding. These responses including depression, anxiety, helplessness and hopelessness

• Community-based climate protection interventions to facilitate:

- A reduction in urban energy consumption
- More sustainable urban waste disposal and water conservation
- Low carbon urban living transitions to sustainability
- Consumer/citizen participation in above (i.e. environmental conservation)
- Citizens, communities, commerce and councils (local governments) working together to contribute to sustainable urban development

- The formation of people-networks that encourage new ideas and promote the learning, experimentation and creative problem solving required for resilient communities.

Note that psychologists in many parts of the world are moving to use their expertise in these endeavours. Health professionals will be increasingly involved in a comprehensive response to climate change and the transition required to sustainability. The NZPsS's responsibility is to ensure that our own psychologists have the opportunity to contribute to these endeavours in the near future.

## The Details of our Submission

So we make this submission as psychologists whose professional lives are centred on the well-being of people. We represent the New Zealand Psychological Society. The Society is the premier professional and scientific association for psychologists in Aotearoa New Zealand and is committed to supporting quality practice, education and research in psychology. In the last five years, the Society has taken steps to ensure that understanding and working with the causes and effects of climate change is a core element/responsibility of our work

We are fortunate to have many members who have worked at the interface of people and their environment and many more, who, understanding the nature of the changes we are to negotiate, are thankful the Government has taken this step to produce a Climate Change Response (Zero Carbon) Amendment Bill. It is timely. It is urgently needed.

#### We support the Bill but ask for the intent to be clearer, more consistent and inclusive

We are broadly in support of the purpose and guiding principles outlined in the Bill that seeks to contribute to the global effort to limit the global average temperature increase to 1.5°C rather than the 2°C mark. We understand that this is the dividing line between warming which is just about tolerable and that which is dangerous - undoubtedly the only goal we can have if we are to develop a just, equitable and economically viable way forward for Aotearoa New Zealand.

We also support the establishment of the Climate Change Commission - as an independent panel of experts that would advise and support the government in determining its response to climate change. However, there are changes that we seek. In particular,

#### We call for:

- Health and Justice to be at the core of the bill (justice as environmental, ecological, economic, health, social, cultural and inter-generational)
- An independent Climate Commission the skillbase of which reflects expertise (of the above point)
- A Youth Council
- Improved reference to Te Tiriti o Waitangi
- Stronger emissions targets
- An enforceable Bill

# Health and Justice to be at the core of the Bill (justice as environmental, ecological, economic, health, social, cultural and inter-generational)

Our understanding is that the concept of justice is integral to the guiding principles of the Bill and yet this is not clearly articulated in the Amendment. While there are many dimensions to the concept of justice that may be expanded upon by others we are concerned here with those dimensions of justice that may be directly impacted by the psycho-social wellbeing of our society. These include the health, social, cultural and inter-generational dimensions of justice. For the purposes of this submission we call these the *Societal (People oriented)* dimensions of justice. They can also be seen as encompassing *cultural, health, inter-generational and social* elements (CHIGS).

We note that in the initial Explanatory note (p.1) there is a reference to what the Bill seeks to achieve. Apart from addressing NZ's need to contribute to limiting the global average temperature increase to 1.5°C, this note includes "The overarching purpose represents a balance of guiding principles agreed by Cabinet to frame the development of a climate change policy... [including] a productive, sustainable, and climate-resilient economy; and [in particular] a just and inclusive society". However, within Part 1 of the Amendment Bill the **Purpose**, as in Section 3 amended (p.4 of the Amendment) refers only to the contribution to limiting the global average temperature increase to 1.5°C

We ask that the purpose of the Bill be amended to include specific reference to a just and inclusive society.

**We note** also that there is an odd and interchangeable use of terms and or phrases: environmental, ecological, social, economic and health & culture or distributional effects. This includes the wording of 5H, 5L and 5ZQ.

- 5H refers to the skills needed by the members of the Commission to include 5H(d)(i) the environmental, ecological, social, economic, and distributional effects of climate change and Climate Change policy interventions.
- 5L refers to the matters the Commission must consider and does not include health and culture but does include 5L (e) "the distribution of benefits, costs, and risks between generations".
- Section 3A amended (ae) refers to 5ZQ, i.e. the Minister must, in preparing a plan, take into account the economic, social, health, environmental, ecological, and cultural effects of Climate Change on iwi and Māori.

It is unclear why "distributional effects" are used on occasion and "health" and "culture" only with reference to Māori.

We ask that the Bill be amended to ensure that these terms are used in a consistent and clear way, and in particular, that,

- the term "distributional effects" is clarified and,
- the terms "health" and "culture" are used more consistently 'across the board' as dimensions of a "just an inclusive society".

#### **Climate Change Commission**

We support the establishment of the Climate Change Commission as a panel of experts who will provide ongoing, independent expert advice and hold the Government to account and support, in particular, the preparation of both the national adaptation plan and climate change risk assessments by the Climate Change Commission rather than by separate agencies.

We are concerned though that (i) the Commission needs to be protected from the changeable nature and short term focus of our present political bodies; (ii) that measures are taken to ensure that the panel of experts include those with a broad understanding of climate change (including psychological aspects) and an understanding of the broader notion of a just and inclusive society; and similarly, (iii) that this broader notion of justice inform the matters the Commission must consider in its deliberations.

We ask that the Bill be amended to ensure:

- The Climate Commission has an independent status and that as such it be considered a separate statutory body reporting to Parliament rather than reporting to the Minister. This is similar to the structure used for the UK Committee on Climate Change.
- That as a separate statutory body it is independently funded.
- That the skills to be collectively held by the members of the Commission, include an understanding of the Societal dimensions of justice and in particular, an understanding of human responses to climate change.
- That in performing its functions and duties and exercising its powers under the Act (as specified in 5L) the Commission consider the broader notion of justice (cultural, health, inter-generational and social) in its deliberations.

An important part of the intergenerational justice to be considered in a just an inclusive society is that for our young people. The distribution of benefits, costs and risks between generations cannot be assessed without consideration of the diversity of young people, many of whom already feel disenfranchised and whose voices need to be heard. We support therefore the calls throughout the country for a Youth Council to work alongside that of the Climate Commission.

We ask therefore that the Bill be amended to ensure that...

• A Youth Council is established to work alongside the Climate Commission.

We also acknowledge the work of the Ministry officials and others to include a strong bicultural framework in the Commission and its operating mandate. However, we feel that this needs to go further and incorporate that expectation of expert groups and advisory committees that it establishes or relies on for advice. Engagement of those with expertise in Māori health and wellbeing is essential to the zero carbon ambitions.

We ask therefore that the Bill be amended to ensure...

• The composition of the Commission and its advisory groups and the procedures and processes of those bodies reflect the Te Tiriti commitment to partnership with Māori, ensuring a high level of participation of representatives with knowledge and expertise in

hauora Māori and bicultural perspectives in mental health and health equity.

#### **Emissions Targets**

**We support** the differential treatment of carbon dioxide and agricultural methane emissions with the goal of net zero emissions of greenhouse gases (other than methane) and the goal of a 24% to 47% reduction in agricultural methane emissions from 2010 levels by 2050.

This can provide a way forward for us as a country, through an economic and societal-wide transition, to contribute to the international effort to limit the global average temp increase to 1.5°C. The target is line with the IPCC recommendations if we are to achieve this with limited overshoot.

This is important for us to achieve if we are to honour our commitment to intergenerational justice. It is the most important thing we can do immediately for our Pacific neighbours. And it is the most valuable step we can take for those in our society who are expected to be more vulnerable to the consequences of climate breakdown. It is they who are among those who will be saddled with the debt we have incurred (oft unintentionally) through our carbon rich lifestyles.

The people of this country need to clearly hear of the crisis we face and what we intend to do to avert risks (where practicable) and play our part in reducing the main causes. At the moment, most of us take on some level of denial or disavowal, avoiding thought of personal responsibility for the problem and the solutions. There is a substantial psychological literature on this (for example, see the online course <u>Denial-101</u>).

Clear messages from Govt will start us focusing on the problem and the "solutions". At the moment, at all levels of society, we are working with many balanced priorities, our resources are distributed and we save for the future. Likewise, our focus is also distributed across priorities. We need to move people in the direction of acknowledging the crisis and seeing a role for themselves in developing responses. As Vazquez (2018) states: "The key is to motivate people to make positive behavioral changes they can identify as their own, and at the same time be able to maintain sustainable changes that will ultimately help in the preservation of our planet". This Bill is a start of the process.

However, new information is emerging on a regular basis to indicate that the science information we are receiving veers on the conservative side. We are concerned that the Bill in its current state will not limit warming to 1.5°C. We believe a precautionary approach is essential. The Bill's Explanatory note indicates that interim targets or "stepping stones" will help manage the transition to a low emissions budget.

We ask that the Bill be amended to

- include an interim target, in line with IPCC recommendations, to ensure a decrease of 45% be achieved for non-methane gases by 2030 relative to 2010; and further,
- strengthen the interim target for methane by 2030, in line with the IPCC modelling (<u>https://www.ipcc.ch/sr15/chapter/summary-for-policy-makers/</u> SPM3A) indicating a decline of 30-40% for models achieving a 1.5°C with low overshoot.

#### We are concerned that the Bill in its current state is not enforceable.

The Bill needs to provide for both incentives and penalties for compliance (and exceeding expectations, deadlines and targets) and non-compliance, respectively. Without these, it lacks "teeth" and fails to recognise the drivers of human behaviour that will determine the success or failure of the Bill. Relying on "aspirational" objectives for change and voluntary compliance based on altruism sets the Act up to fail, and we cannot afford for this to fail (unlike most of the past, there is no 'second chance' to get this right). The problem here is that the implicit advantages of compliance are largely invisible and intangible, while there are more immediate reinforcement (and, often, "bankable" returns) from not taking action to comply or taking shortcuts that undermine the intent of the Bill. Getting the incentives and penalties in place requires intervention across a range of Government functions (eg regional government policies and their enforcement; taxation of "bads" and the rewarding of "good corporate behaviour").

The public, and young people in particular, need clear signals that compliance is an expectation of those who have profited from atmospheric degradation and seem, in many cases, to expect to continue to do so. The message also needs to be clear to targeted sectors (including producers) that there are penalties for damage and tangible benefits from reducing and eliminating that.

We ask that the Bill be amended to:

- provide for the Commission and Minister to develop appropriate incentive and penalty schedules, in consultation with other statutory agencies;
- ensure expectations of emission reduction compliance apply to ALL parts of government, industry and commerce in Aotearoa/New Zealand;
- require setting of auditable emission budgets including reduction targets in all areas of government and industry functions;
- make Zero Carbon and methane reduction plan compliance legally enforceable.

## Summary

The Psychological Society advocates the need for the people/societal aspects of a just and inclusive society to be considered both in the statement of the Bill's intentions and in the implementation of those. The climate threat we face is a result of our behaviour and for that to change we will need expertise in the 'people' sciences. We have set out how we consider the profession of psychology is well-placed to provide and (where necessary) develop that expertise for the greater benefit of Aotearoa/New Zealand's future security in the face of the serious threats posed by accelerating effects of climate change.

The New Zealand Psychological Society is looking forward to working more closely with the Climate Change Commission in the future.

## **Additional References**

Note most references are hyperlinked in the main text. Only a selection is listed here.

#### **Critical Articles**

American Psychological Association and ecoAmerica (2017). Report on Mental Health and Our Changing Climate: Impacts, Implications, and Guidance: <u>ea-apa-psych-report-web</u>

Clayton, S., & Manning, C. (Eds.) (2018): <u>Psychology and Climate Change</u> Academic Press.

Hayes, K., Blashki, G., Wiseman, J., Burke, S., Reifels, L. (2018). Climate change and mental health: risks, impacts and priority actions. In International Journal of Mental Health Systems 12:28

Klein, N. (2014). This Changes Everything: Capitalism vs The Climate. Penguin.

Manning, C. & Clayton, S. (2018) 9 - Threats to mental health and wellbeing associated with climate change. In *Psychology and Climate Change*. Academic Press

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O'Brien, M. (2018) Climate Challenged: Our need to change. In NZPsS Psychology Aotearoa Jubilee Edition 10(2): 93-94

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Van Lange, P.A.M., et al. (2018). <u>Climate Change: What Psychology Can Offer in Terms of Insights</u> and <u>Solutions</u>. *Current Directions in Psychological Science*.

Vazquez, C. I., and Liu, M. (2018) The role of psychology in the preservation of the planet. Using psychological science to understand human behavior and inform climate change mitigation. Psychology International | June 2018 APA

https://www.apa.org/international/pi/2018/06/preservation-planet

# Appendices

## Psychology Day at the United Nations. April 12th, 2018

https://www.unpsychologyday.com/psychology-day-2018/

#### **KEYNOTE SPEAKER:**

**Susan Clayton,** Ph.D. Wilson-Whitmore Professor of Psychology, College of Wooster, Ohio Title of Presentation: "The Role of Psychology in Responding to Climate Change"

**Irina Feygina, Ph.D.** Director, Behavioral Science and Assessment Climate Central, LLC Title of Presentation: "Psychological Contributions to Overcoming Disengagement and Fostering Compelling Solutions to Climate Change"

**Paul C. Stern,** Ph.D. President, Social and Environmental Research Institute (USA) Professor II, Norwegian University of Science and Technology Title of Presentation: "Changing the Behaviors that Drive Climate Change: What People Need to Understand, and How to Promote Change"

#### Presenters' slides

https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3Ab797c581-ca4 9-4639-a1e9-5d347e818b85

## **NZPsS Position Statement**

#### **Environmental Wellbeing and Responsibility to Society**

Caring for the natural world is critical to our own wellbeing. We are an integral part of nature and yet we have been slow to recognize the detrimental effects we humans are having on the environment. To accept nature's nurturance while allowing our lifestyles undermine its life-giving capacity is to jeopardise our own health and future survival.<sup>[1]</sup>

As psychologists, we function to promote the wellbeing of society. So it is vital that as a discipline, we acknowledge the profound impact humans collectively are having on the environment and urgently work to counter the ill-effects to the health and wellbeing of people and planet.

#### WHAT WILL WE DO?

We acknowledge that the implications of environmental damage and climate change bring in new responsibilities and require an extended understanding of the nature of wellbeing.

We will work to ensure that psychologists contribute to mitigating the ill-effects of a climate-turbulent future— strengthening our capacity as practitioners at individual, community, governance and academic levels.

We will work with other disciplines, agencies and networks to achieve shared understandings, pooling energies and insights to influence and to find our way through conflict; to shape thinking, provide

direction for interventions, and contribute to the task of mobilizing a collective response towards a healthier sustainable future.

To start this process the New Zealand Psychological Society (NZPsS)

- Recognises the need to actively encourage psychologists to promote understanding of the human and psychological dimensions of global climate change and to develop the role of psychology in climate change issues affecting New Zealand.
- Commits to auditing the Society's own environmental impacts and developing sustainable practices and strategies to reduce its contribution to global climate change.
- Seeks opportunities to work with government, political organisations and other agencies to ensure they understand the potential roles (policy, practical and research) for psychology in promoting understanding, encouraging climate-friendly practices and responding to communities and individuals experiencing climate related distress.

#### WHAT INTERESTS US?

While there are many questions that have captured our attention the following are examples of psychological focus:

- What does it mean to live sustainably? How will this impact on our consumer and carbon rich lifestyles? What can be done to communicate environmental messages so that sustainable lifestyles are adopted?
- What effects will climate change have on people's lives, health, wellbeing, cultures and communities? How can those impacts be ameliorated and what adaptive responses are needed at the individual, community and government level?
- What can we do to flourish in a finite world within ecological and social limits? How can cities become places for nature while promoting the wellbeing of an increasing population?

#### WHAT WE CAN OFFER?

To counter environmental degradation and facilitate action based adaptation, mitigation and transformation psychologists can offer:

- Interventions to ensure understanding of the causes and consequences of environmental degradation, especially climate change (given the 2014 NZPsS AGM remit).
  - o Knowledge based interventions to stimulate interpersonal/public discussions and enhanced engagement in climate action
  - o Process-based interventions to facilitate the development of self and community efficacy in community-led solutions
- Interventions to overcome emotional responses associated with this understanding these responses including depression, anxiety, helplessness and hopelessness
- Community-based climate protection interventions to facilitate:
  - o A reduction in urban energy consumption
  - o More sustainable urban waste disposal and water conservation
  - o low carbon urban living transitions to sustainability
  - o consumer/citizen participation in above (i.e. environmental conservation)
  - o citizens, communities, commerce and councils (local governments) working together to contribute to sustainable urban development
  - o the formation of people-networks that encourage new ideas and promote the learning, experimentation and creative problem solving required for resilient communities.

Note that psychologists in many parts of the world are moving to use their expertise in these endeavours. Health professionals will be increasingly involved in a comprehensive response to climate change and the transition required to sustainability. The NZPsS's responsibility is to ensure that our own psychologists have the opportunity to contribute to these endeavours in the near future.

<sup>[1]</sup> Adapted from the Climate Psychology Alliance (CPA) website introduction to the Transpersonal Narratives in Eco-Psychology Conference 24-26<sup>th</sup> November 2017, Cornwall, U.K. <u>http://www.climatepsychologyalliance.org/events/others-events/249-transpersonal-narratives-in-eco-psychology</u>