

The fearful, fearless therapist in a time of climate crisis

Judith Anderson

17 June 2023 - 10:30 till 13:00

NCVO London and online via Zoom

The climate crisis raises anxieties for us all, therapists and clients alike, so to be present to our clients we have to navigate that fear, both ours and theirs, as well as the vast array of other climate emotions - the trauma of climate events, grief, rage, guilt, solastalgia and the ways we dissociate in order to get on with "business as usual".

But isn't this familiar territory for us as therapists? We learn to speak the unspeakable, or address tricky defences, or hold to multiplicity when retreat to binary would be so much easier. Often to do this we cross the threshold of our own fear in order to deeply en-courage the same in our clients.

In my presentation I will look at and explore with you the part psychotherapists might play in the face of existential crisis and what this might look like.

Following a break there will be a chance for discussion in small groups before, as a group, we come back and discuss some of the areas that have been raised through the morning.

About the Speaker

Judith Anderson is a Jungian Analytical Psychotherapist with a background in psychiatry. Interested in the intersection of psychotherapy with societal issues for many years, she has been particularly focused on the climate crisis for over 15 years. She is currently Chair of Climate Psychology Alliance, an organisation with an international reach which researches and publishes, develops methods of therapeutic support, provides CPD for psychological professionals, has a particular concern for Youth and offers talks and consultation for organisations and businesses.

FiP Members - Free (booking through administrator@fip.org.uk)

Non-FiP Members £55 Early Bird Booking £40 (booked before 18/05/2023)

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