



Dear Eco-Warrior,
We hope you are well!

Monthly Newsletter

We would like to invite you to the launch of
our online ClimACT Workshop on the
24th Sept 3pm BST.

THANK YOU all of you who have registered already.
We are very excited for this opportunity and we
hope you enjoy and take much from it.

Also, we encourage you to join our wonderful
Reading Group ♥

We meet every second Sunday each month.

We really hope to see you soon!

Please find below our online resources & future
events details in the following pages.

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*Join our Instagram account
for more information and
inspiration!*

Contact us:
climatejustice.acbs@gmail.com

Martin Wilks (president) – UK

Robyn Walser (vice president) – USA

Berenice Mumbru (secretary) – Argentina

Daria Suchilina – Russia

Richard Coates – UK

Michael Maher – USA

Victoria Lemle Beckner – USA

Heidi Steltzer – USA

*We remain ever open
for greater diversification &
broadening both cultural
and geographical
representation*



Contact us:

climatejustice.acbs@gmail.com

Join our Social Media Groups:

 <https://www.instagram.com/climatejustice.acbs/>

 <https://www.facebook.com/groups/CBSWarriors/>

Join one of our work groups / Registration & Questions:

 subcommittees.climatejusticesig@gmail.com /
climatejustice.acbs@gmail.com

Check our Resources list & contributions:

 to access – shorturl.at/ekBS5

 to contribute – <https://forms.gle/gCPMvKGtk9NWRTTcA>

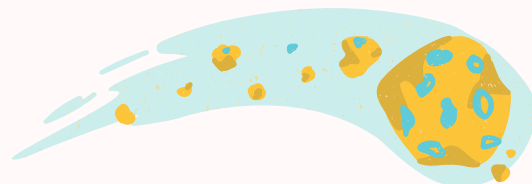
Recordings:

 **MUTUAL INTERVIEW** with the participation of our president Martin Wilks & board member Daria Suchilina:

<https://www.facebook.com/media/set?set=oa.147151340966210&type=3>

 **CONVERSATION** about the movie DON'T LOOK UP with the participation of our president Martin Wilks & board member Heidi Steltzer:

<https://www.facebook.com/groups/CBSWarriors/posts/1624674277873822>



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Everyone is welcome, anytime!

Joining the group is a way to learn and to connect with others in ACBS. We discuss the reading and consider how we can take action in small and large ways by using our experience, skills, passion and influence to address the inter-related challenges of climate justice.

Next meeting:

Sunday October 16, 2022 from 8–930am PT (11am–12:30pm ET, 4–5:30pm BST/GMT+1) –second Sunday each month–.

Reading: Zen and the Art of Saving the Planet

We'll discuss the second half, starting with Right Fuel (p151) till the end. Please feel free to join even if you haven't been able to make the other meetings about this book!

For any questions or suggestions,
please email Michael: cbs.cja.reading@gmail.com



Contact us:
climatejustice.acbs@gmail.com

FREE - ONLINE
24TH SEPT
AT 2PM UTC
(7AM PDT /
3PM BST /
5PM MSK)
DURATION: 2 HS

CLIMACT WORKSHOP

**FACILITATED BY THE INTERVENTIONS COMMITTEE MEMBERS:
BERENICE MUMBRU, HEIDI STELTZER, RICHARD COATES,
VICTORIA BECKNER & DARIA SUCHILINA**

We are happy to invite you to a new ClimACT workshop, an ACT-based experiential workshop developed by the Climate Justice and Action SIG's Interventions Committee to foster connection between fellow humans and our planet and to facilitate values-based action.

The workshop will use brief didactic presentation, experiential exercises, and group engagement to help participants handle difficult feelings related to climate change that are naturally avoided, and to feel into the flip side of this pain – the beauty, inspiration, and opportunities for just and courageous action in the service of the Earth and all beings. The workshop has a dual purpose: to give attendees a direct experience of the workshop, and also to train participants in the model itself and make it available for future facilitators to use as a guideline for similar events. Our long-term hope is to have the workshop be an evolving structure that is culturally sensitive and flexible enough to be easily adapted for various contexts, and to ignite collective actions within the community of facilitators and clinicians who will potentially build upon our model worldwide. .



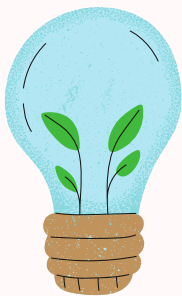
- We will learn ways to open up **difficult emotions** related to climate change in a group setting and to hold that pain collectively with acceptance and compassion
- We will explore ways to connect to the underlying **values** in their pain, and to facilitate shared experiences, connection and inspiration
- We will formulate individual and group **actions** in a just and culturally sensitive manner related to adaptation and mitigation of the climate emergency
- Finally, if you find this model useful and applicable to your own audiences, we will try out the ClimACT workshop outline and start building a **community** of future facilitators who can freely use our presentation and additional materials.

**"I AM NO LONGER ACCEPTING THE THINGS
I CANNOT CHANGE. I AM CHANGING
THE THINGS I CANNOT ACCEPT."**

Please register here: <https://forms.gle/He4eXsy5bpNo7NRr8>

One way to move towards our environmental values is to have a safe space to talk about our eco-anxiety, share both our worries and vision, and commit to specific evidence-based workable actions.

We invite those interested in climate-related group work to join our meetups and help us improve our ACT model program designed for people who struggle with eco-anxiety and want to start taking action.



We will offer our
ClimACT Workshop
on **24th September**
to all ACBS members



Next meeting:
4th October at 3pm London time

If want to want to collaborate with us,
please email: dariasuchilina@gmail.com

Contact us:
climatejustice.acbs@gmail.com

Climate change and ecological emergency, in the light of the degradation of the environment, extinction of species, and the expected mass climate migration, is one of the most important and pressing issues of our time.

The contextual behavioral sciences can join the call to action by promoting theory and practice of behaviour change relevant to our climate emergency and its fallout.

Our mission is to create a forum for discussion and action on the contributions CBS can make toward supporting sustainability, reduced consumption, climate justice, and action in the service of reducing climate change through individual, organizational, and public policy action.

As such, the CJA will work to develop a perspective in CBS that understands global ecology as the context within which human (sapient) and sentient behaviour emerge and adapt.

Contact us:
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Our Mission Statement

- 1) Develop and inform our respective members of ACBS and the public about the climate crisis and its redress; performed in ways allowed by ACBS policy and emphasizing scientific research and consensus on its causes and short- and long-term harms, including climate justice concerns, and the need for immediate personal and societal action;
- 2) Collaborate with other organizations interested in similar work, with ACBS Board approval, working with indigenous and other marginalized communities threatened by the climate crisis, using the principles of CBS, advocating for their rights, mitigating the negative physical and mental health impacts of climate change, increase community resilience, and activate hope through action.
- 3) Encourage ACBS members and other mental health leaders to be vocal advocates concerning the necessary preparatory and responsive adaptations to the climate crisis and to invest more in research and practice in this area, including a focus on eco-anxiety and other mental health fallout;
- 4) Advocate for universities and other entities to include the formation of CBS research and projects related to societal challenges due to climate crisis;
- 5) Use CBS to explore the development of public awareness campaigns to encourage individuals and communities to adopt behaviors to help prepare for, recover from, and adapt to gradual climate change and acute climate crisis events; Further, as a part of this campaign, support workshops, training, and contemplative practices related to climate change and the interrelationships of organisms and their environment (e.g., climate migration and mental health, "the ecological self," etc.);
- 6) Encourage, whenever possible and through multiple avenues (including prosocial design initiatives), governmental, educational, health, and corporate leaders to use more psychological science in designing policies that promote sustainable, mitigating, and regenerative climate action.

We welcome your feedback!

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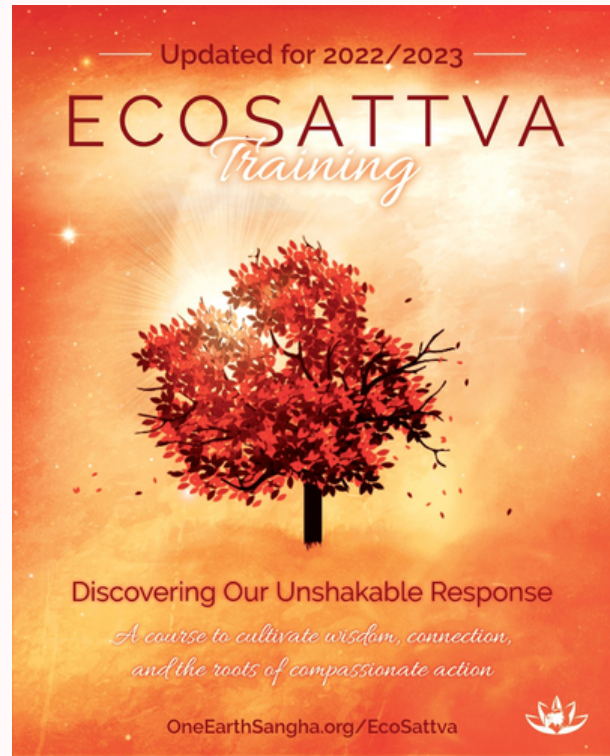
– TRAINING: Ecosattva with One Earth Sangha

A group of us are coming together to participate in One Earth Sangha's EcoSattva Training, an eight-part, self-paced course to deepen our response to the ecological crises.

Starting October 16'th and meeting monthly on Sundays, we'll come together in online ZOOM meeting to practice, discuss each session's teachings, and connect with one another.

Would you like to join us?

Please let Martin know (martin@martinwilks.com) by October 2nd if you'll be able to join our group.



More information here: <https://oneearthsangha.org/articles/pgm-post/ecosattva-training-v5/>

Facebook event: <https://fb.me/e/1SEhRec9J>

Register here: <https://oneearthsangha.org/articles/pgm-post/ecodharma-explorations/22-10/>

*Looking forward to hearing
from you soon! x*

