

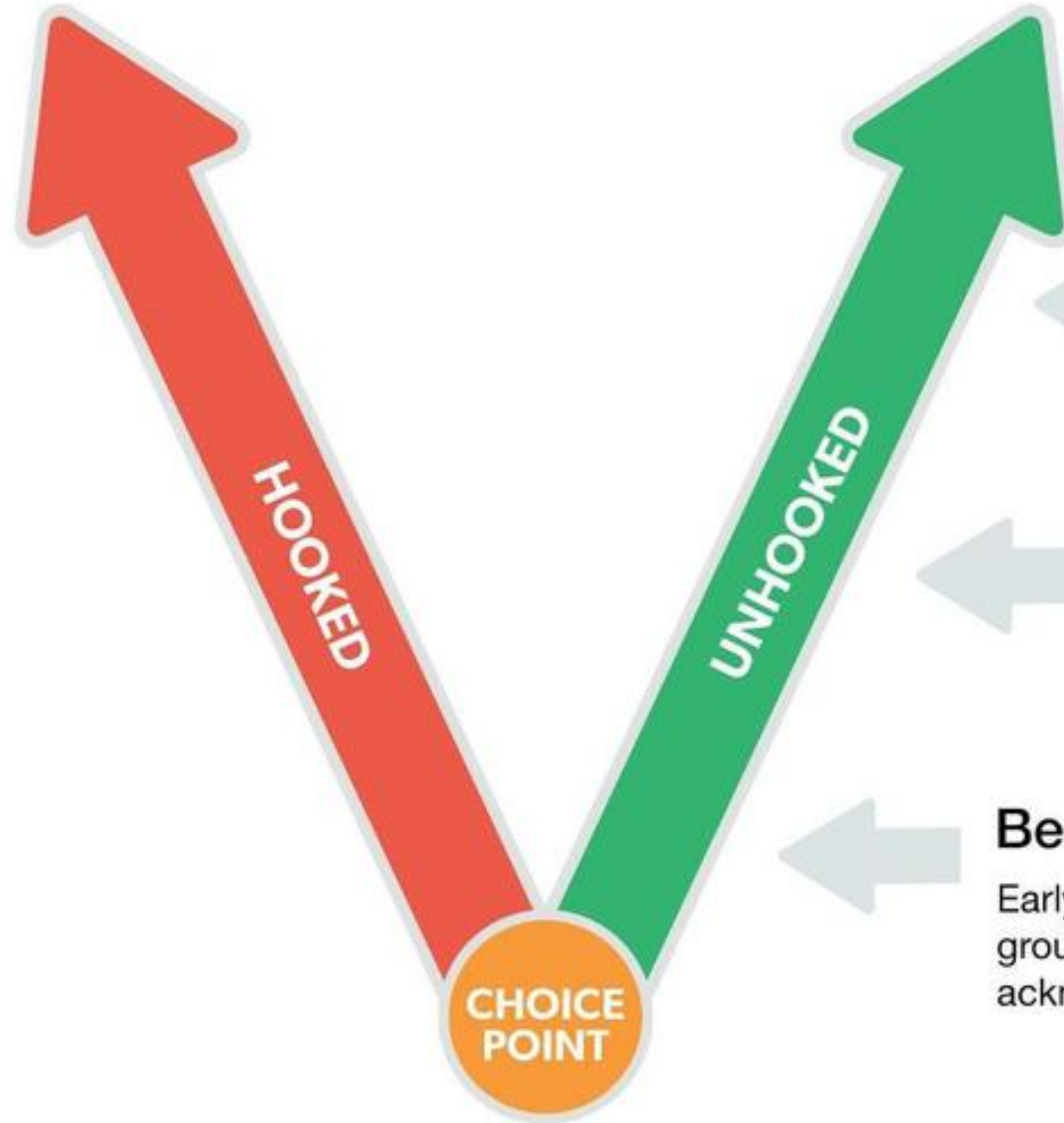
Examples of Environmental Identity-Based Therapy Integrations: ACT and CFT

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Adapting the ACT Therapy “Choice Point” Exercise

AWAY

TOWARDS



Do what matters

Connecting with values facilitates unhooking, and vice-versa. Values then guide subsequent action.

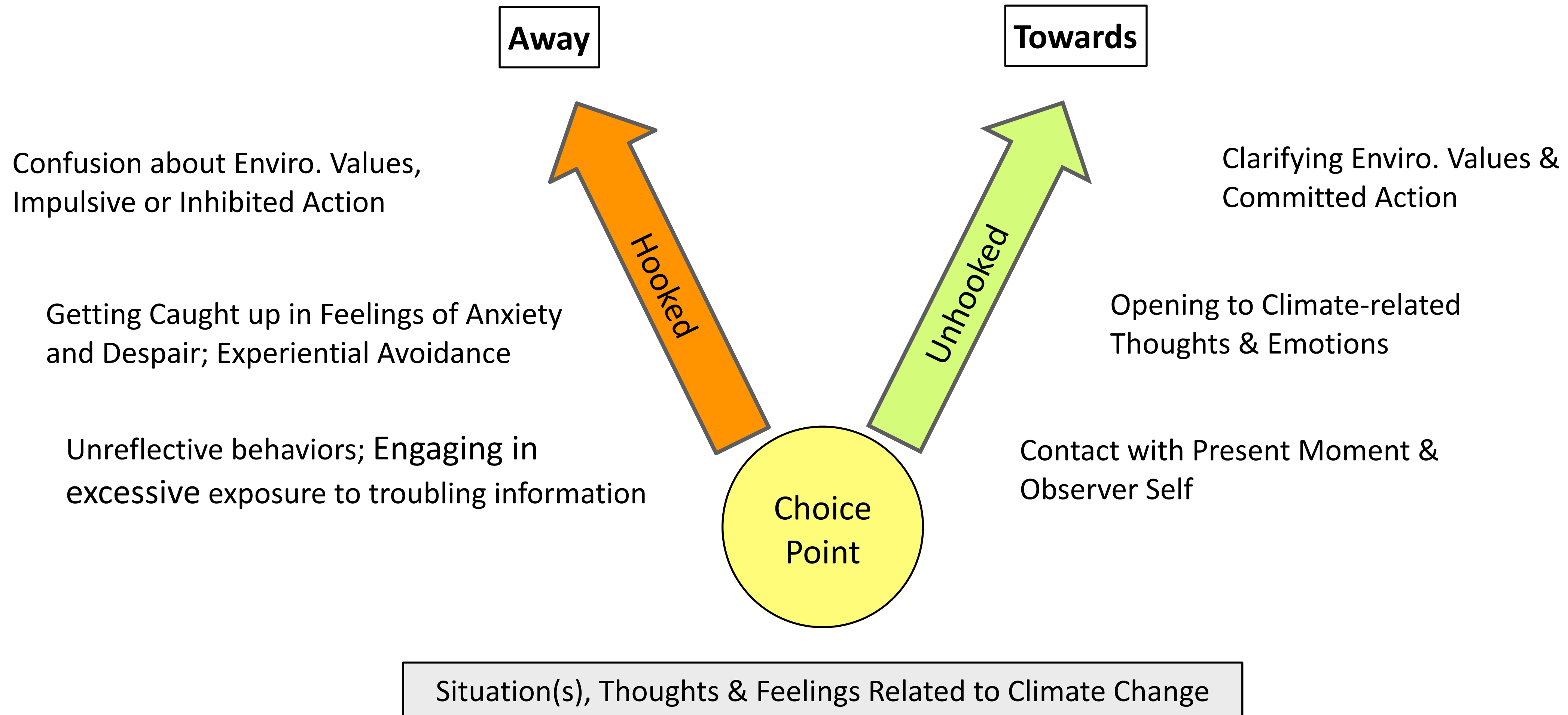
Open up

Later steps in unhooking often include active use of defusion, acceptance and self-compassion skills.

Be present

Early steps in unhooking often include grounding & centering, noticing, naming and acknowledging the thoughts & feelings present.

Adapting the ACT Choice Point Tool in a Climate Change Context



Doherty, 2022. Figure adapted from [Harris, 2017](#)

Adapting Compassion Focused Therapy and “Threat Based Drive” Concept in the Context of Climate Coping

Compassion Focused Therapy (CFT)

Three “Emotional Regulation Systems”



Adapted from Gilbert, P (ed) (2005). *Compassion: Conceptualisations, Research and Use in Psychotherapy*. Routledge.

The Phenomenon of “Threat-based Drive” Helps to Illustrate Climate Coping Issues

Failure Triggers THREAT via self-criticism

- When faced with Threat, people often overlook their Soothing system (*in grey*)
- Instead, the common solution is to use the Drive System to distract from - or avoid - the threat (“do more, be more, earn more, achieve more” etc...)
- However, when we fail at this (*which we eventually will, because no one can achieve perfection 100% of the time and some things are simply out of our control*), this failure to achieve once again triggers THREAT (e.g., we attack ourselves for failing)
- Most people are stuck in a ‘ping-pong’ between their Threat and Drive systems: Using the Drive system to escape Threat, and then attacking one’s self when one fails, which inadvertently triggers Threat (and Threat feels ‘bad’, so we return to Drive and the Threat-Drive cycle continues...)



**The
Threat - Drive
Connection**

**Successful Climate Coping
Requires Reactivation of the
Soothing System**