



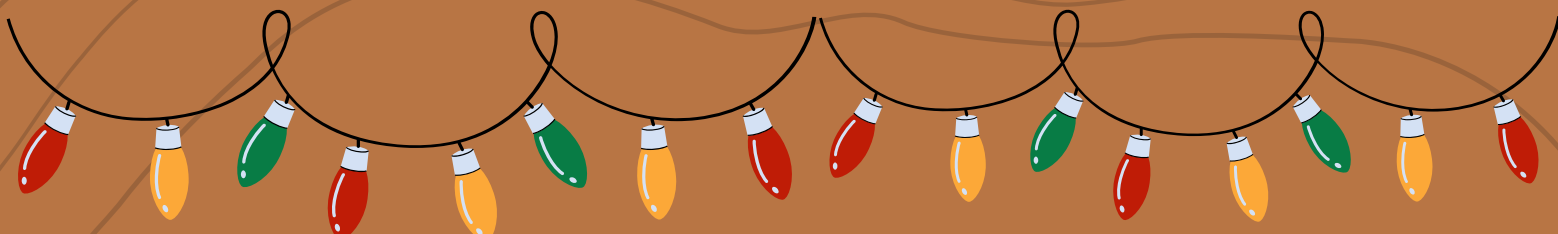
Newsletter

Dear Eco-Warriors,
We wish you a very merry Christmas and New Year. In this newsletter you will find out about changes to the sig team, upcoming events, and some good news items to encourage your ongoing work for climate justice and action!

**JOIN OUR CLIMACT
WORKSHOP ON JANUARY
13TH 9AM GMT
6PM TOKYO**

**JOIN OUR OPEN MIC
INTERVENTIONS EVENT
ON FEBRUARY 6TH
AT 4PM GMT, 5 PM
CEST/ / 11 AM EDT / 8
AM PDT**

This newsletter is being sent to the full membership to ensure all our members receive relevant information



Board presidents's departure report

It is just over three years since we began working together on the climate Justice and action special interest group. People have come and gone: it has been a delight to work with everybody. Perhaps that is an advantage that comes – as a bonus – when a group of like minded people are working towards common purposes.

It is my privilege, and continuing delight, to hand over the presidency of the board to Daria Suchila. I am stepping back into a deputy president position. I recall, as we – Robin Walser and Martin Wilks – were first setting up the SIG, that Daria was the very first person to post an email on our SIG mailing list. And Daria has been on the board from the very beginning, We have been a very active and engaged SIG. Darias presence, both on the board and leadership on the subsequent subcommittee working groups that have been developing, has been central, and so much appreciated. And huge thanks to my deputy, Robyn – who steps back now into an (extra)ordinary board member. Thank goodness you'll still be around to offer your deep heartfelt wisdom, passion for the rights of the 'more than human', and your comfortable familiarity with the ways and means of ACBS.

Warm regards to all in our SIG, (and all their loved ones); have a wonderful winter solstice time. Such an auspicious time for our SIG board to regroup and regenerate. Step forward, join us in this usness if you will?



**Thankyou Martin for your service as president to the
CJ&Action Sig**

Daria Suchilina (president) – Russia

Martin Wilks (vice president) – UK

Robyn Walser – USA

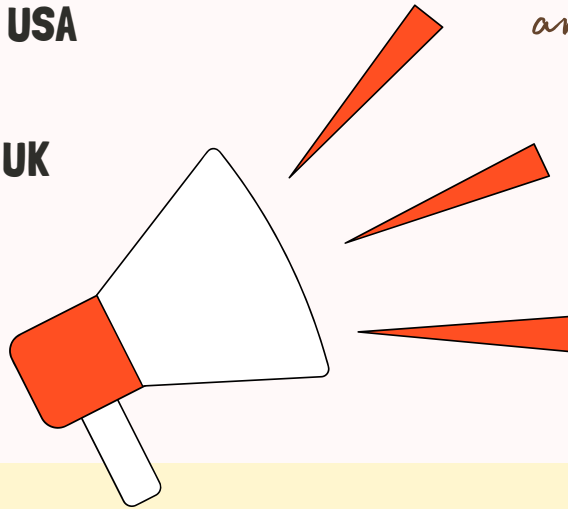
Richard Coates – UK

Victoria Lemle Beckner – USA

Heidi Steltzer – USA

Lucy Dorey (treasurer) – UK

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



We would like to invite members to get involved in the CJ&A Sig, either by joining one of the SIG groups, by becoming a committee member, or starting your own group within the Sig.

We also currently need someone to take on the role of creating the newsletter from content written by the other members. If you can use canva or similar or are willing to learn this might be for you.



Contact Daria if you want to get involved:
dariasuchilina@gmail.com

ClimACT workshop on January 13, 2024

On behalf of the Interventions Committee I'd like to invite you to our upcoming ClimACT workshop on January 13. You are welcome to join regardless of your experience in ACT or eco-activism, and whether you've already been to this workshop before or not. Every time is different, and you can always find new connections and new practices there that will help you share your pain and connect with your values.

The ClimACT workshop model has been developed by the team of ACBS's Climate Justice and Action SIG. It provides an opportunity to join others in leaning into the grief and fear that keep us from taking meaningful action and to open into the other side of the pain: the beauty, inspiration, and vision possible when we choose to connect with our values and express them in the world's climate change movement.

We'll use brief didactic presentations, experiential exercises, and intentional conversation to explore the difficult feelings that we naturally avoid when confronted with the climate catastrophe, to make meaningful connection to the values we hold around protecting the earth and all beings, and to craft workable plans to put our values into action.

This workshop has a dual purpose:

- To provide attendees a warm and supportive space to explore the challenges and opportunities that climate change poses, and to create a sense of connection between participants to support committed action going forward
- To train participants in the ClimACT model, so that they can offer similar events in their communities.

Our long-term goal is that this workshop becomes an evolving template 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 can contribute to disseminating the model worldwide.

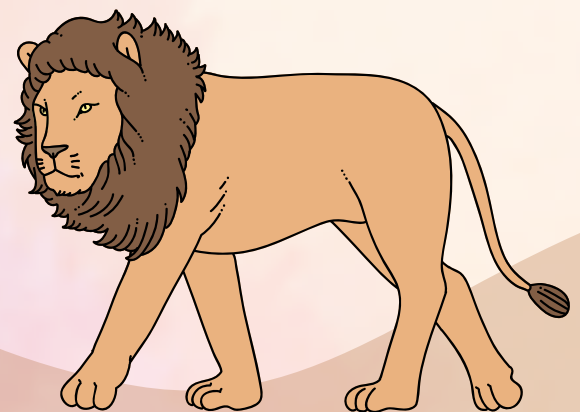
What: The ClimACT Workshop

When: January 13, 9 am GMT / 1 am PDT / 6 pm Tokyo

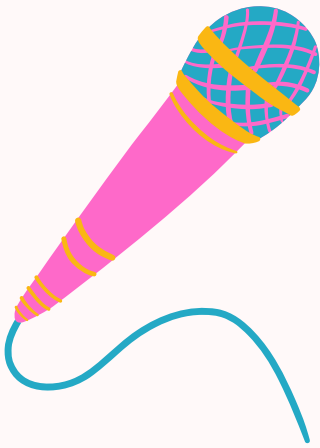
(we realize that this timing is inconvenient for our friends and colleagues in the US, but this time we hope to make it more accessible to those who are in the Eastern time zones)

Fee: £0 – £20 (We do not want the cost to prohibit participation. If you would like to join us but need to have the fee lowered or waived, please select the £0 option (no explanation needed)

Please register here: <https://www.eventbrite.co.uk/e/climact-workshop-2024-tickets-773605724547?aff=oddtcreator>



“Open Mic” event on February 6, 2024



The second “Open Mic” meeting is taking place on February 6th, at 5 pm CEST/ 4 pm GMT/ 11 am EDT / 8 am PDT.

Please let us know you're coming by registering here:

<https://forms.gle/jC6ezqVUHx9JN2js9>

We know that many of you are already working on various research projects, programs and interventions aimed at coping with climate-related mental distress and promoting behavior change in the context of the climate crisis. If you are willing to share your developments with other CJ&A SIG members, you are welcome to come to the upcoming ‘Open Mic’ events arranged by the Interventions Committee within CJ&A SIG.

Please feel free to present your work and share some of your useful findings, such as support group frameworks, individual therapy guidelines, skills training, etc. This might be a chance to invite others to join your team or create something new together. We hope to collect these discoveries and create an ACT-based self-help booklet which would be a good way to serve our community and the public.



The recording of the first meeting is available here:
<https://youtu.be/rARZ9wo7nZs>

If you have any questions regarding the Interventions Committee, please contact Daria Suchilina at dariasuchilina@gmail.com or join our WhatsApp group: <https://chat.whatsapp.com/ISlyTItxSAo5QYvWvjXnuK>



Our next meeting is
Friday 9th
February 2024 8am
EST, 1pm GMT,
2pm CET, 10pm
JST



The ProSocial subcommittee continues to meet on a monthly basis, to support one another in applying Prosocial to our contexts.

At our last call we had members join from North America, Europe and Japan. We meet on the second Friday of the month every 2 months for 90 minutes

Copy and paste this link to hear Richard speak at the Prosocial World Seminar Series:

ProSocial Variation in Healthcare and Community Sustainability with Richard Coates

<https://www.youtube.com/watch?v=SHphAxdj7uA>



For questions and enquiries about joining the Prosocial subcommittee please contact Richard:
drrichardcoates@gmail.com

The Ecological Self, a globally inclusive "Self as Context" more fitting for ACT CJ&A purposes

eSAC sub-committee / working group.

Launching a collective inquiry into "The Ecological Self as context" (eSAC) How might inhabiting eSAC function to ease us into our interbeing?

Please contact Martin@martinwilks.com to register your interest.



Good News



Good News about Climate Change:

Addressing climate change is an ongoing process, with many challenges and successes along the way. The latest developments and progress in the fight against climate change are continually evolving, but good news is always welcome:

1. **Renewable Energy Expansion** (source: International Energy Agency; IEA.org):

- Electric car sales reached a record high of more than 10 million in 2022, a nearly tenfold increase in five years.
- Renewable electricity capacity additions rose to 340 gigawatts, their largest ever deployment.
- Renewables now account for 30% of global electricity generation.

2. **Ocean Cleanup** (source: theoceancleanup.com) **and Other Good Ocean News** (source: theguardian.com):

- The Ocean Cleanup has now collected 108,526 kg (239,259 lbs) of plastic from the Great Pacific Garbage Patch.
- A review published in Nature found that global fishing is slowly becoming more sustainable, and the destruction of habitats such as seagrass meadows and mangroves is almost at a halt.
- Humpback whales that migrate from Antarctica to eastern Australia, whose population stood at a few hundred in 1968 is now at more than 40,000.

3. **Reforestation** (source: 8billiontrees.co):

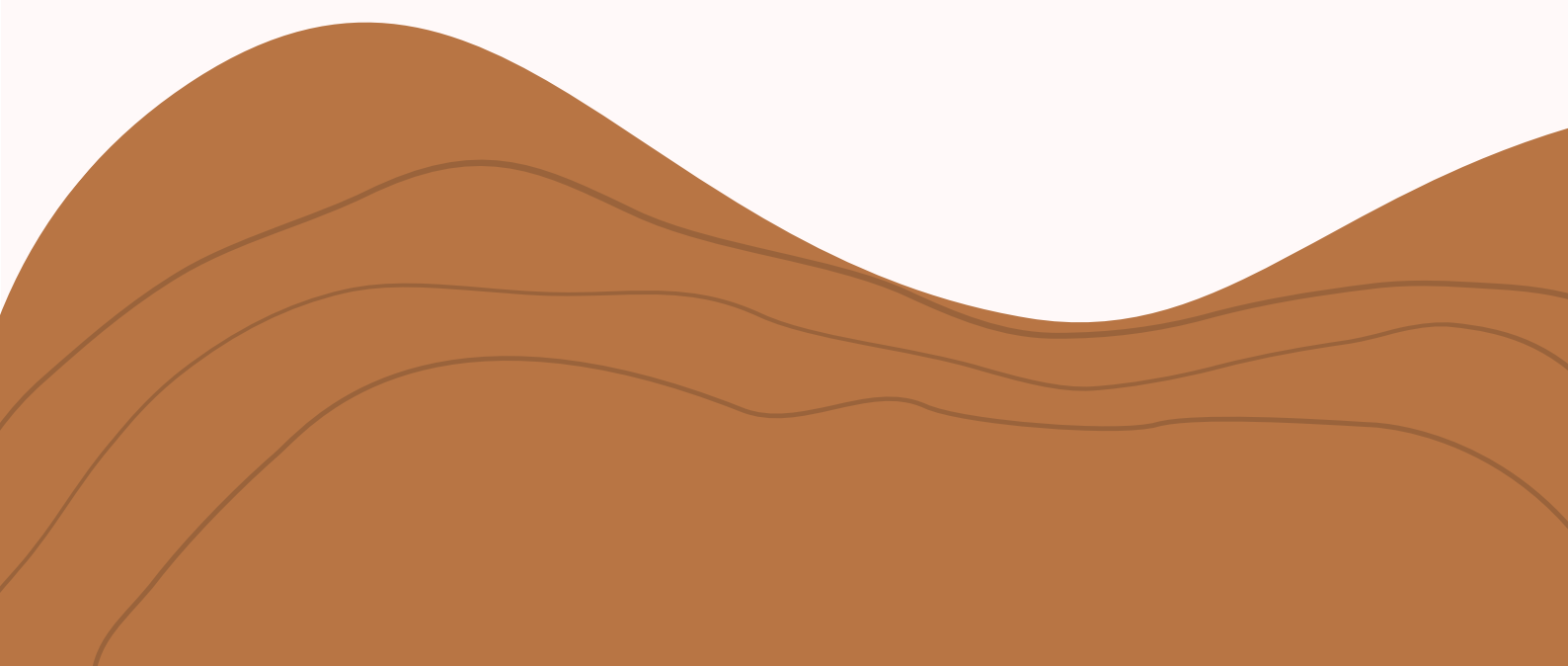
- According to compiled statistics, including the United Nations Environmental Program, approximately 1.9 billion trees are planted yearly.
- The world plans to plant at least 1 trillion trees by 2030.
- A good example is Ethiopia, which in 2019, set a world record by planting nearly 350 million trees in a day as one of its contributions to recovering its bygone forest cover.

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.



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!

Recommended links, events & trainings outside ACBS

– **THE BREAKDOWN**, a youtube five-part film series on climate change:
exploring how we got here, where we're headed, and what we can all do to make a difference.
https://www.youtube.com/watch?v=BI0ZdVoHm_w&t=14s (Earthrise Studio)

– **A CONVERSATION** hosted by Emma Watson with Female Leaders.
at The New York Times Climate Hub: <https://www.youtube.com/watch?v=98MMdp2QIk4>

– **ARTICLE: "Watching Don't Look Up made me see my whole life of campaigning flash before me"** – George Monbiot.
<https://www.theguardian.com/commentisfree/2022/jan/04/dont-look-up-life-of-campaigning>

– **MAGAZINE: New Climate Psychology Alliance Journal: Explorations.**
<https://www.climatepsychologyalliance.org/publicmedia/handbook/Explorations-issue-1.pdf?fbclid=IwAR1p-3rCARfDRyWY62XK7x-iqUf7t60KJUc73liqSLIM8eTSHJPGmYKuzDU>

– **TRAINING: Free online training from 'The emergence Foundation'.**

_THE NEXT ECOSATTVA TRAINING

: <https://oneearthsangha.org/>

– **ACTIVE HOPE TRAINING**

<https://activehope.training/> The course is produced and presented by Chris Johnstone, co-author of Active Hope, with contributions from a range of guests that include Joanna Macy and Molly Young Brown. Ecotherapy and Climate Therapy Consultation with Dr. Thomas Doherty <https://selfsustain.com/eco-and-climate-therapy-consultation/>

– **PSYCHOLOGY AND GLOBAL CLIMATE CHANGE**

Addressing a Multi-faceted Phenomenon and Set of Challenges

Report of the American Psychological Association Task Force on the Interface Between Psychology and Global Climate Change

<https://www.apa.org/science/about/publications/climate-change>

Examples of Environmental Identity-Based Therapy Integrations: ACT and CFT, by Thomas Doherty, Psy.D. 2022

<https://contextualscience.org/files/Examples%20of%20Environmental%20IdentityBased%20Therapy%20IntegrationsACTandCFT.pdf>

Other recent papers

From Doherty, T.J., Lykins, A.D., Piotrowski, N.A., Rogers, Z., Sebree Jr., D.D., White, K.E., 2022. 11.12. Clinical Psychology Responses to the Climate Crisis. In: Asmundson, G.J.G. (Ed.), Comprehensive Clinical Psychology, 2nd edition, vol. 11. Elsevier, pp. 167-183.

<https://dx.doi.org/10.1016/B978-0-12-818697-8.00236-3>

Climate anxiety: What predicts it and how is it related to climate action?

(Lorraine Whitmarsh, Lois Player, Angelica Jiongco, Melissa James, Marc Williams, Elizabeth Marks, Patrick Kennedy-Williams), 2022

<https://www.sciencedirect.com/science/article/pii/S0272494422001116?via%3Dihub>

*Looking forward to hearing
from you soon!*