

STRATEGIC ACTION PLAN

2022 - 2024



HIGHLIGHTS

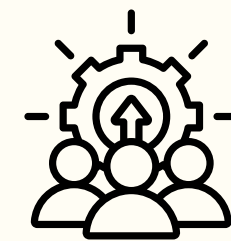
CELEBRATING OUR HIGHLIGHTS 2022-2024

We've made significant strides in our mission to support people emotionally in facing the climate reality. Together with our dedicated team, members, and volunteers, we're fostering a more compassionate, resilient and informed community. Here we celebrate some of our special highlights and offer a heartfelt thanks to our financial supporters - individuals, members and funders. Your belief in our work propels us forward!

We focused on 3 key pillars:



Community Support: Addressing psychological impacts and supporting people in collective climate emotions. *Key highlight:* We launched our Climate Cafe Program!



Capability Building: Equipping professionals with 'Climate Aware' knowledge and best practices. *Key highlight:* 50 Climate Aware Practitioners in our PSC community who are ready to support their communities and the climate movement.



Thought Leadership: Raising awareness of the role of psychological and emotional wellbeing for addressing climate change, growing psychosocial resilience, and coming to terms with challenges ahead. *Key highlight:* We spoke at the Senate Inquiry for the Climate Change Amendment (Duty of Care and Intergenerational Climate Equity) Bill 2023.



Monica Taylor,
PSC Chair



Bronwyn Gresham,
CEO



COMMUNITY SUPPORT

For those impacted, working and volunteering in the climate crisis.

WHAT WE SET OUT TO DO

Respond to requests for *climate psychology informed* mental health supports – from individuals, communities and organisations.



HIGHLIGHTS



Established a **Climate Cafe Program**. Hosted 40+ cafes, and trained 37 facilitators, with cafes now popping up from Tasmania to Darwin.



Launched **Climate Feelings Space** with 1900 unique visitors and 94+ people signed up to the mini course.



Delivered **50+ talks and skills workshops** on topics like climate grief, emotional resilience, holding hope, climate emotions, transformational resilience and collective care.



Launched **Community Hub** with 100+ members joined so far.



Worked with **40+ climate movement groups and organisations** including Councils, Environmental Justice Australia, ACF, Greenpeace, Divers for Climate, Parents for Climate.



**2022
-2024
HIGH
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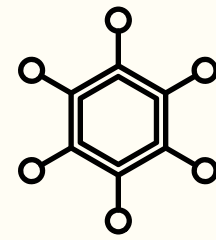
CAPABILITY BUILDING

Climate aware practice and informed support for those experiencing emotional distress.

WHAT WE SET OUT TO DO

Develop a national network of mental health practitioners skilled in the field of climate psychology - supporting individuals, communities & organisations.

HIGHLIGHTS



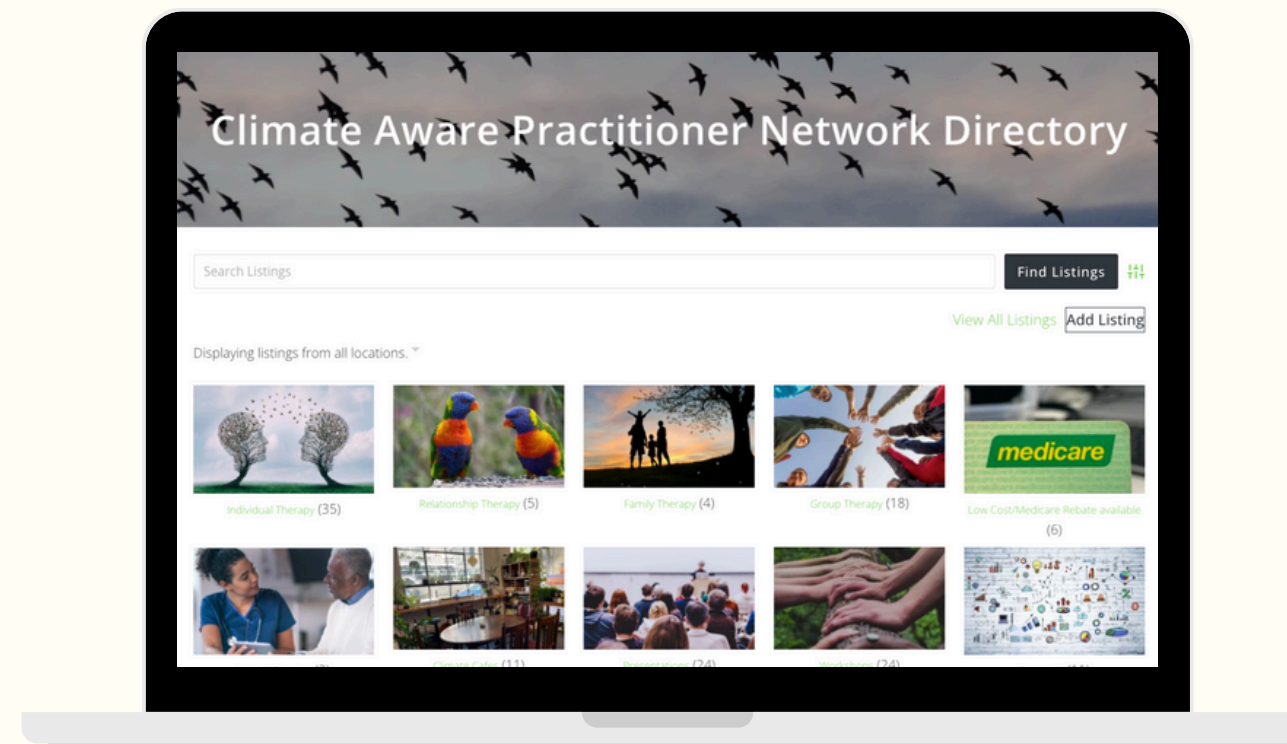
Launched a **Climate Aware Therapist InterVision** program for peer supervision, networking and learning.



Provided **25 professional development offerings**.



Supported a growing community of **50 Climate Aware Practitioners**, with an online directory for the general public to find a therapist.



2022
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HIGH
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THOUGHT LEADERSHIP

in the field of climate psychology & prevention of climate distress.

WHAT WE SET OUT TO DO

Grow awareness and acceptance of climate distress as a natural psychological consequence of the climate crisis.

Understanding and managing psychological distress due to climate change
Anna Seth, Janie Maxwell, Cybele Dey, Charles Le Feuvre, Rebecca Patrick

How to cope with climate anxiety
Broadcast Wed 26 Jul 2023 at 5:30pm
Play 29m

BECOMING A CLIMATE-AWARE COUNSELLOR: SUPPORTING OURSELVES, CLIENTS AND COMMUNITIES
By Dr Sally Gillespie, Carol Ride and Christie Wilson

Child and Adolescent Mental Health
Debate | Free to Read
Debate: How can child and adolescent mental health professionals show leadership in the face of the ecological and climate crisis?
Charles Le Feuvre | Cybele Dey

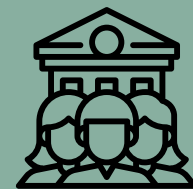
HIGHLIGHTS



4 submissions to the Federal and State Governments, and participation in roundtable discussions for the National Health and Climate Strategy.



Hosted **7 events**, featured leading Australian thinkers relevant to climate psychology: Joelle Gergis, John Wiseman, Blanche Verlie, Glenn Albrecht, Susan Murphy and George Marshall.

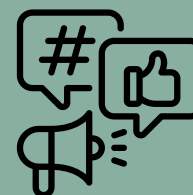


Advocating to the **Senate Inquiry** in support of the Climate Change Amendment (Duty of Care and Intergenerational Climate Equity) Bill 2023.



3 innovative academic papers through collaboration

- **First ever** article in Australia on Becoming a Climate-Aware Counsellor
- **First ever** GP focused publication in Australia on Understanding and managing psychological distress due to climate change
- Debate: How can child and adolescent mental health professionals show leadership in the face of the ecological and climate crisis?



11 media moments, including Triple J, Sun Herald, and SBS news.



2022-2024 HIGH LIGHTS

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WHAT PEOPLE ARE SAYING

I've started a monthly 1 hour self-reflective practice using some of the open-ended sentences shared in the workshops. It's been excellent at mapping how I'm feeling, where sticky points/burnout edges are popping up, and seeing growth over time. Thank you PSC

Thank you so much running the InterVision Therapist Group. It has been such a lifesaver for me this year. Working within the climate crisis framework is extremely challenging, as we all know. As therapists, we are also vulnerable to vicarious trauma from the work, as well as burnout, in an area that is still very much evolving and where professional and therapeutic parameters are tenuous and emergent. In order to keep working in this space, peer educational support groups like the InterVision group are absolutely essential and I expect this will become even more so in the future.

I am a grateful participant of PSC's Climate Café. Here we can simply be who we are in this world of fluid emergent change, listening, and maybe reflecting on where we presently are. Held warmly in this group, observations bubble to the surface and we breathe together, stronger in our common grounding. Thank you!

PSC facilitated a short workshop on navigating burnout in climate work for us earlier this year, it was so well designed and skillfully delivered! I now better understand the importance of promotion and prevention of burnout, and got the chance to connect with other leaders in the climate movement. PSC offer incredibly valuable resources that I highly recommend to anyone working for a safe climate - Leader, Climate movement organisation

The tools you've offered are brilliant and we will continue to weave them so we can stay connected to our work to bring our planet back into balance. Your session landed so deeply and beautifully with the group. We have received positive feedback from the group and will be integrating your processes and work into the program going forward

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CLIMATE CAFE PROGRAM

A Climate Cafe is a facilitated peer space for people to voice feelings and concerns about the climate crisis in a compassionate, non-judgemental environment.

The program has **three** core elements:

- Climate Cafe Spaces (online and in person)
- Climate Cafe Facilitation Program
- Mentorship and advice

KEY OBJECTIVE

- Support people/groups to move from distress about the climate crisis to experiences of connection and resilience.

KEY ACHIEVEMENTS

- 41 climate cafes offerings in 22/24 FY
- 30+ people trained in the PSC Climate Cafe Model
- Outcomes Framework developed to measure impact 2024 and beyond
- Collaboration with other organisations to share Climate Cafes interstate and into a variety of contexts e.g. schools, universities and families.

PROGRAM SPOTLIGHT



PSC COMMUNITY HUB

An online space hosted by Mighty Networks for our members to connect, share and learn together. In the hub people can:

- Join the Climate Aware Practitioner Network
- Access PSC Climate Cafes
- Access ongoing Professional Development and supervision spaces
- Access research and resources

KEY OBJECTIVE

- To equip community members and support professionals with skills and knowledge for supporting themselves and others in the climate crisis.

KEY ACHIEVEMENTS

- Hub launched in 2024, with 100+ members now online
- 50 Climate Aware Practitioner members and growing
- 25 Professional Development (PD) workshops provided in 22/24 FY
- Source of steady revenue growth for PSC

▼ Join in - Community Discussion



Climate Science



Supporting Children & Young People



Climate Justice, Advocacy + Action



Ecotherapy



Regional/Rural Australia



Climate Emotions



Climate Disaster Support/Psychology



Call outs - research, opportunities



Academic Research Collated



Community Events Listing

PROGRAM SPOTLIGHT

CLIMATE FEELINGS SPACE

A communications Climate Mental Health promotion campaign that directed people to climate specific emotional skills, learning and support.

CAMPAIGN GOALS

- Increase Community Connection and enhance psychological resilience.
- Improve Pathways to Climate Emotions Action
- Deepen Partner Relationships
- Promote the work of PSC

KEY ACHIEVEMENTS

- Launch of Climate Feelings Space
- Over 1.5k unique visitors from Feb-April 2024
- Email mini-course to educate people about climate emotions
- Partnerships with other climate and mental health organisations saw an organic reach of over 400k through social media and email newsletters



CLIMATE FEELINGS SPACE

NEXT STEPS

We are continuing our journey to move PSC into a new era as an organisation, so that we can respond to the scale and need for emotional and psychological awareness, skills and support in this era of climate crisis.

Our next phase includes an expansion of our Climate Cafe program across Australia, the launch of our climate movement wide initiative to move Beyond Burnout, and growing a vast network of Climate Aware support professionals.

If you are interested in learning more about PSC or how you can be involved, we would love to hear from you!

Connect with us:
info@psychologyforasafeclimate.org





THANK YOU

We are deeply grateful to all our members, volunteers, donors, major funders and supporters who have enabled us to progress our mission and strategy throughout 2022-2024 and beyond.



Picture on left: The Climate Quilt, completed in 2023. This was a collaboration of over 40 community members who attended creative workshops held by Psychology for a Safe Climate. It measures 1.8m x 2.2m and includes a variety of techniques such as collage, applique, tatting, hand embroidery, machine embroidery, trapunto, hand piecing. The quilt has been displayed by CLIMARTE and to be displayed at the launch of the City of Yarra Climate Emergency Plan in August 2024.