

The manifestation of climate anxiety in supervision

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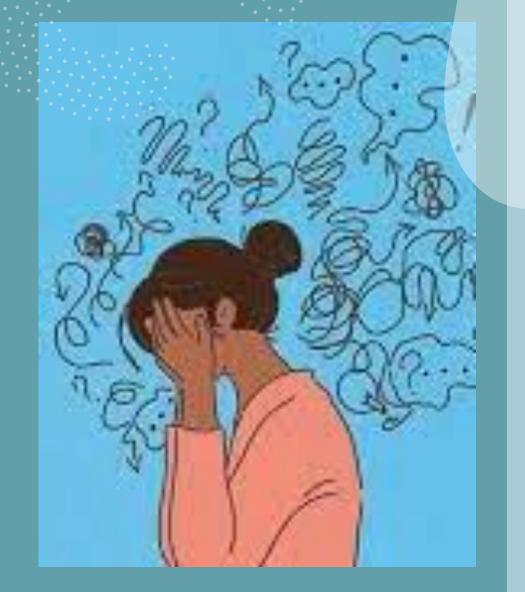
what is climate anxiety?



Client Story

55 % of people in the UK felt that climate change had negatively affected their mental health to varying degrees.

Joint survey by YouGov and BACP 2020



10,000 Young people across 10 countries:

75%: The future is frightening:

31% (UK 28%): Governments can be trusted

45%: feelings about the climate affected their daily lives.

56%: they think humanity is doomed.



Disavowal

Climate journeys

Some people describe a journey with distinct stages

The moment of waking up to the issue

Epiphany

Finding out everything you can. Feeling very distressed and often overwhelmed.

Throwing yourself into action as a solution and making changes - politically,

at work, in your

personal life

community, in your

Immersion Action Crisis and resolution

Urgency and overcommitment can lead to burnout. Reappraisal of what is personally possible leads to a more personally sustainable level of action.

Other people describe remaining overwhelmed by difficult feelings and finding little comfort in action

A process akin to grief Four tasks

Accepting the reality of the crisis.

Working through the painful emotions, mourning what is lost.

Adjusting to the new environment

Choosing a path of action, reinvesting emotional energy

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- Defenses can be present in either supervisor or supervisee
- Climate Anxiety can be shared or stronger in supervisor
- Client or supervisee knowledge can affect supervisor's life
- Climate Change as the elephant outside the room. Who is responsible for bringing it in?
- Clinical perspective or healthy response?
- Inter-dependence undermines power dynamics
- Limits of individual therapy. A collective problem needs a collective container.
- Limits of experience
- Limits of our theories (anthropocentrism, individualism/ privatization of suffering, lack of psycho-social perspective, western colonial perspective etc.)

Client Story 4 groups:

- 1. Supervisor distressed about climate change. Supervisee seemingly unaware of climate emergency, frequent flyer. Not interested in the issue.
- 2. Supervisee wants to know if and how to talk about climate change with clients. Can they initiate the conversation and if so how?
- 3. Supervisee sees client with eco distress, but pathologises their symptoms and sees it as an avoidance to address their personal issues.
- 4. Your supervisee is a climate activists. They ask you lots of questions about your position and voiced discomfort with hearing that you took a flight.

Climate Psychology Alliance

Climate Cafes

Therapeutic outreach

Handbook

FARCH

Member days

"Explorations into Climate Psychology

"Hope is not a lottery ticket you can sit on the sofa and clutch, feeling lucky.

It is an axe you break down doors with in an emergency.

Hope should shove you out the door, because it will take everything you have to steer the future away from endless war, from the annialation of the Earth's treasures and the grinding down of the poor and marginal.

To hope is to give yourself to the future – and that commitment to the future is what makes the present inhabitable



