

Abstract by Professor Stephen Palmer

Title: Using an Educational, Cognitive Behavioural and Positive Psychology Approach to Tackle Debilitating Climate Change Worries, Ecoanxiety and Ecodepression

People around the world are becoming more anxious about the impact of climate change upon the planet and its inhabitants. Internationally, young people have been worried about climate change and have held school strikes for climate on Fridays. Hopefully by the end of this decade, COVID-19 and its variants will have become more manageable. However, the climate crisis will still be having an increasing impact upon the planet's biodiversity, weather and inhabitants. This paper will look at an educational, cognitive behavioural and positive psychology approach to tackling debilitating climate change worries, ecoanxiety and eco-depression. What should a coach know about climate change if the issue arises in a coaching conversation? In this paper, eco-anxiety and eco-depression will be defined. Based on ISCP survey results, the interventions and techniques practitioners found useful to tackle to coachee's climate change worries will be covered. The keynote finishes with the question: should practitioners attend CPD on climate change related mental health issues?