

Rural Health Seminar Series 2021

Climate Engagement: Psychological Changes and Community Conversations

Presented by Dr Sally Gillespie

Climate crisis disrupts the beliefs and values of contemporary societies, sparking potential for radical changes in culture and consciousness. Drawing upon her experience as a Jungian psychotherapist and a researcher in the field of climate psychology, Sally Gillespie will talk about the challenges, openings and transformations of engaging with climate and ecological crises. One take home message is the importance of personal and community conversations which can acknowledge and productively explore the complex emotions provoked by climate crisis. Reflective conversations support consciousness change while nurturing the resilience and maturity to sustain ongoing climate engagement. Sally will also discuss other strategies and activities which research has demonstrated helps to safeguard psychological wellbeing for climate campaigners and researchers.



Dr Sally Gillespie worked as a Jungian psychotherapist for over twenty years before undertaking doctoral research into the psychological experience of ongoing climate engagement. After completing her PhD at Western Sydney University, she lectured in Ecopsychology and Cultural Change for the Masters of Social Ecology while also facilitating workshops on climate psychology for campaigners. In addition to a number of book chapters, Sally has authored *Climate Crisis and Consciousness: Reimagining our world and ourselves* (Routledge 2020) which explores the psychological challenges and developmental processes of climate engagement for individuals and societies. Sally is a member of Psychology for a Safe Climate and the Climate Psychology Alliance.