

Where to start looking in search of a psychotherapist/counselor capable of dealing with climate despair and related emotions

Compiled by Susi Moser

NOTE: This is a personal compilation, sometimes with my subjective impressions without implying recommendations or endorsements; as with all therapists, there must be a fit between therapist and client, and that is a very individual matter.

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Alliances of psychologists, psychotherapists, coaches and counselors who are focused on climate change (some have regular newsletters)

In the US

- *Climate Psychology Alliance – North America chapter*
<https://climatepsychology.us/>
The is a contact email provided on the site: <https://climatepsychology.us/contact-us>
Dr. Lise van Susteren is on the leadership team and active in several other US-based psychological associations, a good point of contact (lvs350@me.com); she and several colleagues are currently putting together regionally organized referral lists; she is also working on a certification program.
- *Climate Psychiatry Alliance*
<https://www.climatepsychiatry.org/new-page-1>
The about page has contacts for various psychologists, MDs and psychiatrists with contact information.
- *Climate-Aware Therapist Network* (A collaboration of CPA-NA and CPA)
They state: “If you're someone looking for mental health services and support, please click [here](#) to sign up to receive our directory of climate-aware therapists once we've compiled a comprehensive list. If you're in need of immediate assistance, please call 1-877-SAMHSA7. If this is an emergency, please call 911 or go to the nearest emergency room.”
- *Alliance for Climate Therapists*
<https://www.facebook.com/groups/177908746141305/>
Alliance of Climate Therapists – Northwest (ACT-NoW); A group of therapists in the Pacific Northwest of the United States and Canada (roughly Washington, Oregon, Idaho, Montana, British Columbia); contact via climateandmind@gmail.com
- *Psychologists for Social Responsibility*
<https://psysr.net/>
Has an explicit Program on Climate Change, Sustainability, and Psychology
Contact provided on site: <https://psysr.net/climate-change/>
Dr. Sarah Conn is a friend and one of the psychologists working the longest on this issue in her teaching, writing and private practice (based in Cambridge, MA) (sac@drsconn.com)
- *Society for the Psychological Study of Social Issues*
www.spssi.org

Organization brings together psychologists (academic and clinical) who are engaging with pressing societal issues, including climate change (but not only); was approached by someone from the society who is focused on climate change: Dr. Peter Walker (nucprw@attglobal.net)

- *International Transformational Resilience Coalition* (led/organized by Bob Doppelt out of Oregon)

<http://www.theresourceinnovationgroup.org/intl-tr-coalition/>

Need to become a paying member to see who else is in the network. Member organizations provide psychological support and educational resources for people affected by climate trauma in the broadest sense); several workshop facilitators (based in various locations) are listed on the site and can be contacted by searching for the personal websites.

In Great Britain

- *Carbon Conversations*
<http://www.carbonconversations.co.uk/>

- *Climate Psychology Alliance*
<https://www.climatepsychologyalliance.org/>

It has various international chapters and contacts are provided at the site:

<https://www.climatepsychologyalliance.org/international/230-cpa-goes-international>

- *Deep Adaptation Forum – Coaching & Counseling Subgroup* (participants are from across the world, including the US):

<https://deepadaptation.ning.com/> (click on Coaches & Counselors) group

Once you're a member of the Forum, individuals can be messaged. Membership is entirely international, so includes US-based counselors and coaches.

Dean Walker (based in Oregon), e.g., strikes me as a psychologist with substance

In Australia

- *Psychology for a Safe Climate*
www.psychologyforasafeclimate.org

Newsletter reports of regular workshops and points to members and contacts in that part of the world.

International

- *Psychologists for Future*
<https://psychologistsforfuture.org/en/>

Website offers a [statement therapists can sign](#) in support of action on climate

- *Climate Psychology Discussion Group* (Facebook)
<https://www.facebook.com/groups/177908746141305/>

“This Climate Psychology discussion group offers a place where people from many different understandings and lineages of psychology (including ecopsychology), psychotherapy (including ecotherapy) and other mental health disciplines can explore the myriad ways that climate and climate disruption are affecting the human psyche individually and collectively.”

Self Help Groups

- *Good Grief Network*
<https://www.goodgriefnetwork.org/>
No therapists here, but like-minded people and a good approach.
- *EcoAnxious Stories collection*
<https://www.ecoanxious.ca/>
“We're holding space for eco-anxious stories in the hopes of normalizing our experiences and supporting each other in taking meaningful action.”
- *Globe and Psyche*
<https://www.globeandpsyche.com/>
“GaP connects people working within the broad psychological, psychotherapeutic and psycho-spiritual domains through projects to:
 - re-consider how we understand mind, consciousness and identity in the context of the challenges the world faces;
 - resource ourselves to take appropriate professional and personal action;
 - promote a sense of wonder, curiosity and celebration at the interbeing of all life.”
- *Parents for the Planet* (Facebook Group)
<https://www.facebook.com/groups/parentsfortheplanet/>
- *American Society for Adaptation Professionals*
<https://adaptationprofessionals.org>
For the last several years, ASAP has had Member-led group on psychological resilience. Contact ASAP staff to find out more.

Workshops for Grief and Despair Work (online and in person)

The offerings listed here do not necessarily involve therapists nor are they necessarily support for the long haul, but I have found them invaluable for collective experiences of grief and despair work, moving people to action.

- *Joanna Macy*
For important background on some of the long-standing work in this area:
<https://www.joannamacy.net/>
- *The Work that Reconnects*
<https://workthatreconnects.org/> (Joanna Macy has trained thousands of people facilitating workshops in the WTR all over the world; via the Contact Us tab, you can find out where facilitators are based and whether there are workshops planned near you)
- *Wisdom Bridge/Francis Weller*
<http://www.wisdombridge.net/>
Amazing, profound workshops for all manner of grief; Francis is also a psychotherapist in private practice, see also below (Santa Rosa, CA)
- *Good Grief Network*
<https://www.goodgriefnetwork.org/>
No therapists here, but like-minded people and a good approach.

Deep Soul Work for These Times

- *Animas Valley Institute* (CO-based, but doing workshops in US, Canada, Australia, UK, Ireland etc.): <https://animas.org/> (note, several of the Animas guides are also psychologists or counselors in private practice, incl. its founder, Dr. Bill Plotkin)
- *Martin Shaw's Westcountry School of Myth* (UK):
<https://schoolofmyth.com/>
Approach of soul work through myths, old and yet for our time. Not therapy, but supportive.
- *School of Lost Borders* (based in CA)
<http://schooloflostborders.org/>
Wilderness rites of passage work, not specifically climate focused; but their death and dying focused work with Meredith Little is highly relevant and excellent
- *Climate Dreams Project*
[The Climate Dreams Project](https://climatedreamsproject.org/) gathers, organizes, and archives “our collective dreams about climate breakdown.” You can submit your own dream via the website.

Retreat Centers (focused on climate, ecological crisis, burnout for professionals)

- *The Garrison Institute*
<https://www.garrisoninstitute.org/>
Offers virtual and in-person retreats, mostly mindfulness-based, with a special emphasis/track for care givers, educators and other social change agents

Professional Societies & Their Directories

- *American Psychiatric Association*
Not on the forefront of climate consciousness but has a search engine where therapists are searchable by zip code. Generally accepted diagnoses (e.g., PTSD) can be entered to narrow down the search. Lise van Susteren (Maryland) is a member and her work on a referral list will help when completed.
- *APA: American Psychological Association*
Members of APA have been engaged in research on mental health aspects of climate change, mostly focused on the general population. So there are definitely members who might be able to direct or provide advice: search for Lise van Susteren (Maryland), Janet Swim (Pennsylvania), Susan Clayton (Ohio) and others. As for Referrals, the website says this:

We cannot respond to specific questions regarding personal situations, appropriate diagnosis or treatment, professional resources available in your area or otherwise provide any clinical opinions. If you believe you might benefit from the services of a mental health professional, please visit the [Psychologist Locator](#) to receive a referral to a psychologist in the United States or Canada. If you live elsewhere, contact your national psychological association or a local mental health facility. If you believe you need immediate assistance, please call your local emergency number or the mental health crisis hotline listed in your local phone book's government pages.

Some [State Psychological Associations](#) also provide local referrals.

[Note: The Psychologist Locator, however does not allow for keywords like “climate change”. And while the search term “trauma/PTSD” or “burnout” are possible to enter, it does not return any psychologists in my area, and this is veritably incorrect. So, a very rough starting place only.]

Individual psychologists, analysts, counselors, guides known to have emphasis on and understanding of the climate crisis

General guidance: In scanning therapists’ websites, look for mentions of climate change, ecopsychology, deep ecology, any form of acknowledgment of the systemic embeddedness of individuals in larger systems – family, community, Earth etc., transpersonal psychology; also may look for references to Joanna Macy’s work and other ecopsychologists and transpersonal psychologists

- **Dr. Bill Plotkin** (ecopsychologist, Jungian/depth psychological background, works primarily as a guide to the “underworld journey” to find one’s deepest personal purpose; phenomenally good at that; also works in private practice; has written several books on the work he does, incl. *Soulcraft*, *Nature and the Human Soul*, and *Wildmind*; based in Durango, Colorado. (see: <https://animas.org/about-us/our-founder/> and many other mentions online; contact him through Animas Valley Institute)
- **Dr. Francis Weller** (expert extraordinaire on all matters of grief and mourning; very deeply gets the times we’re in, and the personal to global dimensions of grief work; has written a great book on it, too, called *The Wild Edge of Sorrow*. (see: <http://www.wisdombridge.net>)
- **Dr. Peter Scanlan** (see: <http://peterscanlan.com/>) Guide and psychotherapist in private practice (based in Tennessee); also works with Annie Bloom (see: <http://www.buffalodreaminglodge.com>, based in Utah); their joint work is focused on the ancestral lineage of who we are; his links/resources tab points to other soul guides (several are affiliated with Animas Valley Institute)
- **Dr. Lise van Susteren, MD** (psychiatrist; provides psychotherapy, grief counseling, behavioral therapy, counseling for post-traumatic stress disorder, and is extremely active in getting psychologists and psychiatrists to become climate-conscious and skilled; Washington, DC area (see: <https://www.zocdoc.com/doctor/lise-van-susteren-md-67429>; and many other mentions online)
- **Dr. Jeffrey Kiehl**, formerly climate scientist at the National Center for Atmospheric Research, gone Jungian analyst (has written a book called *Facing Climate Change*), now works in private practice; can’t judge his quality as a therapist, but he definitely gets climate change on a deeply learned level (now based in in California, see: <http://www.jtkiehl.com/>)
- **Andrew Bryant**, clinical social worker and psychotherapist (based in Seattle, WA); creator of <https://www.climateandmind.org/> in response to getting more and more clients with emotional concerns and distress about climate change.
- **Dean Spillane-Walker**, psychologist based in Oregon; also facilitator of the Deep Adaptation Forum’s Holistic Approaches to Counseling and Coaching working group. (contact via: safecircle@gmail.com); see also <https://livingresilience.net> and his [Podcast: The Poetry of Predicament \(YouTube channel\)](#)

- *Leslie Davenport*, psychotherapist and author of *Emotional Resiliency in the Era of Climate Change: A Clinician's Guide* (2017), based in California; see her website: <http://lesliedavenport.net/climate-psychology/>

NOTE: This document is a work in progress and I will add to it/update/revise it periodically...