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(under completion)

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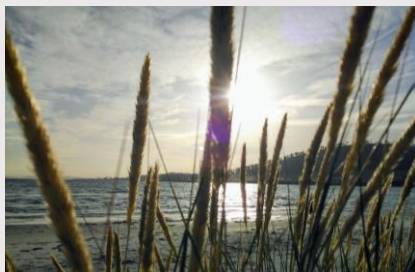
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Free Group Therapy Workshop

The Background

Over the past few years, I have been working on a practice innovation to respond to the mental health challenges of working in climate change. This is particularly relevant to scientists, activists, and environmentalists who experience not only anxious concern for the planet, but are also troubled by problematic social responses.

My workshops to date have addressed the question, 'how do we live a good life knowing what we know?' Feedback has consistently raised another question, 'how do we turn our individual learning into a shared practice?' That's the focus of this new workshop.

This work is part of my Masters program and I'm keen to collect feedback. Consent to use content from the session will be discussed on the day and is entirely optional.

The Plan

I'm inviting you to participate in this free workshop called *Elevating our Humanity: Sustaining those whose work sustains the planet*.

The session will be a mixture of narrative therapy and psychological science with clear connections to the sociopolitical landscape. While we'll speak of mindfulness and hope, the session goes well beyond mainstream approaches to 'eco-anxiety'. We start from the position that the threat is real, and the forecast is bleak. Then it's about how to sustain ourselves, collectively and individually, to give this one, precious life our best shot.

The Details

When: Sunday 31 Aug

Where: Picnic area, Taroona Beach (end of Taroona Cres)

What Time: 9am-noon

What to Bring: A folding chair or something to sit on. Suitable clothing for spending the morning outdoors on the coast. Snacks and water.

RSVP: karen@outdoorcounselling.org