



Hi Readers,

We have been taking some time away from our usual activities at PSC to deeply consider what we would like to offer in the next 12 months. For ten years we have been doing this work as a team of dedicated volunteers. Now, as the climate crisis worsens and the need for action is greater than ever, we find our work in more demand than we can keep up with as a volunteer-run organisation. We are in a process of transformation and we need your support to ensure that our work is widely available to those who really need it. This newsletter is a bit different from our usual monthly offering of stories on psychology and climate change as we want to draw your attention to two important upcoming events. Read on for more information about each.

For a safe climate,

Beth, Carol and the PSC Team

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**Saturday 15 August 10am-12.30pm Online**

An introductory seminar for therapists to reflect on our response to the growing prevalence of eco-anxiety, fear and climate grief. [Tickets and more info available here](#)

We have created a new offering for psychologists, therapists, counsellors and psychology students. It is a seminar designed as an introduction to some of the ideas and practices that Psychology for a Safe Climate have been working with over the last ten years, including eco-anxiety, climate grief and burnout. The seminar will offer the opportunity for participants to explore their own emotional response, and to consider how this is reflected in their engagement with clients around the climate crisis, as well as in life beyond therapy.

This is not designed as a comprehensive training on these topics, rather it is an introductory seminar for those who might be interested in beginning or deepening their engagement with climate change as it shows up in their practice and lives. It is also a chance to learn more about PSC, the work we do, and how you can get involved in our organisation. If you are interested in participating, [please sign up here](#).

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In August this year Psychology for a Safe Climate will be launching a big fundraising campaign. Overall, we want to raise \$100,000 to support our organisation in its next phase of development. As a part of this we are running a crowdfunder called *HEART for climate action*. We are still in the process of pulling all our ideas together about how this will work, but we wanted to reach out to our existing newsletter subscribers at this point to see if you would be interested in getting involved as a PSC Champion.

Signing up to be a champion is a little different from making a one-off donation to the campaign or simply participating in the ten-day creative challenge. Our champions will take on a more ambitious role of helping us to really spread the word far and wide about the work that PSC does and about *HEART for climate action* in particular. As a champion you would sign up to be a CrowdRaiser [here](#), create a profile and set a goal for the amount you would like to help raise toward PSC. We are suggesting a champion goal of somewhere between \$1000-\$5000. We value our champions highly and would be hoping to include you in the process of the challenge along every step of the way - helping us to come up with the creative ideas to include in the

challenge as well as being included in online meetings, where we can connect and support each other in this effort. If you have more questions about this or would like more information, please do contact us [psychologysafeclimate@gmail.com](mailto:psychologysafeclimate@gmail.com).

Alternatively, you might like to support us by making a one-off donation and participating in the 10 day *HEART for climate action* challenge, in which case, stay tuned! We will be launching this properly in August - so while you are getting an early preview of the website, it's not ready to roll just yet! More information is coming on how you can sign up for the challenge in our next newsletter.

PSC volunteers are based on the lands of the Wurundjeri tribe of the Kulin nation. We acknowledge their elders past, present and future. PSC acknowledges Aboriginal and Torres Strait Islanders are Australia's First Peoples and the traditional owners and custodians of the land on which we work.

**Our mailing address is:**

[contact@psychologyforasafeclimate.org](mailto:contact@psychologyforasafeclimate.org)

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