

NAVIGATING ECO-DISTRESS IN OUR PATIENTS, AND IN OURSELVES

ATELIER C1



Jeudi 12 décembre 2024



14h30 - 18h30



Maison de la Chimie, Paris 7e



INTERVENANTE

Liz MARKS

Clinical psychologist

Dr Liz Marks is a Clinical Psychologist, an accredited BABCP practitioner and a mindfulness teacher. She is a Senior Lecturer in Applied Clinical Psychology at the University of Bath and deputy director of the Bath Centre for Mindfulness and Community. Her clinical and research work focuses on distress in the context of challenging conditions. Originally this looked at distress chronic illness, and now she works with psychological distress that arises in relation to the climate and ecological emergencies.

Au programme de cet atelier ...

Climate change is happening now, its impacts are already severe, and the scientific consensus predicts worrying future deterioration. This truth elicits rational, yet painful emotions, which at times can become overwhelming and disabling. Practicing therapy at a time of planetary crisis requires that we all engage with the reality of climate change and learn to navigate our responses to it, so that we can help each other, and our patients do the same. This workshop describes the evidence for eco-distress and offers experiential exercises and CBT-based skills training to help you and your patients find meaning and empowerment in the face of planetary crisis.

S'inscrire

Avertissement/pré-requis

Références bibliographiques

Tarifs

	Early bird jusqu'au 31/10/2024	Entre le 1er et le 30 novembre 2024
Inscription personnelle (financement personnel)	185€	215€
Inscription Employeur/Tiers	340€	340€