**AGPA Connect 2023 Presenter Information**

**Course Code:** 7

**Course Title:** I’d rather go out for tacos: Our emotional resistance to climate change

**Course Times:** 10:00 AM - 12:30 PM

**Course Dates:** Thursday, March 9

**Instructors:** Anna Graybeal

**Course Description:** Climate change poses an existential threat to everything we hold dear, and we literally feel it coming closer every year. Understandably this danger should make us feel uncomfortable emotions, and yet we avoid, resist, and deny these feelings. We are running out of time and we need to wake up. In this workshop we’ll work on our own resistance to climate change so that we can better help others do the same.

**Learning Objectives**

The attendee will be able to:‎

1. Describe the basic science of climate change, including impacts to humans.‎
2. Define the concept of resistance from a modern analytic perspective.‎
3. Identify and analyze resistance to thoughts and feelings about climate change.‎
4. Predict how working with emotional resistance may help us move our communities towards ‎addressing climate change.‎

**Significant Articles:**

1. Masson-Delmotte, V., et al. (2018). Global Warming of 1.5°C. An IPCC Special Report on the impacts of ‎global warming of 1.5°C above pre-industrial levels and related global greenhouse gas emission ‎pathways, in the context of strengthening the global response to the threat of climate change, ‎sustainable development, and efforts to eradicate poverty. Retrieved from Intergovernmental Panel ‎on Climate Change (IPCC) website: ‎http://www.ipcc.ch/publications\_and\_data/publications\_and\_data\_reports.shtml.‎
2. Norgaard, K. M. (2011). Living in denial: climate change, emotions, and everyday life. Cambridge, MA: ‎MIT Press.‎
3. Ormont, Louis R. (2001). The technique of group treatment: The collected papers of Louis R. Ormont. ‎Edited by Lena Blanco Furgeri. Madison, CT: Psychosocial Press.‎
4. Spotnitz, H. (2004). Modern psychoanalysis of the schizophrenic patient: Theory of the technique. ‎New York, NY: YBK Publishers, Inc.‎
5. Wells, D. W. (2019). The uninhabitable Earth: Life after warming. New York, NY: Tim Duggan Books.‎

**Agenda:**

Introduction: the importance of climate change, how it evokes resistance and why it belongs at a group therapy conference (lecture, 5 min.)

How resistance relates to climate change (Obj. 1, Lecture, 5 min.)

Resistance is a core concept of Modern Analytic theory (Obj. 1, Lecture, 10 min.)

* Freud’s conceptualization of resistance --Spotnitz and other Modern Analysts broadened the concept of resistance
* Clinical examples of resistance
* Methods of working with resistance, with clinical examples

Resistance in groups, with clinical examples The basic science of climate change (Obj. 2, Lecture, 10 min.)

* Relationship between atmospheric CO2 concentration and global temperature
* Evidence the Earth is warming
* Impacts to the Earth’s weather and ecosystems
* Impacts to Humans
* Focus on environmental justice

Demo group (Obj. 3, demonstration group, 45 min.)

Large group discussion (Obj. 4, discussion, 45 min.)

What we can do going forward (Obj. 4, lecture, 15 min.)

 **Assessment Questions:**

Question 1 (include possible answers)

What was Freud’s term for anything that gets in the way of the therapeutic process?

Correct Answer 1

Resistance

Question 2 (include possible answers)

Resistance operates to protect the self from overwhelming affect: T or F?

Correct Answer 2

T

Question 3 (include possible answers)

Why do Modern Analysts believe there's great value in observing resistances?

Correct Answer 3

Because resistances highlight problematic features of the client’s personality which benefit from being worked through.

Question 4 (include possible answers)

Name two Modern Analytic approaches to working with resistance.

Correct Answer 4

Inquiry and Joining

Question 5 (include possible answers)

What kinds of emotions get stirred up by climate change?

Correct Answer 5

Just about all of them, but especially sad, mad and scared.

Question 6 (include possible answers)

Why might people tend to resist thinking and talking about climate change?

Correct Answer 6

Because the feelings it stirs up can be extremely unpleasant and uncomfortable.

Question 7 (include possible answers)

The global average temperature has, to date, increased by how many degrees Celsius?

Correct Answer 7

Approximately 1.2 degrees Celsius to date.

Question 8 (include possible answers)

According to the IPCC, by what year must we halve our emissions in order to avoid “catastrophic” impacts?

Correct Answer 8

2030

Question 9 (include possible answers)

Name the kinds of impacts we are likely to see from climate change.

Correct Answer 9

More and worse natural disasters such as hurricanes, floods, and wildfires; worsening drought and aridification; loss of biodiversity and natural habitats; human migration and conflict; loss of agricultural and other human production; emotional fallout; and much more.

Question 10 (include possible answers)

Why is group a potentially powerful tool for helping us with climate change?

Correct Answer 10

Group helps people tolerate difficult emotions while continuing to work constructively with others.