



Emotional Resiliency in the Era of Climate Change: A Clinician's Guide (Paperback)

By Leslie Davenport

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Although the environmental and physical effects of climate change have long been recognised, little attention has been given to the profound negative impact on mental health. Leslie Davenport presents comprehensive theory, strategies and resources for addressing key clinical themes specific to the psychological impact of climate change. She explores the psychological underpinnings that have contributed to the current global crisis, and offers robust therapeutic interventions for dealing with anxiety, stress, depression, trauma and other clinical mental health conditions resulting from environmental damage and disaster. She emphasizes the importance of developing resilience and shows how to utilise the many benefits of guided imagery and mindful presence techniques, and carry out interventions that draw on expert research into ecopsychology, wisdom traditions, earth-based indigenous practices and positive psychology. The strategies in this book will cultivate transformative, person-centred ways of being, resulting in regenerative lifestyles that benefit both the individual and the planet.



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