



# Behaviour Change From the Inside Out:

## Psychosocial Approaches to Sustainability, Energy and Climate Change

A two day workshop on psychosocial origins and methods led by [Dr Renee Lertzman](#), coordinated by [Dr Rosie Robison](#) at Anglia Ruskin's Global Sustainability Institute

**Thursday 29<sup>th</sup> - Friday 30<sup>th</sup> October 2015, Cambridge, UK**



*A workshop designed and led by [Dr Renee Lertzman](#) (left), an applied researcher who works across public, private and governmental sectors and has focused on the application of psychosocial research to environmental contexts for two decades. [Dr Rosie Robison](#) (right), of the interdisciplinary Global Sustainability Institute at Anglia Ruskin University is coordinating and co-facilitating the event.*



Interest in human responses to climate change and sustainability challenges is at an all-time high. Psychosocial research, building on decades of learnings from social work, psychotherapy, counselling and community work, seeks to understand at a deep level what informs and motivates specific practices and behaviours. It does this by acknowledging the profound role that affect, emotion, ambivalence, conflict and anxiety have in how we process information, and conceive of ourselves as having agency.

### **Who is this workshop for?**

Psychosocial methods have traditionally been applied in the health sphere, and this workshop represents a rare opportunity to explore their application in the environmental field. We welcome applications from individuals in academic, policy and third sector/voluntary contexts interested in learning how these ideas could be applied to their work or personal interest in sustainability. Those with backgrounds in psychology, sociology, environmental studies, geography and environmental social sciences will find these methodologies add new dimensions to their existing expertise, as well as those working more broadly e.g. in business, policy, governance, law and health.

### **Programme**

The workshop will be tailored to participants' interests and needs, and introduce them to the core tenets of psychosocial methodologies and how they specifically relate to climate change and sustainability. The interactive and experiential programme will include a review of theoretical foundations, a flavour of a range of specific tools (in-depth interview design, narrative analysis, using these methods in concert with surveys, polling and focus groups) together with hands-on practice and case study analysis. Five leading thinkers in the area are contributing throughout the workshop, as **detailed on the following page ...**

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We are delighted to have the following speakers contributing throughout the workshop, both virtually and in person:

- **Prof Wendy Hollway**, Psychology, Open University, founder member of UK Psychosocial Studies network
- **Prof Paul Hoggett**, Director of Centre for Psycho-Social Studies, UWE, Chair of the Climate Psychology Alliance
- **Dr Matt Adams**, Psychology, University of Brighton
- **Ro Randall**, psychotherapist, co-founder of Carbon Conversations
- **Prof Chris Rapley**, Earth Sciences, UCL, former director of the British Antarctic Survey and the Science Museum

### Evening reception

On Thu 29 Oct from 6:30pm we are hosting a public panel discussion as part of the [Cambridge Festival of Ideas](#). ***Clim'art' therapy: where do climate change, the arts and psychotherapy meet?*** will explore human responses to climate disruption, and the arts. How do artists work with uncertain and uncomfortable topics? Is it possible to spark a desire to repair, heal and creatively respond to environmental damage?

A number of exciting artists will be led in conversation with Renee: [Natalie Jeremijenko](#), founder of xClinic; [Ackroyd & Harvey](#), associates of Cape Farewell; [Marina Velez](#), Cambridge Sustainability Residency founder; [Zoe Svendsen](#), theatre director/writer; [Carmelo Carmilli](#), documentary director/producer.



*Farmacy (distributed urban farming), courtesy of Natalie Jeremijenko's xClinic.*



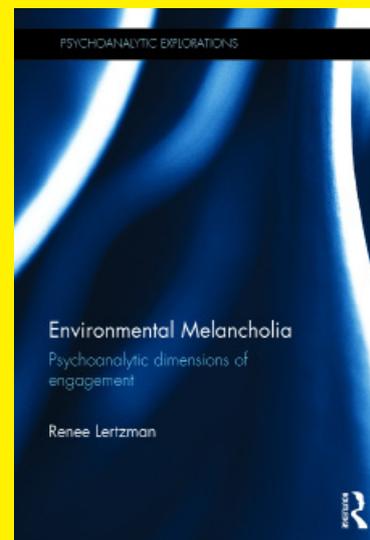
*The workshop takes place in the beautiful city of Cambridge, and includes an evening reception as part of the Cambridge Festival of Ideas.*

### Booking

Participant fee is £112, incl. lunch and tea/coffee breaks. **We are able to offer a reduced rate of £100 for students/unwaged.** Spaces are limited to 25, so book early. For booking form contact: [rosie.robison@anglia.ac.uk](mailto:rosie.robison@anglia.ac.uk). Informal enquiries welcome.

### Further reading

For a flavour of the growing interest in this area, see [this article by Renee](#), and pieces in the [Guardian](#), [TIME](#) and the [NY Times](#), as well as the work of the UK-based [Climate Psychology Alliance](#). Relevant books include [Engaging with Climate Change](#) (Weintrobe, ed. 2013), [Don't Even Think About It](#) (Marshall, 2014), [Psychoanalysis and Ecology at the Edge of Chaos](#) (Dodds, 2011) and the recently released [Environmental Melancholia](#) (Lertzman, 2015).



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