*Caroline Hickman Bio*

*Caroline is a lecturer at the University of Bath in social work and climate psychology. A practicing psychotherapist & board member of the Climate Psychology Alliance (CPA). Currently for CPA she is supporting the development of a range of therapeutic outreach projects, working with teachers and outdoor eco-education projects offering workshops in schools (primary & secondary), and universities and supporting the development of a service providing climate crisis aware psychotherapy.*

*With CPA she is also creating a series of podcasts on Climate Psychology & Eco-Anxiety - ‘Climate Crisis Conversations - Catastrophe or Transformation’.*

*Caroline works with schools, parent groups, youth activist groups and as a pyschotherapist with children & young people & adults dealing with eco anxiety and distress about the climate & biodiversity crisis.*

*Through the University she has been researching children & young people’s feelings including eco-anxiety about the climate and biodiversity crisis for 5 years to uncover and explore different stories, narratives and images around our defences against the 'difficult truth' we are facing. Her climate change research is with children & young people in the UK, The Brazil, USA, Maldives, Nigeria & Bangladesh.*

**Recent publications:**

Hickman (2019) in Hoggett. Climate Psychology: On Indifference to Disaster. Palgrave Macmillan

Iai news (27th April 2020): Covid, climate and biodiversity anxiety in young people

<https://iai.tv/articles/urgent-and-immediate-danger-covid-19-climate-crisis-auid-1484>

Greenspirit Magazine – summer 2020 – climate change & young people

Hickman.C (2020) We need to (find a way) to talk about …Eco-Anxiety. Ecology, Psychoanalysis & Global Warming: Present & Future Traumas. Special Edition Journal of Social Work Practice Vol 34, Issue 4.

[https://www.tandfonline.com/eprint/Y3ARDQGEIJBYDUUYFC2S/full?target=10.1080/02650533.2020.1844166](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tandfonline.com%2Feprint%2FY3ARDQGEIJBYDUUYFC2S%2Ffull%3Ftarget%3D10.1080%2F02650533.2020.1844166&data=04%7C01%7Cclh32%40bath.ac.uk%7C62a4d77b860443a4beb908d8a2e540b5%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637438452807649794%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mJ61dUaCqdsVi9FXUiM71fr9pU4Vug3IoO7eejxviZs%3D&reserved=0)

Harvey,A; Manley, J; & Hickman,C. (2020) Editorial: Ecology, Psychoanalysis & Global Warming: Present & Future Traumas. Special Edition Journal of Social Work Practice Vol 34, Issue 4.

<https://www-tandfonline-com.ezproxy1.bath.ac.uk/doi/full/10.1080/02650533.2020.1843418>

**Caroline Hickman Tedx talk on climate psychology & eco-anxiety** - <https://www.youtube.com/watch?v=5yXDHazepUw>

**Psychotherapy & the Climate & Bio-diversity crisis training & workshops**

<https://www.eventbrite.co.uk/e/eco-anxiety-and-grief-in-psychotherapy-with-caroline-hickman-tickets-117830354763?aff=ebdsoporgprofile>

**Royal College of Psychiatry advice (2020)**

<https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2020/11/20/the-climate-crisis-is-taking-a-toll-on-the-mental-health-of-children-and-young-people>

**Recent conferences/talks/workshops:**

**London Climate Action Week (June 2021)**

[**https://www.youtube.com/watch?v=JuzKttljMlg**](https://www.youtube.com/watch?v=JuzKttljMlg)

Popular Science 2021

[**https://www.popsci.com/environment/kids-climate-anxiety/**](https://www.popsci.com/environment/kids-climate-anxiety/)

Natural History Museum – Eco-anxiety into Eco-action

19th April 2021

<https://www.youtube.com/watch?v=wd0DoqSDDEw>

London Climate Action Week Climate Psychology Panel (Nov 2020)

[Navigating the emotional overwhelm of the climate crisis - panel at LCAW](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dd3H5CAWNnJI&data=04%7C01%7Cclh32%40bath.ac.uk%7C12e13532bd114edd173808d88af1a127%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637412117677749579%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9M1yfVmVkwnyzIpVTWjQ3C2UFz90aEYFGIXbRZ7wTis%3D&reserved=0)

WHO panel Millenial SDG’s A generation worried sick about the climate crisis (Nov 2020)

<https://www.euro.who.int/en/media-centre/events/events/2020/11/culture-and-health-webinar-series-2020-millennial-development-goals-a-generation-worried-sick-about-the-sdgs/watch-the-recording-of-the-webinar>

Conversation with Naresh Giangrande (climate crisis & hope)

 [https://youtu.be/Kg96Rxwbvb0](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FKg96Rxwbvb0&data=04%7C01%7Cclh32%40bath.ac.uk%7C4d6137740b7847e2822f08d885de2193%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637406536380086076%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xoH1uQcR3wEmyZaJTxmYkx8yWjnFjxK4k4AHmlfkpLo%3D&reserved=0)

University of Bath Minerva Lecture on Climate Crisis & Young People with Elouise Mayall UK Youth Climate Coalition) (July 2020)

<https://vimeo.com/showcase/5413701/video/442745768>

**Four articles on climate psychology & youth activists published in The Conversation (2019).**

<https://theconversation.com/im-up-late-at-night-worrying-about-global-warming-please-can-you-put-my-mind-at-rest-124940>

<https://theconversation.com/im-a-psychotherapist-heres-what-ive-learned-from-listening-to-children-talk-about-climate-change-123183>

<https://theconversation.com/what-psychotherapy-can-do-for-the-climate-and-biodiversity-crises-116977>

<https://theconversation.com/a-psychotherapist-explains-why-some-adults-are-reacting-badly-to-young-climate-strikers-125079>

**Press Interviews:**

Singapore News Eco-Anxiety (July 2021)

[https://www.psd.gov.sg/challenge/ideas/trends/eco-anxiety-the-psychological-impact-of-climate-change](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.psd.gov.sg%2Fchallenge%2Fideas%2Ftrends%2Feco-anxiety-the-psychological-impact-of-climate-change&data=04%7C01%7Cclh32%40bath.ac.uk%7C681c617ed0494143d26d08d958df8c79%7C377e3d224ea1422db0ad8fcc89406b9e%7C0%7C0%7C637638539413454429%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=veKd7M6VaMR8siZbSPLC7XgVYV5FLUBKssd6tF4ztNg%3D&reserved=0)

Psychotherapy & eco-anxiety (April 2021)

<https://earther.gizmodo.com/therapists-are-reckoning-with-eco-anxiety-1846686112>

The Guardian (8th October 2020) <https://www.theguardian.com/environment/2020/oct/08/anxiety-climate-crisis-trauma-paralysing-effect-psychologists>

Rolling Stone (27th March 2020)

<https://www.rollingstone.com/culture/culture-features/children-climate-crisis-eco-anxiety-968673/>

UKCP New Psychotherapist (Autumn, 2019)

<https://www.psychotherapy.org.uk/wp-content/uploads/2019/10/NEW-PSYCHOTHERAPIST_AUTUMN2019_lo.pdf>

Time Magazine (21st Nov 2019)

<https://time.com/5735388/climate-change-eco-anxiety/>

New Scientist (12th October 2019)

New Scientist (21st Oct 2019)

<https://www.newscientist.com/article/2220561-stressed-about-climate-change-eight-tips-for-managing-eco-anxiety/>

The Guardian (8th Dec 2019) <https://www.theguardian.com/environment/2019/dec/08/a-z-of-climate-anxiety-how-to-avoid-meltdown>

**Recent media:**

[The End of the World Has Already Happened](https://www.bbc.co.uk/programmes/m000cl67) (Timothy Morton Documentary BBC Radio 4)

<https://www.bbc.co.uk/programmes/p07rt61t> (BBC Radio 4 Women’s Hour)

<https://www.bbc.co.uk/programmes/m00050qr> (BBC Radio 4 Costing the Earth, Eco Anxiety, May 2019)

**Climate Psychology Alliance**

[**https://www.climatepsychologyalliance.org/about**](https://www.climatepsychologyalliance.org/about)

**CPA Podcasts - Climate Crisis Conversations - Catastrophe or Transformation**

**Eco-anxiety, eco-despair & eco-empathy**

 <https://www.climatepsychologyalliance.org/podcasts/402-podcast-eco-anxiety-eco-despair-eco-depression-eco-grief-or-maybe-eco-empathy>

**Climate Change Grief & Hope**

<https://www.climatepsychologyalliance.org/podcasts/358-caroline-and-verity-in-conversation>

**Climate Psychology Alliance Therapeutic Support**

[**https://www.climatepsychologyalliance.org/support/indsupport**](https://www.climatepsychologyalliance.org/support/indsupport)

**Resources from Panu Pikhala**

[**https://ecoanxietyandhope.blogspot.com/2021/04/videos-about-climate-anxiety-and-covid.html**](https://ecoanxietyandhope.blogspot.com/2021/04/videos-about-climate-anxiety-and-covid.html)

**Reading**

Albrecht, G. (2011) Chronic Environmental Change: Emerging ‘Psychoterratic’ Syndromes. In *Climate Change and Human Well-Being: Global Challenges and Opportunities*; Weissbecker, I., Ed.; Springer: New York, NY, USA; pp. 43–56.

Foreman, D. (1991) *Confessions of and Eco-Warrior.* Crown Publishers. New York

Hamilton (2013) in Weintrobe, S. (2013). Ed. *Engaging with Climate Change: Psychoanalytic and Interdisciplinary Perspectives*. Routledge.

Hoggett. (2019) Climate Psychology: On Indifference to Disaster. Palgrave Macmillan (see chapter 3 Hickman)

Pihkala, P. (2020) Anxiety and the Ecological Crisis: An Analysis of Eco-Anxiety and Climate Anxiety. Sustainability. Vol. 12. pp. 7836

Randall, R. Climate Anxiety or Climate Distress? Coping with the Pain of the Climate Emergency. 2019. Available online: https://rorandall.org/2019/10/19/climate-anxiety-or-climate-distress-coping-with-the-pain- of-the-climate-emergency/

Weintrobe, S. Eds (2013) *Engaging with Climate Change. Psychoanalytic and Interdisciplinary Perspectives*. .London. Routledge.