

# Reading List for the Psychology of Environmentalism Webinar

(by Sam Hall)

Please be aware that this is just the tip of the iceberg in terms of the possible references and lots of good work is not referenced here. I've tried to mainly reference Wikipedia to avoid using any particular commercial bookseller or website and to give the reader a starting place to understand the concepts rather than a complete picture.

I'll post this and other information on the SI Partnership website [www.sipartnership.co.uk](http://www.sipartnership.co.uk) there you'll also be able to find further training courses and material available.

Each heading relates to a slide from the presentation.

## Connection to nature:

### Physical processes

- David Suzuki – The Sacred Balance – looking at how we are part of an dependent on nature's ecosystems [https://en.wikipedia.org/wiki/The\\_Sacred\\_Balance](https://en.wikipedia.org/wiki/The_Sacred_Balance)

### Solastalgia

- A term coined by Glenn Albrecht - describes a form of mental or existential distress caused by environmental change.

### Biophilia

- Term first used by Erich Fromm and later coined by Edward O. Wilson "the urge to affiliate with other forms of life". A sense of connection and resonance with living systems.

## Loss and grieving:

### Kubler-Ross Grief Cycle

- A model describing the emotional journey through the five stages of grief developed by Elisabeth Kubler-Ross [https://en.wikipedia.org/wiki/K%C3%BCbler-Ross\\_model](https://en.wikipedia.org/wiki/K%C3%BCbler-Ross_model)

### Intergenerational loss / shifting baseline

- Term first coined by landscape architect Ian McHarg and later applied to wider ecosystems. It describes how the baseline of measurement of the health of an ecosystem can change over time so distorting a view of how much change or loss has happened.  
[https://en.wikipedia.org/wiki/Shifting\\_baseline](https://en.wikipedia.org/wiki/Shifting_baseline)  
<https://www.theguardian.com/commentisfree/2017/dec/20/selective-blindness-lethal-natural-world-open-eyes-environment-ecosystem>

## Receiving bad news

### Reframing

- A technique used to change the perception of an experience, thought or feeling.  
[https://en.wikipedia.org/wiki/Cognitive\\_reframing](https://en.wikipedia.org/wiki/Cognitive_reframing)

## Denial & defences

- An unconscious strategy of the mind used to avoid emotional pain. See [https://en.wikipedia.org/wiki/Defence\\_mechanisms](https://en.wikipedia.org/wiki/Defence_mechanisms)

## Purpose & Guilt

### Existential Guilt

- A good place to start with existential theory is with Irvin Yalom's book here. [https://en.wikipedia.org/wiki/Existential\\_Psychotherapy\\_\(book\)](https://en.wikipedia.org/wiki/Existential_Psychotherapy_(book)) and in the general introduction here <https://en.wikipedia.org/wiki/Existentialism>

## Purpose & Anger

### Acting out

- A form of defence where instead of effectively managing ones emotions and impulses one 'acts' them out, thereby potentially causing problems as this act is often later regretted. See [https://en.wikipedia.org/wiki/Acting\\_out](https://en.wikipedia.org/wiki/Acting_out)

## Purpose & Anxiety

### Mindfulness

- A meditation technique to bring awareness and perception into the present which can help to improve mental health. <https://en.wikipedia.org/wiki/Mindfulness>

## Cultural dissonance

### Cultural dissonance

- A sense of living life against the tide of mainstream culture. [https://en.wikipedia.org/wiki/Cultural\\_dissonance](https://en.wikipedia.org/wiki/Cultural_dissonance)

## Leadership

### Behavioural change

- Behavioural change theory is focused on identifying what works in terms of changing a person's behaviour. [https://en.wikipedia.org/wiki/Behavior\\_change\\_method](https://en.wikipedia.org/wiki/Behavior_change_method)

## Motivation

### Ecopsychology

- A form of psychology that accounts for ecology (or visa versa). <https://en.wikipedia.org/wiki/Ecopsychology>

## Ecotherapy and Appealing to core values

- See book edited by Linda Buzzell <http://www.ecotherapyheals.com/>

## Wealth and Happiness

### Harvard Study of Happiness

- Introductory video into the longest running study of happiness and the topic of happiness study.

[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness?language=en](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en)

#### Affluenza

- A term used to describe modern consumerism "a painful, contagious, socially transmitted condition of overload, debt, anxiety, and waste resulting from the dogged pursuit of more".  
<https://en.wikipedia.org/wiki/Affluenza>