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EARTH, WATER, AIR, FIRE: ENVIRONMENTAL MELANCHOLIA

BRIGITTA MOWAT

Friday 27 April 2018: 7-9pm.

Vanishing flora and fauna, toxic air, polluted oceans and rivers, climate instability – a depressing man-made reality. Homo sapiens living the so-called Western lifestyle is the source of the problem. In this interactive talk I will attempt to show current psychotherapeutic thinking in relation to man's impact on the planet. How we support clients presenting "environmental melancholia", and how health professionals engage with communities impacted by "environmental trauma", is paramount. Following Freud's notion of melancholia, which he saw as a response to loss, the grieving process is key. Engaging with environmental grief has the potential to transform inaction into action. It is vital that we health professionals develop ecological awareness and become more sensitive to the consequences of our actions. There will be time for discussing our individual and collective environmental concerns and responses.

Brigitta Mowat is an integrative psychotherapist and supervisor. Alongside her private practice, she runs training groups at the Minster Centre and offers Dynamic Interpersonal Therapy in the NHS. For many years she was a lecturer on the MA in Contemporary Counselling at Hertfordshire University. Taking an interest in environmental issues and the causes of "environmental melancholia", she is on a quest to explore humankind's destructive and exploitative tendencies.

Cost: £20 (non-members) £16 (members)

To book a place please contact: reception@minstercentre.org.uk.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

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