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Scoring the O-CRAP-9

Score	Interpretation	Intervention
0-5	None	Re-administer when patient is no longer under general anesthesia.
6-11	Mild	Have the patient tell the rest of us their secret.
12-17	Moderate	Donate \$20 to the Rainforest Action Network and move on with your day.
18-23	Moderate-severe	Scream into the abyss and/or TMS.
24-27	Severe	Is it maybe time to bring back barbiturates?

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Welcome to my show and tell.

- See real-life examples of clinical climate psychiatry in action
- Experience climate psychiatry clinical interventions
- Consider paradigmatic shifts that climate psychiatry requires within our field.
- Enjoy pictures of baby animals.



(It's a pangolin!)

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### Why am I using the word “radical”?



- If we don't make a conscious effort to change from the root, we will reproduce the systems of oppression that drive climate change within our interventions.
- The climate crisis calls for broad paradigm shifts that we can express through climate psychiatry clinical offerings.
- It is radical to
  - Center the marginalized
  - Prioritize rest and fun
  - Ensure accessibility
  - Recognize that this is spiritual work
  - So much more! Let's discuss!

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Stereotypical old-school psychiatry (or medicine in general)	Climate psychiatry
Hierarchical, physician expert, physician not impacted	We're all in it together, everyone holds knowledge. <b>physician is affected, too</b>
Answers, one right way, unidirectional information flow, top down	Explorations, diverse ways of knowing, conversations, grassroots
Symptoms as pathology, disability/deficit focus, goal to eliminate symptoms	<b>Symptoms are healthy, normal responses</b> ; suppressing symptoms cuts us off from information and action
Individual patient as the site of pathology; treatment is individual	Society is "the patient"; treatment is collective, communal; public health model
Indoor	Outdoor
Intellectual, controlled	Embodied, "messy" (still safe)
Conservative, cautious, ruminative	Bold, action-oriented (still responsible)
Black turtlenecks	Let's maybe keep the turtlenecks?

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### Joanna Macy & The Work That Reconnects



- Reframe painful emotions as evidence of our interconnection and care
- Recognize the complimentary emotions
  - Fear/courage
  - Grief/love
  - Anger/yearning for justice
- The Great Turning
- Evolving Edge




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Baywell patient group:  
From Anxiety to Action

- Fall of 2020 – COVID, fires, election, oh my!
- Basically a “book club” using Active Hope
- Six participants, ten weekly sessions, 1.5-hours in the evening on Zoom
- Mindfulness practice, discussion of the chapters, break, WTR practice, reflection on the practice, somatic settling
- I had very little idea what I was doing.




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Audience participation time!

- Open sentences practice in pairs
- Grounding in gratitude: “A place that is special to me...”
- Each person will take about three minutes.




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All the Feels: A radical ritual for climate justice  
Baywell retreat, Sept 2021

- Dance party opener
- Grounding in Gratitude: special place
- Honoring Our Pain for the World: “What breaks my heart is...”
- Breathing Through
- Seeing with New Eyes: Storyteller’s Convention
- Conclusion about Going Forth




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"I thought your activity was very intimate, moving, and effective. It offered space for something I normally try to numb myself to, and it genuinely felt **healing, connecting, and inspiring.**"

"One idea I kept coming back to was how desperately we crave a **stronger sense of community.** I thought about how isolated and disconnected our world is right now, but this activity was a little **glimmer of hope.**"



"It was hard for us to manage time. It got a little unbound. But overall, our group really shared, we cried, **we got to know each other,** and it felt incredibly special."

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### Weathering the Climate Crisis Together Baywell retreat, March 2023



- Small groups facilitated by 5 Baywell psychiatrists
- Lots of nerves leading up to it!
- Learning how to be both the facilitator and a participant
- Working with folks' psychic protective mechanisms (aka defenses)

12

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### Nervous System Reset: Baywell patient group, 2020

- Weekly 45-minute drop-in group on Zoom
- Taught somatic interventions to activate parasympathetic response
- Continued for 7 months, total of ~25 patients attended
- Sources:
  - Lumos Transforms – Intro to the Resiliency Toolkit
  - *Polyvagal Exercises for Safety and Connection*, Deb Dana
- Is this climate psychiatry?

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#### Mindfulness check in

- Contact the chair, floor
- Notice the air around you
- Notice how breathing moves your body
- Observe thoughts and emotions without judgement
- Body scan, noting places that feel pleasant or neutral
- Orient in space, look around the room

#### Warm up

- Circles – shoulders, neck, hips, wrists
- Twisting arm swings
- Jellyfish
- Pat or brush off body's surface
- Qi gong practice (arm circles with breath)

#### Discharge

- Shake it out
- Stomping
- Twist a towel or sweatshirt
- Progressive muscle relaxation (tense/release)
- Laughter yoga
- Power pose




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#### Transition

- Horse lips
- Arm sweeps
- Self-massage
- Acupressure points
- Swaying
- Self holds
- Relax the tongue
- Belly rub



#### Breathing

- Extended exhale
- Humming
- Notice the pause
- "Reverse" breathing
- Alternate nostril breathing
- Peace/release
- Slide your thumb along each finger sequentially

#### Visualization

- Peaceful place
- Tree visualization
- Sphere of light
- Protective bubble
- Breathe into the heart space
- Smiling
- Butterfly tap




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"Colonial psychology and psychiatry reveal their allegiance to the status quo in their approach to trauma: that resourcing much come from within oneself rather than from the collective. That trauma recovery is feeling safe in society, when in fact **society is the source of trauma.**"



Kai Cheng Thom

"The somatics of social justice cannot be aimed at restoring the body to a state of homeostasis/neutrality. We must be careful of popular languaging such as the 'regulation' of the nervous system and emotion."

"We are not preparing the body to 'return' to the general safety of society. **We are preparing the body for struggle, training for better survival and the ability to experience joy in the midst of great danger.**"

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Let's discharge excess sympathetic tone!



- Warm-up of circles
- Shaking, stomping, swaying, dancing
- Noises encouraged
- Power pose at the end?
- Definitely modify for your own comfort and fun



Music by Scott Gagner

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17

Baywell Climate Psychiatry Collective:  
Visioning project



- Creative writing project
- What would a Center for Climate Justice and Mental Health could look like in the near future?
- "Imaginary hindsight" technique
- Actively imagining the world we want is a crucial step

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Kenji, 34, carpenter  
 I arrived at the Center a husk of myself, barely speaking. The only thing that made sense to me was this grief temple. Finally, people were sobbing and shaking and staring at the wall in a way that felt real to me. I came in here four months ago, and I've barely left since, even to sleep. I carved these beams, installed these shelves, built these chairs.

The grief is so big, people don't know where to begin, so I ask them about the objects they bring with them. Photos, singed books, pieces of jewelry, scraps of fabric, candy wrappers. The objects get us talking about the plants, the pets, the people, the places they lost. Everyone lost someone; some people lost everyone.

Folks think I must be depressed to hang out here all the time, but actually this place cured my depression. I see it happen for others, too. They come in heavy and weary, but this space punctures their grief and starts it flowing. They place their objects on the shelves so the whole building is a shrine. Someone brought a few small bottles made of green glass. We use them to collect our tears and then pour them in the creek. People say we're not ready for candles yet, but at sunset, this place glows.

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### Let's do this!

- If our group can do it, so can you.
- Practicing radical clinical climate psychiatry is an effective, rewarding form of activism.
- I have felt my own sense of purpose and community increase.
- My O-CRAP-9 score has dropped from 24 to 19 since starting to work in climate psychiatry.



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### Baywell Climate Psychiatry Collective

- Adrienne van Nieuwenhuizen, MD
- Rebecca Watters, MD
- Shannon Moore-Langston, MD, JD
- Elizabeth Bruns, MD, MS
- Iona Machado, MD
- Carson Brown, MD
- Chantal Forfota, MD
- Inti Flores, MD
- Kiera Levine, MD



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- Sherri Mitchell, *Sacred Instructions*
- Renee Linklater, *Decolonizing Trauma Work*
- Ayana Elizabeth Johnson and Katharine K. Wilkinson, *All We Can Save*
- Mary Annaïse Heglar
- Hannah Gadsby, *Nanette*
- Lyn Corelle and jimmy cooper, *Make the Golf Course a Public Sex Forest!*
- Mohsin Hamid, *Exit West*
- Tyson Yunkaporta, *Sand Talk*
- Resmaa Menakem, *My Grandmother's Hands*
- Freya Mathews, *Reinhabiting Reality, For Love of Matter*
- Don Hanlon Johnson, *Body*
- Anna Lowenhaupt Tsing, *The Mushroom at the End of the World*
- adrienne maree brown, *Holding Change*
- Waziyatawin, *What Does Justice Look Like?*

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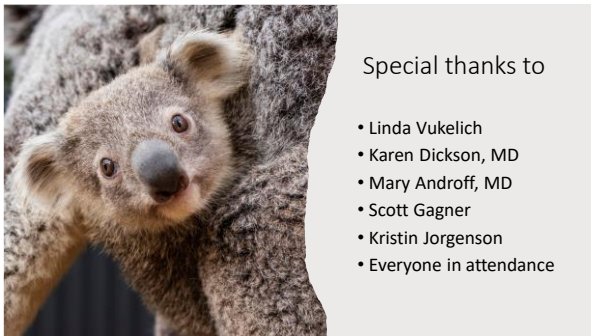
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