

# **WEBINAR: Building Community-based Population-Level Wellness and Resilience for the Climate Emergency**

**by Bob Doppelt, International Transformational Resilience Coalition**

**9 Sep.2021, 16:30-18:00 CEST, Online**

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The accelerating disasters and toxic stresses generated by the global climate emergency are producing skyrocketing mental health and psychosocial problems worldwide. Millions of people, however, cannot get help. If we remain unprepared, climate change-generated individual and collective traumas will not only threaten everyone's health, safety, and wellbeing, they will make the changes required to slash emissions and reduce temperatures to manageable levels all but impossible.

This session will describe how rising global temperatures produce widespread individual and collective traumas, and their harmful personal, family, community, and societal consequences. It will then describe the urgent need to authorize, support, and fund multisystemic, community-based, culturally-accountable, population-level psychological, emotional, and behavioral wellness and resilience building initiatives worldwide to prevent and heal those traumas.

### **Participants will Learn:**

- The scale, scope, and consequences of the individual and collective traumas generated by the climate emergency.
- Why disaster mental health, direct service programs, and single-person clinical therapy cannot prevent or heal these mental health and psychosocial problems.
- The need and methods for bringing "uncommon partners" together into a Resilience Coordinating Council (RCC) in a community or region to build culturally-accountable population-level wellness and resilience.
- How an RCC can build and sustain mental wellness and resilience among the entire population.

### **Bio**

Bob Doppelt coordinates the International Transformational Resilience Coalition (ITRC), a global network of mental health, resilience, climate, faith and other professionals working to build widespread capacity for mental wellness and resilience for the climate emergency. For almost a decade he directed the Climate Leadership Initiative (CLI) in the Institute for a Sustainable Environment at the University of Oregon, where he also served as an adjunct professor teaching systems thinking and global warming policy. This work led to his involvement with the ITRC. Bob is trained in both counseling psychology and environmental science and he has combined the two fields throughout his career. He is also a mindfulness teacher (Spirit Rock Meditation Center), and Mindfulness-Based Stress Reduction Instructor (U. Mass. Medical School Center for Mindfulness). In 2015 he was named one of the world's "50 Most Talented Social Innovators" by the World CRS Congress.

Get a glimpse into Bob Doppelt's work here: <http://www.theresourceinnovationgroup.org/doppelt-books/>.