



**Psychology
for a Safe Climate**

PSC GLOSSARY

Shared Language for the Climate and
Nature Crisis in Australian Mental Health



**Psychology for
a Safe Climate**

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**Shared Language for the Climate and Nature
Crisis in the Context of Australian Mental Health**

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ACKNOWLEDGEMENT OF COUNTRY

Psychology for a Safe Climate acknowledges Aboriginal and Torres Strait Islander Peoples as the Traditional Custodians of the unceded land upon which we live and work. We pay respect to Elders past and present, and all those to come who hold the lore and care for Country.

We acknowledge the ongoing impact of colonisation, the extraction of natural resources, discrimination and the burden placed on First Nations communities. There can be no climate justice, shared health and wellbeing without First Nations justice.

As we face the global climate and nature crisis, we recognise that this land also holds many crisis stories. Healing requires truth-telling, listening and walking alongside First Peoples on Country, in the spirit of reconciliation, with compassionate care.

INTRODUCTION

Language can be a powerful guide. At Psychology for a Safe Climate (PSC), we believe that giving expression to our experiences can help us make sense of change and strengthen our connections with others. Naming our feelings and recognising others' experiences can open space for the clearer thinking and deeper conversations needed to respond to the climate and nature crisis with care.

This Glossary gathers the emerging language that supports the work we do at PSC. It's one of the tools we use to help people and communities navigate complexity, emotion and transformation. Giving shape to emerging ideas and emotional concepts supports reflection and meaningful dialogue, whether between colleagues, with clients, across dinner tables or in public forums.

This dialogue can also be improved by sharing a language and vernacular around climate change. Understanding, acknowledging and processing The State of the Climate is a profound task. The way we respond to it speaks to our individual and collective climate journeys. At PSC, we focus on building the emotional capacity needed for compassionate, regenerative climate engagement. Here, we start with the words that help describe it.

We acknowledge that not all experiences can, or should, be easily defined. Part of our holistic, embodied approach to the climate journey is honouring the wordless moments too: the pauses, silences, sensations, the unnamed experiences that also carry meaning.

The Glossary was initially developed in 2025 by staff and board members of PSC. Inclusions are based on peer consensus regarding the most useful terms to help our community articulate the climate and nature crisis in the context of Australian mental health. Definitions are drawn from what the authors consider to be up-to-date, leading and mainstream literature, and underwent group revision throughout development. We thank and acknowledge those, across multiple disciplines, whose literature and contributions helped produce many of the terms included herein.

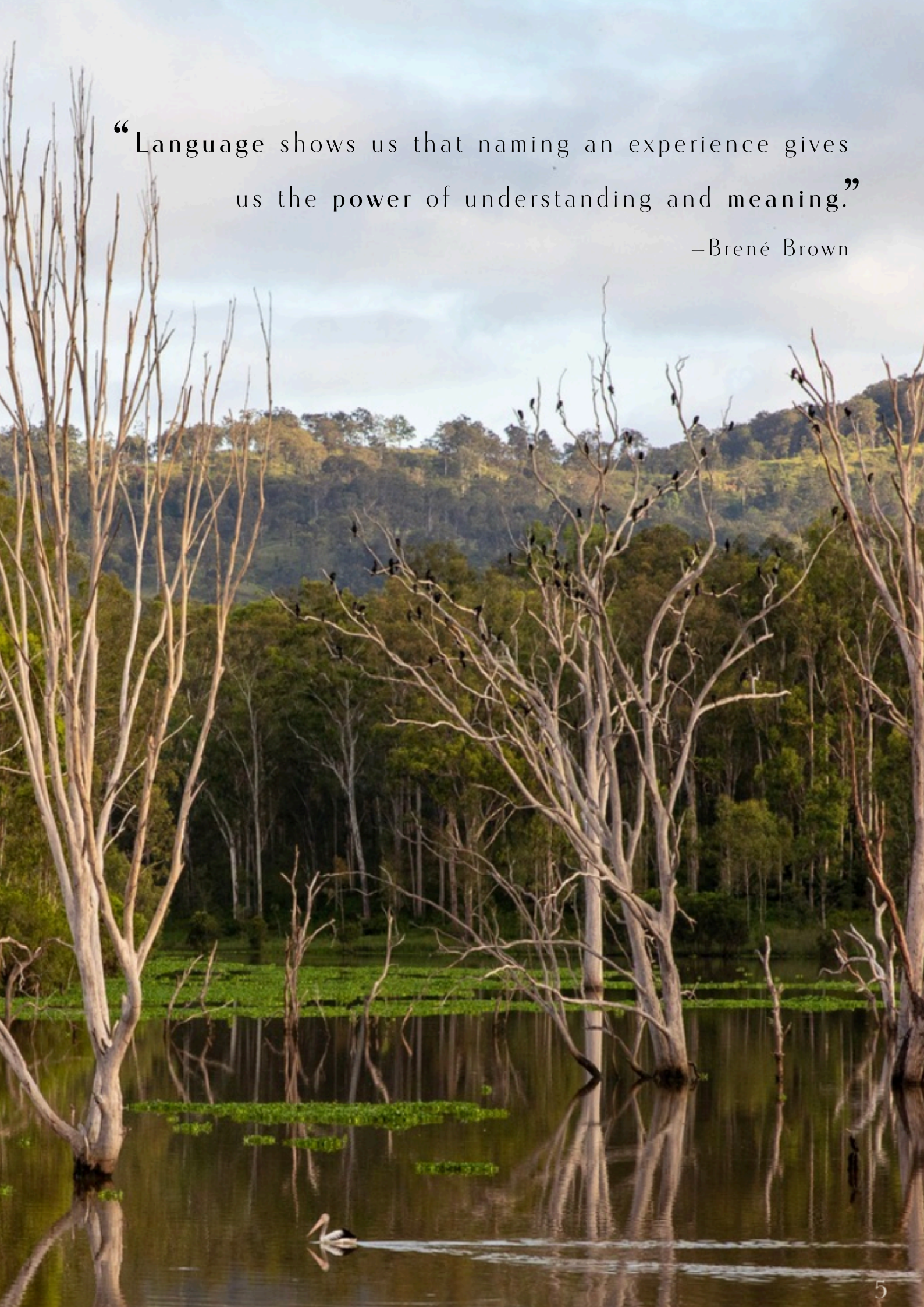
As a living resource, our Glossary grows with us. Language is not fixed, and neither is the terrain we're walking. We've gathered sources from far and wide and welcome your insights, additions and shared wisdom as we learn together.

Find out more about our glossary and help us continue the conversation at:
www.psychologyforasafeclimate.org/legal/glossary

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“Language shows us that naming an experience gives us the power of understanding and meaning.”

—Brené Brown



PSC TOP TERMS

A SAFE CLIMATE FOR ALL LIFE

A safe climate is a world where all life can thrive—ecologically, socially and emotionally. It means restoring climate and ecological balance while transforming the systems, relationships and mindsets that caused the crisis. It's not only a goal, but a way of being. It's Care-in-Action, grounded in compassion, community and eco-connection.

CLIMATE EMOTIONS

The wide spectrum of emotional responses to the climate and nature crisis; grief, anxiety, rage, love, hope, guilt and many more, are not symptoms of disorder, but natural reactions to a planet in distress. These emotions arise from real threats to life, place and future, and are shaped by personal, cultural and ecological experiences. Recognising and validating climate emotions is essential for mental health, social connection and meaningful action.

THE CLIMATE JOURNEY

A psychological and emotional process of reckoning with the climate and nature crisis. It maps how we come to understand, feel and respond as we move through denial, disruption, grief, meaning-making and ultimately toward action, regeneration and compassion. This journey isn't linear, and it's not the same for everyone. But awareness offers a way to make sense of what we feel and how we grow.

PSC TOP TERMS

CLIMATE & NATURE CRISIS

The interconnected environmental emergency, characterised by rapid climate change, biodiversity loss, ecosystem degradation, resource depletion and injustice. This crisis encompasses both physical environmental changes and their profound psychological, social and cultural impacts on human and more-than-human communities, justice and wellbeing.

CLIMATE-AWARE PRACTICE

An integrated approach that acknowledges the emotional, mental, spiritual and social impacts of the climate and nature crisis within therapeutic, health and wellbeing settings. It recognises that healing must include our relationship with the Earth and our responses to ecological disruption.

CARE-IN-ACTION

PSC's unique approach to responding to the climate and nature crisis with courage, compassion and intention. It brings together emotional insight and meaningful action, honouring inner transformation as essential to big, collective change. At its heart, Care-in-Action recognises that care is not action's soft extra, but a vital, relational force that drives justice, resilience and regeneration, and is shaped through lived experience. This practice holds space for reflection, emotion and complexity, because lasting change is determined not just by what we do, but how we do it, and who we become in the process. It puts the care in our actions.

GLOSSARY

Adaptation Fatigue

Exhaustion from constantly adjusting to environmental changes, both emotionally and practically.

Ambiguous Loss - Climate and Nature-Related

The unresolved grief of slowly disappearing places, seasons or ways of life that can't be clearly mourned. (*Referencing Dr Pauline Boss's work on learning to live with unresolved grief.*)

Anthropocene

The proposed current geological epoch in which human activity has become the dominant force shaping Earth's climate, ecosystems and geology. The current era of human actions profoundly and permanently alter the Earth's systems, especially; industrialisation, fossil fuel use, deforestation and mass consumption. The era is not yet officially recognised by the International Commission on Stratigraphy, but it is widely used in environmental science, climate studies, philosophy and the humanities to signal the unprecedented scale of human impact on the planet.

Anthropogenic Ecological Overshoot

Human activities exceed the Earth's capacity to regenerate the resources we consume and absorb the waste we produce.

Burnout

According to the World Health Organization (WHO), burnout is defined in the International Classification of Diseases as: (ICD-11) Burn-out is a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed.

Climate Burnout

An experience of burnout connected to working and/or volunteering in the climate and nature sector, and/or being impacted by the climate crisis. It is an experience of physical, emotional, relational and psychological exhaustion characterised by unsupported emotions (anger, grief, hopelessness), unmanaged psychological hazards (overwhelming workloads, vicarious trauma), harmful socio-political contexts of systemic inaction and overlapping personal and collective traumas from environmental destruction and extreme weather events. Unlike traditional occupational burnout, climate burnout extends beyond workplace boundaries to encompass the unique psychological burden of confronting an existential global crisis within systems that often perpetuate the very problems individuals are trying to address.

Care-in-Action

PSC brings together two core principles: Care and Action. It's the idea that societal transformation begins with tending to and cultivating the qualities and capabilities of care, kindness, compassion, connection and courage. It is grounded in the belief that meaningful action can only be achieved when care is embedded at every stage: Action without care lacks depth, while care without action risks becoming ineffective.

This approach calls for a shift in mindset, from viewing care as supplementary or optional to recognising it as the heart of every productive, wise action. By valuing care as integral to the process of climate action, we ensure that each decision, project and initiative is infused with respect, compassion and intention.

Climate Action

Intentional efforts by individuals, communities, organisations and governments to address climate change. This can happen through mitigation (EG. reducing greenhouse gas emissions) and adaptation (EG. adjusting to climate impacts). Climate action includes both external actions and internal psychological processes, systems and cultural change work.

Climate and Nature Crisis

The interconnected environmental emergency, characterised by rapid climate change, biodiversity loss, ecosystem degradation, resource depletion and injustice. This crisis encompasses both physical environmental changes and their profound psychological, social and cultural impacts on human and more-than-human communities, justice and wellbeing.

Climate-Aware Practice

An integrated approach that acknowledges the emotional, mental, spiritual and social impacts of climate change within therapeutic, health and wellbeing settings. It recognises that healing must include our relationship with the Earth and our responses to ecological disruption.

Climate-Aware Practitioner (CAP)

A health, mental health, or wellbeing professional who consciously weaves climate consciousness into their work. These practitioners bring a unique depth of understanding that traditional approaches often miss.

Climate-Aware Practitioners (CAP) Network

The CAP Network is a national network of climate-engaged mental health and support professionals who are proactive in building the psychosocial support and resilience of individuals and communities in systemic, connected and culturally appropriate ways. The PSC CAP Network enhances capacity across Australia to respond to the growing numbers of individuals, groups and communities who are being impacted psychologically by the climate crisis.

Climate/ Eco-Emotions

The diverse range of emotional responses to the climate and nature crisis, including grief, anxiety, anger, guilt, hope and love for nature, recognising that these emotions are normal and adaptive responses to environmental threats. There are many climate emotions and these can be expressed alongside other emotions, lived and living experiences of mental health and social-emotional wellbeing.

Climate Journey

The personal and collective process of developing awareness, understanding and response to climate change. This non-linear journey of lived experience involves psychological stages including awakening, learning, processing emotions, finding meaning and taking action, often characterised by periods of growth, setbacks and transformation, ultimately landing on compassionate and regenerative climate action.

These are PSC's Nine Climate Journey Waypoints:

- ① Unaware
- ② Denial or Disavowal
- ③ Awakening / Realisation
- ④ Emotional Impact
- ⑤ Meaning-Making & Identity Shifts
- ⑥ Seeking Support & Connection
- ⑦ Adaptation via Engagement or Action
- ⑧ Integration & Sustained Resilience
- ⑨ Regeneration & Compassion

Climate Justice

The climate crisis disproportionately affects people and communities who are marginalised, including low-income people, First Nations people, people of colour, refugees, women, carers, the young and the old, people with disabilities, those with health/mental health conditions, those living in rural or remote communities and people of the Global South. Climate justice advocates for solutions that address the root causes of climate change, therefore also addressing related social, racial and environmental injustices.

Climate Mental Health and Wellbeing

The psychological, emotional, relational and social health of individuals and communities in the context of climate change and environmental challenges. It encompasses both the social, emotional, spiritual and mental health impacts arising from climate-related stressors, such as; extreme weather events, pollution, environmental degradation, loss of landscapes and homes. It is also the adaptive capacity to deepen psychosocial resilience, process climate emotions constructively, restore meaningful relationships and connections with others and the more-than-human world, and engage in meaningful responses that enhance personal and collective mental health and wellbeing.

Climate Change Related Distress

A general term to capture a wide range of painful and distressing emotional or psychological experiences felt in relation to those aspects of the climate and ecological crisis. At PSC we acknowledge emotions are experienced along a continuum - from mild to intense. Any emotion/ feeling may be felt as fleeting, episodic or persistent. We recognise the experience of distress is when the emotion, (whether felt as mild or intense,) is not experienced as manageable and/or begins to impact an individual's quality of life.

Climate Psychology

An emerging field within psychology and related disciplines that explores and engages with the psycho-emotional needs and impacts of climate change, including emotional responses, behavioural patterns, ethical engagement, coping mechanisms, fostering resilience and therapeutic interventions, both for individuals and communities.

Climate Shame

A painful feeling of guilt or inadequacy for one's perceived role in ecological harm or privileged inaction.

Cognitive Dissonance

Psychological tension from holding conflicting values, EG. loving nature while living a carbon-intensive lifestyle.

Colonial Extractive Approach

Systems, practices and mindsets rooted in colonialism that prioritise the extraction and theft of resources, knowledge and value from people and environments for external benefit, often perpetuating harm through domination of nature and marginalised communities. As Joanna Macy says, it is like "treating the earth as if it were a supply house and a sewer."

Community Hub

An online space for members of Psychology for a Safe Climate, hosted on the Mighty Networks platform.

Community Response/ Communal Coping

How communities as a group respond to climate change and climate-related extreme weather events varies. For some, there is an increase in volunteerism, connection and collective activities that provide some mitigation against impacts on mental health and wellbeing. This has been termed 'communal coping' and describes the process of communities uniting to become cohesive groups who view uncertainty and worry as solvable via collective action. For other communities, maladaptive responses may also arise, especially when community resources are overwhelmed or where there are low levels of pre-existing social cohesion.

Compassion

Compassion is an attunement and awareness to suffering in oneself, others and nature, coupled with an ability to relate with kindness, courage and mindful awareness, while maintaining a commitment to alleviate and prevent such suffering through compassionate action. This encompasses self-kindness rather than harsh self-criticism, recognition of our shared human experience and the motivated intention and skills to address related suffering wherever it is encountered.

Decolonising Approach

The active process of identifying, challenging and transforming colonial structures, mindsets and practices. In climate psychology, decolonising means honouring Indigenous knowledge systems, respecting sovereignty and self-determination, addressing historical and ongoing injustices and creating culturally grounded, equitable approaches to climate-aware practice. It calls for humility, self-reflection and a commitment to a relationship with people, place and planet.

Disenfranchised Grief

Grief not socially acknowledged or validated, such as mourning coral reefs, extinct species or collapsing ecologies.

Earth-Based Healing

Therapeutic practices rooted in connection with nature, land and natural systems. These approaches emphasise the reciprocal relationship between humans and the more-than-human world, recognising that personal and collective healing is intertwined with the wellbeing of the Earth. Earth-based healing often draws on Indigenous wisdom, ecological principles and nature-based traditions.

Earth-Based Wisdom Traditions

Knowledge systems cultivated by Indigenous and traditional communities over generations, grounded in lived and living experience, ecological intimacy and spiritual connection with the land.

Eco/ Climate Anxiety

Eco-anxiety, often used interchangeably with climate anxiety, occurs when stress, worry, concern, dread and fear are felt in relation to the context of the climate and ecological crisis we are facing at this time, including to the scale and trajectory of climate change and its impact on life in the near and far future.

This may be experienced as fear or worry-based thoughts, sensations in the body like dread or urges, such as to avoid, numb or take action. Like all emotions, climate anxiety is experienced along a continuum - from mild to intense. It may be felt as fleeting, episodic or persistent. When the anxiety is not experienced as manageable and/or begins to impact an individual's quality of life, the anxiety is felt as distressing. Based on this continuum, eco-anxiety impacts may be negative and/or debilitating. As with all emotions, the subjective experience and relationship to the emotion anxiety, varies from individual to individual.

Eco-Connection

A way of being that fosters a sense of belonging; in respect for, and with a loving connection to all life. It is a way of thinking, feeling, embodying and acting that honours the relationships that sustain us, it fosters reciprocity and embraces our role within the wider ecosystem. It acknowledges our well-being as inseparable from the health of the planet and all its living systems.

At PSC, Eco-Connection is one of our values, and is rooted in relationality. We believe that by being receptive, attuned and generous toward all life, we gain access to deeper wisdom, greater resilience and a more profound sense of belonging.

Eco-Grief

A profound sorrow in response to the actual or anticipated loss of ecosystems, species, or meaningful natural places.

Eco-Guilt

Regret or self-blame for daily actions that contribute to environmental harm (EG: flying, consuming goods and resources, driving). *See Eco-shame for more information.*

Ecopsychology

An interdisciplinary field that explores the relationship between human beings and the natural environment, examining how disconnection from nature affects mental health and how reconnection can promote healing.

Eco-Rage

Moral outrage at political, corporate or societal inaction, betrayal, or denial, often experienced as energising or corrosive.

Empathy Fatigue/ Distress

Describes symptoms arising from overexposure to the suffering of others, including physical and emotional exhaustion, anxiety and irritability, sadness, emotional numbing, a sense of helplessness and a decrease in compassion feelings. It can also manifest as an "acute onset of personal suffering linked to an intense sharing of another's negative emotions," (Figley, 1995). Once known as *compassion fatigue*, empathy fatigue is now considered a more accurate term. fMRI tests by neuroscientists, Dr. Tania Singer and Dr. Olga Klimecki found that *empathic* distress, rather than *compassion*, leads to these deleterious symptoms. Compassion instead has been found to act as a buffer for empathic distress by activating areas of the brain associated with positive feelings, care and social connection.

Equality and Equity

Equality is the access to and distribution of a set of resources evenly across people. Equity in contrast, is the access to our distribution of resources based on need.

Evidence-Informed

An approach to information that blends knowledge from research, monitoring, evaluating, practice and people experiencing the practice.

Extreme Weather Event

'An event that is rare within its statistical reference distribution at a particular place. Definitions of "rare" vary, but an extreme weather event would normally be as rare as or rarer than the 10th or 90th percentile. By definition, the characteristics of what is called "extreme weather" may vary from place to place. An "extreme climate event" is an average of a number of weather events over a certain period of time, an average which is itself extreme (EG. rainfall over a season).' *See IPCC for more information.*

The Great Unravelling and Great Turning

Profound upheavals caused by the simultaneous breakdown of extractive systems and the emergence of life-sustaining alternatives, coined by Joana Macy.

Helping Professionals

A broad category of practitioners who provide support, guidance and/or therapeutic services to individuals and communities.

Hope Fatigue

Weariness of narratives of hope when they feel disconnected from reality, when used to suppress valid despair or when hope is used strategically to distract from hard facts.

Indigenous Knowledge Systems

Holistic and diverse knowledge frameworks developed by Indigenous peoples and communities through generations of lived and living experience and an ongoing relationship with specific places, people and ecologies.

Integrity

As a PSC value, integrity is an alignment between our values and our actions, grounded by our evidence-based practice and professionalism.

Intersectionality of Disadvantage

The ways different aspects of a person's identity exposes them to overlapping and unique forms of discrimination and disadvantage.

Lived and Living Experience

Knowledge and understanding gained through direct personal experience of particular circumstances or conditions. In climate-aware practice, this emphasises the importance of centring voices of those directly affected by climate impacts and recognising experiential, embodied knowledge as essential.

The Long Dark

A phrase coined by Francis Weller (2015), to describe the passage through collective sorrow and disorientation that we are undergoing. It can, however, be a positive and necessary process of disintegration (composting) that creates the fertile conditions that support new forms of community and consciousness emerging.

Mental Health Continuum

Explanatory devices describing the spectrum of mental health experiences. **1** The single continuum model proposes that all people are between mental wellbeing and mental ill-health. Experience levels of mental wellbeing vary from high, moderate to low. While mental ill-health experiences range from mild, moderate to severe. **2** By contrast, the dual continuum model proposes that people can simultaneously experience both varying levels of mental wellbeing and varying levels of mental ill-health.

Mental Health Practitioner

A qualified professional who provides mental health services, including psychologists, psychiatrists, counsellors, social workers and therapists.

Mental Health Promotion

A field that applies health promotion and public health principles to cultivate community-wide mental wellness to achieve three key aims: **1** Building mental health and wellbeing literacy to foster personal self-care, decrease stigma and support help-giving and help-seeking for mental ill-health and suicidal ideation. **2** Promoting high levels of mental wellbeing (i.e. flourishing) across the entire community. **3** Preventing mental health conditions from occurring in the first place.

Mental Health and Wellbeing

Mental health and wellbeing represent a holistic state of functioning that enables individuals to thrive personally while contributing to the collective good. It is both a personal experience and a shared responsibility, requiring individual self-care, community support and societal commitment to creating environments where mental wellness can flourish for all people.

Mental Ill-Health

A collective term for a range of significant changes in people's thoughts, feelings, perceptions and behaviours, that cause distress, interfere with interpersonal relationships and impair day-to-day functioning. It includes experiences like psychological distress and mental health conditions, social and emotional wellbeing (SEWB). SEWB incorporates an ecological, collectivist perspective of self that is intrinsically embedded within family, community and extended kinship and clan group networks. Mental wellbeing is an important component of SEWB but is viewed as only one component of health that is inextricably linked to the social, emotional, physical, cultural and spiritual dimensions of wellbeing.

Mindfulness

An embodied practice and skill that supports clear, present-moment awareness. It involves paying attention to your experience of the present moment with an attitude of openness, curiosity and non-judgmental acceptance. However, mindfulness is not just about noticing what's happening, but also about understanding the context, purpose and appropriateness of our actions and mental states that arise in response to what is happening moment to moment.

Moral Distress

The internal conflict of knowing what ethical action is required but being constrained by social, institutional, political or systemic limitations.

Moral Injury

The trauma of realising that our world, systems and/or governments are not moral. Moral injury refers to the psychological, social and spiritual impact of events involving betrayal or transgression of one's own deeply held moral beliefs and values, especially when they occur in high-stakes situations, such as climate change.

No Regrets Policy - IPCC

A climate change policy that would generate net social benefits, whether or not there is anthropogenic climate change.

Planetary Boundaries

A scientific framework that defines the safe operating limits for human activity on Earth in order to maintain a stable and resilient planet. It identifies nine critical Earth system processes that regulate the planet's stability and life-supporting capacity.

Each boundary represents a threshold; crossing it increases the risk of irreversible environmental damage. The framework helps us understand how close human activity is to triggering tipping points that could lead to large-scale, potentially catastrophic changes in the Earth system. The Planetary Boundaries concept was introduced by a group of Earth system scientists led by Johan Rockström and Will Steffen in 2009. As of recent scientific assessments, several of the nine boundaries have already been breached. The nine boundaries are:

① Climate Change ② Biodiversity Loss (biosphere integrity) ③ Biogeochemical Flows (nitrogen and phosphorus cycles) ④ Land-System Change (EG. deforestation, agriculture) ⑤ Freshwater Use ⑥ Ocean Acidification ⑦ Atmospheric Aerosol Loading ⑧ Stratospheric Ozone Depletion ⑨ Introduction of Novel Entities (EG. plastics, chemicals, synthetic compounds).

Polycrisis

Describes multiple intersecting crises (such as climate change, ecological collapse, economic instability, political unrest and social and health inequality) that occur simultaneously and interact in ways that intensify their impacts. Unlike isolated crises, a polycrisis involves complex interdependencies that make the situation harder to predict, manage or resolve. This concept reflects growing concerns about the sustainability and viability of contemporary socio-economic, political and ecological systems.

Pre-Traumatic Stress - Concerning the Polycrisis

Anticipatory trauma linked to imagined or likely future disasters or collapses, especially among the climate movement, youth, scientists and others on the frontlines of climate information, care and action.

Psycho-Emotional

Relating to both psychological and emotional aspects of human experience, recognising that thinking, feeling, sensations, urges and actions are interconnected. Including changes in consciousness, values, relationships and social systems.

Psychosocial Hazards - Workplace

Factors in the design or management of work that increase the risk of work-related stress and can lead to psychological or physical harm. EG. job demands cannot be met, are unreasonable or under-resourced and lead to stress and exhaustion, which leads to illness and injury. In the workplace, OHS legislation requirements aim to minimise risk of exposure to hazards and reduce risk of harm when exposed, as far as is reasonably practicable.

Psychosocial Hazards - Climate-Related

Commonly observed and reported psychosocial hazards and risks for organisations and people working and/or volunteering in the climate and environment space that weigh heavily on stress and burnout.

Psychosocial Resilience

The concept of resilience has many definitions in psychology. At PSC, we recognise that psychosocial resilience involves building preventative capacity to transform climate-related hardship and trauma into opportunities for growth, meaning and regeneration at individual, organisational and community levels. Transformational Resilience, as defined by Bob Doppelt, is the capacity of individuals and groups to use their existing strengths and resources to deliberately regulate their body, emotions and thoughts, and use adversity as a catalyst to find new meaning, direction and hope in life, by making decisions that enhance personal, social and emotional wellbeing.

Psychosocial Risk

The potential of a psychosocial hazard occurring and the likelihood that it will cause harm.

Regenerative Climate Practices/ Principles /Actions

Approaches that go beyond sustainability to actively restore and enhance the interconnected wellbeing of people, communities and ecosystems' potential, while fostering psychological resilience in the face of environmental challenges. These principles promote transformative climate action rooted in healing and collective flourishing rather than merely mitigating harm.

Resilience Guilt

Discomfort or shame felt when surviving or thriving while others suffer more intensely from climate impacts.

Social Determinants

The conditions in which people are born, grow, work, live and age, and the wider set of forces and systems shaping the conditions of daily life. These include economic and social policies and systems, development agendas, social norms and political systems.

Solastalgia

Coined by philosopher, Glenn Albrecht describing the distress caused by environmental change to one's home environment due to human activity, such as deforestation, mining or climate-related extreme weather events, leading to a sense of dislocation or existential loss. It captures the deep feelings of dislocation, grief, powerlessness and existential unease that arise from environmental change affecting one's sense of home and belonging.

Somatic/ Eco-somatic

Therapeutic approaches that work with the body's physical sensations, movements and responses. Eco-somatic practices specifically integrate awareness of environmental connection and disconnection through embodied experience.

Systems Approaches

Understanding human behaviour and mental processes within the context of larger systems, such as families, communities and societies. These approaches emphasise the interconnectedness and interdependence of individuals and their environments, social and economic contexts. EG. Systems Theory, Family Systems Therapy and Bronfenbrenner's Ecological Systems Theory.

Transformation

A fundamental change in perspective, behaviour, systems or structures. In climate-aware practice, it's the deep personal and collective shifts needed to address the climate crisis, including consciousness, values, relationships and social systems.

Inner Transformation The shift from isolation to interconnection, from passive adaptation to intentional evolution, from despair to courage. This nourishes the fortitude required to imagine possibilities and solutions to the climate and nature crisis via regenerative action. As a PSC value, we view emotional and psychological well-being as key to transforming our rapidly changing climate into a safe climate for all life.

Vicarious (Climate) Trauma

Emotional residue from witnessing or absorbing the suffering of others, particularly through climate work, stories, images or research.





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