

2023

Annual Report



**Supporting
people
emotionally in
facing the climate
reality**

Acknowledgement of Country

We acknowledge the First Nations people all over Australia as the Traditional Custodians of the land where PSC has the privilege to offer our work. We pay our respects to Elders past and present. We acknowledge that Aboriginal and Torres Strait Islander Peoples were the first sovereign Nations of this continent and its adjacent islands. This sovereignty has never been ceded. There can be no climate justice without First Nations justice.

Welcome

Welcome to PSC's 2023 Annual Report. Here you'll find updates on PSC's activities, new programs, developments with staff and outreach as well as how we've been developing as an organisation. We always love to hear from you, and if you want to learn more about our programs or our work please reach out info@psychologyforasafeclimate.org

PSC Activities Snapshot

76

Mental health professionals completed the PD series

68

PSC events in 2023

31

Climate Aware Practitioner Network Members

17

Climate Cafes in 2023



Table of Contents

<u>Chair's Report</u>	3
<u>Executive Director's Report</u>	5
<u>Program's Report</u>	9
<u>Organisational Workshops</u>	11
<u>Climate Cafe Program</u>	12
<u>Professional Development</u>	13
<u>Outreach Report</u>	16
<u>CAP Network Report</u>	18
<u>Communications Report</u>	19
<u>Treasurer's Report</u>	21
<u>Volunteer and Donor Appreciation</u>	23



Chair's Report

I am very pleased to present a report on behalf of the PSC Board for the financial year 2022/23. The past twelve months have been extremely busy for PSC, as Carol's report shows. Everything has grown: PSC staffing, program offerings, communications, policy/advocacy, and our membership base. As the impact of the climate crisis intensifies, the Board is acutely aware of the need for PSC to lean into this growth whilst sustaining the heart of what PSC offers. As an organisation deeply committed to presence, stillness, community, and openness, this will always be a delicate balancing act.



None of what PSC has achieved this year could have occurred without the massive contributions from staff and volunteers who are the heart of this organisation. We recognise and thank everyone who has given so much of their time and talent.

Shortly after our 2022 AGM, Rosemary Crettendon resigned from the role of PSC Chairperson. The Board moved quickly to internally reconfigure our positions with a view to achieving certainty for PSC governance. I became Chair, and Tim Fisher assumed the role of Deputy Chair. We would like to acknowledge Rosemary's tremendous contribution to PSC over many years and extend our sincere thanks for her leadership as PSC Chairperson from 2021 to 2022, and as Treasurer from 2017 to 2021.

Leadership transition and succession planning has been the Board's primary focus this financial year. On behalf of the Board I convey our heartfelt thanks to Carol Ride for her visionary leadership of PSC for the past 12 years, and our excitement as we welcome Bronwyn Gresham into the inaugural position of CEO. I also want to acknowledge the work of Charles Le Feuvre who, since PSC's formation in 2012, has served in the positions of Vice-President and more recently Deputy Executive Director. The creation of a new CEO position means that the role of Deputy Executive Director no longer remains. We are delighted that Charles's contribution as a valued Board member will continue, along with his many program and policy commitments.

The Board is very grateful to Paul Saunders of LNC Consulting who this year has provided us with considerable organisational development advice on a pro bono basis. In early June, Carol hosted a strategy and gathering weekend at her house. This was a special weekend for PSC staff, Board

members and other volunteers who were able to meet in person. There is nothing quite like the joy of meeting people face-to-face who you've been staring at a screen for the past twelve months! We would especially like to thank Paul for his efforts in facilitating a strategy workshop over the PSC June Connection and Reflection gathering, inviting us to think strategically about PSC's current and future operations and goals.

Another focus for the Board this year has been to steadily build our policy bank to strengthen PSC's policy framework across programs, staffing, governance, volunteer and risk management. Our Secretary Yalcin Adal created a comprehensive risk register and cybersecurity policy, and the policies and procedures working group is helping to develop intellectual property and ethical fundraising frameworks. This work is ongoing, and is a core contribution of the Board to strengthen PSC's organisational governance. I personally wish to thank my fellow Board colleagues for their huge contribution to PSC this financial year. We convened six meetings in 2022, ten in 2023, and took on additional work outside formal meetings. I pay particular thanks to Majin Cugati whose exceptional skills as Treasurer has informed and guided our decision making all year round.



Connection and Reflection Gathering June 2023

As we transition PSC into a new phase, my final words are for Carol. Thank you for your monumental leadership, dedication, and energy. PSC would not exist without you. You have earned your rest! I hope you find more time in the coming months to enjoy your spectacular garden and the company of friends and family.





Executive Director's Report

This is my last report to an AGM. Next year it will be presented by our new CEO Bronwyn Gresham, who began in late October this year. We welcome Bronwyn Gresham into the role and acknowledge not only her qualifications and experience for the position, but also that she has been a volunteer with us for a number of years



Thank you to all of those who have been on the journey with me during the last 12 years. It has been a time of lots of challenges but also of rewards, and of a great deal of pleasure meeting and working with such interesting and committed people.

Funding

The financial year 2022-23 has been one dominated by the need to fund a CEO position securely into the future. The intention to employ a CEO was begun in 2019, but funding to do so was elusive. Many grant applications were made this financial year, and one was successful with the Lord Mayor's Charitable Fund (LMCF) for \$50,000, which thankfully supported our core ongoing work. We are so grateful to the LMCF organisation and particularly to Dr Karyn Bosomworth - Program Manager - Healthy & Climate Resilient Communities, who has spent time understanding what and why we do what we do.

We had more work to do to fund a CEO. We have however been very fortunate this year to be further guided towards philanthropists with whom we could discuss our work, and this has been ultimately successful and has secured our future at least to the end of 2024. (This funding will be reported on in the next financial year report). However we feel confident we have reached a new era, by establishing and nurturing personal contacts with potential funders who do understand the importance of our work, and that this will take us away from having to compete for grants with so many climate action activities needing funding too.

Thank you to Eve Miller at Orange Compass for her support in sharpening our strategy to link it with fundraising. The income from all of our offerings (PD, workshops, seminars, facilitator training, climate cafes) has doubled in the last year, and is now providing a secure and growing contribution to our core costs.

Programs

Beth Hill as Programs Manager has provided extraordinary leadership and steadiness in working with volunteers and staff to design unique workshops and interactive seminars for groups and organisations seeking our support. Each offering is tailored to the needs of the group with meticulous care and wisdom. Beth is a master at knowing how to temper what we offer so that it resonates with people, but doesn't flood them with too much information or activity. She is well organized and manages to fit an enormous amount into a day, including working with Bianca Crapis to create a newsletter monthly.

Beth has also managed and contributed to the Professional Development series, the Facilitator Training, and offered supervision (called Intervision) to facilitators volunteering with PSC or facilitating in their own practice or community. She also contributed to the Climate Journey reflection group - which is a stepping stone to encourage people to join our other professional development activities.

I am very grateful for the extra responsibility Beth has taken to support me in a personally difficult year.



Artwork from a workshop in 2023 (shared with permission)

Climate and Mental Health Outreach

After volunteering with us in 2022, we were delighted to bring Christie Wilson on as a staff member in the Climate-Aware Practitioner Professional Development Outreach Coordinator role in early 2023. Christie has brought her expertise and extensive experience in the climate psychology space to this role as a clinical psychotherapist, consultant, facilitator and activist.

We are especially grateful for her initiative in beginning the first-ever climate psychology supervision space in Australia (which we call InterVision) with PSC. Out of her initial CAP Therapists InterVision group, she expanded the program (with Beth) to offer Facilitator InterVision and a bi-monthly Climate Aware Journey group to the regular PSC calendar in 2023. This new development heralds a new and exciting direction for us as an organisation in leading, supporting, and learning from practitioners in the field who are practicing at this emergent edge of climate psychology.

Christie has also brought her considerable experience in supporting climate activists (globally) to this outreach role including encouraging PSC to switch to Mighty Networks to build a community of practice and an active PSC community gathering place. We hope this will reach full fruition in 2024.

In 2022, Carol-Ann Allen initiated PSC developing the capacity to offer Climate Cafes every month, which Christie supported as a co-facilitator from July 2022. Many thanks for their commitment and contribution to get us going. In 2023, Christie and Sally Gillespie followed with the development, design and delivery of the Climate Cafe Facilitator Training, and have offered ongoing Climate Cafe Facilitator InterVision groups for support and development. Christie has spearheaded the project management of this program with great care and attention to the necessary details of our grant fulfilment requirements. We see Climate Cafes as a rich and versatile offering to individuals or groups in the community, to organisations, to young people and to parents. We are hoping to develop climate cafes for participants across the generations.

There are many possibilities unfolding as awareness of the emotional impact of the climate crisis reaches more people and groups across the globe.

We are concerned at the increasingly harsh legal action taken against young people who are desperate about the lack of action on the climate crisis commensurate with alarming climate science. This is having a serious impact on young people who increasingly feel angry and frightened, with some experiencing or at risk of climate anxiety needing psychological support. Climate activism is good for mental health and while PSC does not condone illegal activity, we support the right and need to protest. We recognise and appreciate the work of Brenda Dobia, a psychologist and volunteer who advocated for consideration of mental health impacts in her support of a climate activist threatened with jail.

Government Policy

We have received invitations from the Federal Government to contribute to a [National Climate Risk Assessment and National Adaptation Plan](#) and to make a submission to the [National Climate and Health Strategy Consultation](#) conducted by the Department of Health and Aged Care. While neither consultation was focused on mental health impacts of climate change, we were able to find opportunities to contribute our ideas and experience. Charles Le Feuvre, who is currently Deputy ED, has taken leadership on this work for which we are extremely grateful. Paul Saunders also supported us to contribute. Charles and I have had many fruitful collaborations throughout the year on various policy projects.

We have been invited to be a contributor to projects on climate change and mental health by Melbourne University, University of Queensland and Black Dog Institute. They are each applying for project funding from the Medical Research Future Fund (MRFF).

Administration

Maria Griffin joined our staff in August 2022 as Administration and Office Manager, when Avril Chhabra was unable to continue in the role. Avril has continued as a volunteer to assist Maria, for which we are very grateful.

Maria is diligent and endlessly patient in managing all the demands of our growing work - website,

membership, CAP membership, CAP Network postings on our website, event bookings and notifications. She has had to deal with some complicated website systems, and also manage new processes such as Mighty Networks and our CRM, and growing email and media enquiries. Our social media presence is led by her, and has grown with her care. Maria is so supportive of our work and thoughtful about how to best word messages or tackle a process.

Volunteers

We couldn't function without the wonderful committed volunteers. Some have been with us since we began in 2010, or very close to that time. Libby Skeels and Rosemary Crettenden were involved in all the foundation time at the 'kitchen table' - and then went on to be Board members, with Rosemary as Chair. Anne Clancy and Charles Le Feuvre stayed from the formation period too to become Board members.

Thank you to Sue Pratt, Ben Nisenbaum, Julie James, Andrea Bunting, Nick Mueller and Sally Gillespie for their support and commitment to the development of our work over many early years. Sally Gillespie remains a volunteer, and Bronwyn Gresham, Beth Hill and Christie Wilson were volunteers and are now staff.

Thank you very much to the other volunteers I have not already mentioned: Andrea Breen, Anna Seth, Charlie Wood, Chloe Watfern, Elise Bryant, Frances Sutherland, Gerardo Furtado, Ingrid Jolley, Jenifer Lowe, Jessica Morthorpe, Jules Silva, and Laura Hartnell.

All current volunteers and their contributions are listed at the end of the Annual Report.

The Board

In 2021, the PSC Committee made a decision to advertise for people from the community to join what was to become the PSC Board. We already had Marijn Cugati as an external person with financial expertise join the committee after approaching us offering to be our administration volunteer. She soon became treasurer! We advertised in Ethical Jobs and were very pleased at the interest of really talented people, and selected Monica Taylor, Yalcin Adal, and Tim Fisher. They were then all elected in 2022 and Monica very quickly took up the role of Chair when Rosemary sadly had to stand down for health reasons. We are very fortunate to have such a dedicated and gifted team who have worked tirelessly in getting us to the position of transition we are in today. Thank you all.

Programs Report

Program activities continue to grow at quite an exponential rate. This is in part due to requests for workshops, the growth of the Climate Cafe program, and the growing interest in our professional development series. This year we also expanded into offering InterVision professional supervision groups. Beth, Carol, Carol-Ann, Charles, Christie and Libby continue to meet fortnightly to set the strategic direction of PSC's program offerings, review and evaluate workshops, and plan for upcoming offerings.



PSC Events in 2023

	2021	2022	2023
Organisational Workshops/Seminars	20	8	12
Workshops, talks, panels	11	9	14
Climate Cafe Program Offerings	0	6	17
Professional Development Offerings	6	16	25
Total number of events	37	39	68
Revenue	\$25,210	\$32,473	\$69,113

These 68 events translate into around 120 hours of delivery time. While it is hard to provide an accurate estimate of the design, prep and delivery time across the differing workshops and differing number of facilitators required for each offering, it is estimated that total prep/follow up time amounts to roughly 1000 hours. The vast majority of these hours are attributable to our dedicated team of volunteer facilitators.

This year we reached a wide spread of groups and organisations including, engineers, GPs, artists, psychiatrists, psychologists, social workers, counsellors, psychotherapists, health professionals, climate activists, highschool students, teachers, parents, environmental campaigners, local councils, scientists, social researchers, policy makers, mental health professionals, sustainability educators, universities and the insurance industry.

It is estimated that by the end of 2023 we will have reached around 2500 people through our various events.

Working Groups

There are currently four Working Groups operating in the Programs area:

1. **The Conservation Volunteers Australia (CVA) Nature Blocks Program Working Group** is working together to build a program of training for Nature Blocks Ambassadors as part of CVA's Nature Blocks program in 2024-2026.
2. **Burnout Working Group** is an evolving space in response to growing need within the climate movement. We are currently participating in the development a movement wide strategy for preventing burnout in the climate space.
3. **Parenting in an Era of Climate Change Working Group** - this is a collaboration between PSC and Parents for Climate Action. This year we developed and delivered a pilot workshop for parents which was well received and is informing a more detailed and longer program that we are looking to fund and roll out in 2024.
4. **Summer 2023-24 Working Group** - a group of PSC staff and volunteers working together to develop some small practices, resources and climate cafes over Summer in anticipation of climate related disasters and associated distress in the community.

Facilitators

This year we have had three new facilitators join our team of volunteer facilitators. Jenifer James, Chloe Watfern and Ingrid Jolley. This brings our team of facilitators to 16. The Programs team is currently in discussion about ongoing training for existing facilitators that explicitly addresses issues of welfare, inclusion as well as further tech training. The Facilitator InterVision group goes some way to addressing these areas.



A rare facilitators photo post-AEGN workshop in May 2023

Organisational Workshops, Presentations, Panels and Talks

Some organisations that we've worked with this year:

- Australian Environmental Grantmakers Network
- Black Dog Institute
- British Association for Counselling and Psychotherapy
- Carbon Markets Institute
- Climate Justice Union
- Climate Psychology Alliance UK
- Climate Reality Project
- Ed Harari Lecture at St Vincents Hospital
- Environmental Justice Australia
- Greenpeace
- Groundswell
- Investor Group on Climate Change
- Mental Health Practitioners Network
- NSW Institute for Psychoanalytic Therapy
- NSW Nurses and Midwives Association
- Parents for Climate Action
- Queensland Conservation Council
- Sustainability Victoria
- Sacred Edge Festival
- Tipping Point
- Tomorrow Movement
- Whittlesea Council



Cairn of mourning from workshop in 2023

Participant Feedback Highlights

I've started a monthly 1 hour self-reflective practice using some of the open-ended sentences shared in the workshops. It's been excellent at mapping how I'm feeling, where sticky points/burnout edges are popping up, and seeing growth over time. Thank you PSC

Tipping Point Workshop 2023

Thanks for the excellent workshop yesterday. I wasn't completely sure about what to expect from your introductory workshop and I suppose it is not surprising that the session brought out some tears and strong emotions from the group. The feedback was that this is important work for us to carve out time for going forward...

Organisational Workshop 2023

It was great to have a different kind of conversation about this with colleagues. I'd love to participate in a follow up Climate Cafe...

Sustainability Victoria Workshop 2023

Sharing stories with each other is a helpful way of identifying how to support yourself and your team.

Environmental Justice Australia Workshop 2023

Climate Cafe Program

Our climate cafe program began at the beginning of the financial year of 2022-23 and in that time Carol-Ann Allen and Christie Wilson have hosted 120 people across 11 cafes. The people who attended came from a diversity of backgrounds, including parents, activists, researchers, teachers, mental health professionals, rural, farmers, flood and fire affected communities, queer and neurodiverse folks. It has been interesting to notice the higher proportion of men attending this event, and those who are regionally based.

The Cafes have been a wonderful gateway event for many people coming into contact with PSC for the first time. The program has continued to grow from July this year following the delivery of our first Climate Cafe Facilitator Training cohort in June. Christie Wilson and Sally Gillespie shared their considerable experience and wisdom in the development and delivery of this training. Appetite in the community for the facilitator training is strong, with our most recent training selling out weeks in advance.



We are hoping to grow the reach of the climate cafe program across Australia in response to the increasing distress about climate change grows in the general community, especially with the anticipation of a difficult upcoming summer. Since July, new facilitators Jules Silva, Laura Hartnell, Charlie Wood and Therese Smith have been supporting Christie with hosting cafes. In November 2023 we are co-hosting some cafes with Parents for Climate Action specifically for parents.

Sally and Christie have also initiated a Climate Cafe Facilitator Supervision program which happens once a month. This program will serve to support facilitators who are out there in their communities offering this work.

Participant Feedback Highlights

I am a grateful participant of PSC's Climate Café. Here we can simply be who we are in this world of fluid emergent change, listening, and maybe reflecting on where we presently are. Held warmly in this group, observations bubble to the surface and we breathe together, stronger in our common grounding. Thank you!
Peter, Sydney

the PSC team are masterful facilitators who are able to support individuals through this process to achieve outcomes that deeply support community development and healing.
Laura, Melbourne

It seems to me that we all need to tell our story. Yes, the climate crisis can only be resolved through honest conversations such as that evident in the Climate Cafes.
Robert, Shepparton

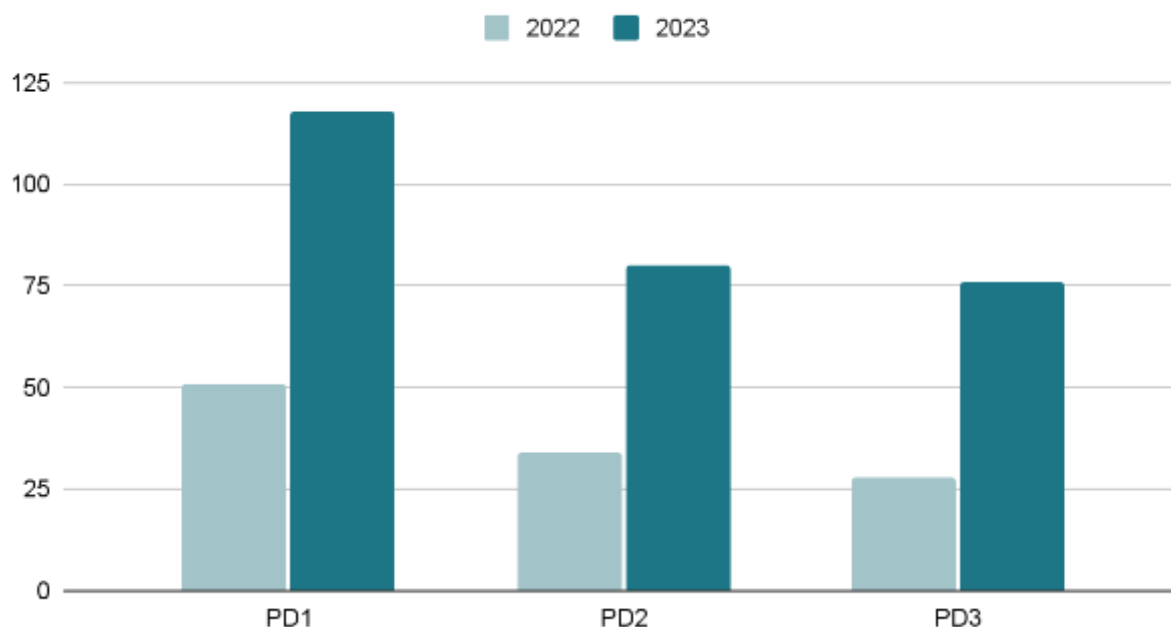
Professional Development

This year we ran the Professional Development series three times in total. Twice for our usual Australian audience, and once for the Climate Psychology Alliance UK. Offering this work for mental health professionals continues to be a deeply enriching experience for us as facilitators - the program is always evolving along with this emergent edge of climate psychology as we both share what we have learned, and learn from others who participate in the series.

Through the Professional Development we meet many experienced therapists, GPs and mental health professionals who are seeking to improve their capacity to respond to climate distress, but who also leave with connection to PSC and our community which supports them in an ongoing way in offering this support to their clients, patients and communities.

Deep gratitude for our committed volunteer facilitators who deliver this program alongside Beth: Carol Ride, Carol-Ann Allen, Charles Le Feuvre, Libby Skeels, Bianca Crapis, Frances Sutherland, Anna Seth, Christie Wilson and Charlie Wood. The growth in attendance of our PD was wonderful to witness this year.

Professional Development Participation



Participant Feedback Highlights

Thank you deeply for what you offer. I found the PSC approach incredibly valuable. It seems grounded in presence, compassion, openness and acceptance of the range of feelings and experiences of eco-distress across our communities. There is room for everybody. I feel heartened about the possibility of strongly supporting others, without being overly triggered into my own stuff or imposing my own responses onto a client. The PSC support model seems to me a very natural, organic framework to underpin any work supporting others.

PD Series participant 2023

A very well thought-through model and training approach. I was expecting something quite 'clinical' but was pleasantly surprised at the integrity and holism present in the approach. Thanks PSC, I look forward to learning with you more."

PD1 Participant 2023

Especially appreciate the idea that this is an ongoing process and it's never "done" - particularly that we fluctuate with awareness of our own feelings about climate. Thank you.

PD2 Participant

Thanks so much. I am leaving with refreshed hope and willingness to think more about how I can get more involved.

PD2 Participant

Thank you for sharing your wisdom, knowledge and experience in this space - very worthwhile professional development. I hope to be involved in the coming days.

PD3 Participant

InterVision for Therapists and Facilitators

The initiation and spearheading of ongoing CAP InterVision groups by Christie Wilson has been a critical addition to our PD offerings, making ongoing support, development and community available to our growing network of CAP members all over Australia. This year we ran 1 cohort of CAP Therapists, 1 cohort of CAP Facilitators and a bi-monthly Climate Journey Stream, which was a drop-in space for climate professionals. Each of these will continue and expand in 2024, greatly aided by the addition of the PSC Community Hub to our suite of tools supporting ongoing engagement and support for our CAP Network members.

The InterVision Community was developed to support peer to peer climate aware learning and understanding, to support mental health professionals in clinical practice and facilitators to up-skill holding a climate aware space. InterVision for Climate Cafe facilitators helps in the development of climate cafe facilitation skills and offers support. Best practice for inclusion and diversity is always top of mind, and we recognise there is more work to do in this area for PSC.

PSC's first climate-aware InterVision group started in July, 2022. As far as we know this is the first group of this kind to be run in Australia. The intention is for CAP practitioners, to feel a sense of community, of connection to colleagues, and a space for professional belonging, identity, and collegiality to sustain the work.

Participant Feedback Highlights

"Thank you so much to Christie and PSC for running the InterVision Therapist Group. It has been such a lifesaver for me this year. Working within the climate crisis framework is extremely challenging, as we all know. As therapists, we are also vulnerable to vicarious trauma from the work, as well as burnout, in an area that is still very much evolving and where professional and therapeutic parameters are tenuous and emergent. In order to keep working in this space, peer educational support groups like the InterVision group are absolutely essential and I expect this will become even more so in the future."

"Being part of the CAP Intervision Group with the opportunity to hear from Christie and other climate therapists was a valuable experience for me. I have developed a deeper understanding of the challenging work with clients with climate distress and with climate activists. Learning from others also triggered off my own thinking about the different facets of resilience, in the hope of helping clients understand their accessible strengths and the on-going process of developing self-esteem, psychological strength and resilience."

"This group provided a space to really focus on my climate aware practice in the space of others who are also passionate about this. This is a very unique and special thing! The most useful part about it for me was being in a group of like-minded people, which I don't feel I have in my regional area. The most challenging, yet rich aspect for me was being encouraged to speak about my experience and perspective. Initially I was more comfortable sitting back and letting others talk, however over time I started to find my voice and found that expressing myself really did help clarify things. Another highlight from the InterVision group is the networking with others, for example another participant and I are currently collaborating on a forum presentation."

"I participated in the inaugural Inter-Vision group offered by Psychology for a Safe Climate. This offered a safe space for therapists to explore thoughts, feelings and ideas, and to reflect on ways of interweaving responses to the climate crisis into therapeutic practice. The group was well balanced between holding space for conversations, considering theoretical frameworks, and reflecting on professional implications. One of the outcomes was the development of a group document directly relevant to practice. Another was a reduced sense of isolation through the companionship of other therapists similarly grappling with the emotional weight and implications of the climate crisis. The group was skilfully facilitated by Christie Wilson, who provided a supportive scaffold for the co-creative emergent experience. In my view we need more of these kinds of spaces so therapists feel resourced and supported to respond to the climate crisis in their therapeutic contexts."



Outreach Report

Climate and Mental Health

Public awareness of climate change and its effects on mental health continues to increase, and multiple helping professionals and organisations have engaged PSC to support their understanding of how to work with climate distress.



Outreach activities have focused on building awareness of the PSC Professional Development series and InterVision program for mental health professionals and facilitators, climate-aware workshop offerings, and the Climate Cafe Program.

PSC joined the World Health Organisation and others in the global healthcare and scientific community to recognise the significant health threat to public health by contributing to the [ORYGEN Climate of Distress Policy Paper](#) and submitting recommendations to the National Health and Climate Strategy and National Climate Risk Assessment and National Adaptation Plan.

PSC continues to develop collaborative relationships with mental health membership bodies and services, delivering lunchtime webinars and presenting on expert panels for the Black Dog Institute, meeting with PACFA CEO Johanna de Wever to discuss Climate-Aware Professional Development opportunities for PACFA members in 2024, and communicating in the PACFA October newsletter. Sally Gillespie, Carole, Ride and Christie Wilson co-authored a peer-reviewed article on climate-aware practice in the Counselling Australia Journal special addition Climate Change and Mental Health. PSC Volunteers Jules Silva and Chloe Watford were also published in this edition.

Talks and Presentations in the health profession space

This year, at the All Together Better conference hosted by the Mental Health Professionals Network, CAP Network member Merle Conyer convened a session on the Nexus Between Climate and Mental Health, which PSC supported via facilitating break-out rooms following the panel discussion. Christie held a session for the British Association of Counselling and Psychotherapy on the Climate Journey and Climate Aware Practice in PSC. PSC Programs Volunteer and PD Series Three facilitator Carol-Ann Allan gave a Public talk in Melbourne on holding Hope, which was well attended, and there are plans for Carol-Ann to repeat this event in 2024. Charles Le Feuvre gave the Ed Harari Lecture at St Vincent's on climate distress and the role of PSC's work in this space.

Building collaborative relationships

PSC met with the Environmental Defence Office to discuss environmental defenders' needed mental health and well-being support and provided the Climate-Aware Directory as a resource while acknowledging climate psychology research is still emergent globally and in support of climate activists in legal proceedings. We recognise the expertise and experience of CAP Member and PSC facilitator Brenda Dobia in leading in this field.

PSC continues to be active in communities of practice, including with the Sydney Environment Institute, who has facilitated dialogue between PSC, Relationships Australia, Black Dog Institute, We-Ali, and Wayapa. Incoming PSC CEO Bronwyn Gresham and Christie have also been part of the Regional Community Connecting Climate Minds Oceania Dialogue convened by the University of Queensland and the Queensland Centre for Mental Health Research.

These relationships and places of co-learning are leading to the possibilities of research collaborations and advisory roles for PSC in various areas of Mental Health and Climate Change Research with the University of Queensland, The Black Dog Institute and The University of Melbourne in 2024.

PSC is committed to the ongoing work of climate justice, Voice, Truth Telling and Treaty, and this year, Beth led the relationship building and co-facilitated a Mental Health and Climate Change Yarning with the Climate Justice Union, who attended our Climate Cafe Facilitator Training. In 2024, we will deepen PSC's commitment by engaging with First Nations-led training, consultation and organisational best practices for centring First Nations expertise in climate and mental health.

Part of the PSC Outreach Strategy is to make our offerings accessible and to co-create with lived experience and professionals committed to diverse ways of sharing knowledge. We are delighted to continue our relationship with Tomorrow Movement, Parents for Climate Action, Icebergs.org, Climate Justice Union, and CAP Network members living and working in communities affected by fire and floods as we move into 2024.

I also offer my sincere appreciation for PSC Founder Carol Ride.

I first met Carol in Sydney at the Anthropocene Transition Project Climate Grief roundtable held at the UTS in Sydney. I was moved by her deep and personal embodied experience of climate grief, her ability to communicate her feelings and how she created a community of care to work through the process together and then be able to offer that work to so many working in the climate movement, and public ongoing to this day. Carol has a rare combination of deep thoughtfulness, humour, creative expression, the ability to show up for difficult conversations and expertise in climate psychology. I have experienced all these qualities, whether writing a grant submission, designing or delivering a workshop, a strategy and leadership session or taking a wrong turn in the Sydney CBD at night after presenting at the AEGN conference. Thank you, Carol, for your kind heart, mentorship and steady PSC leadership.



CAP Network Report

The Climate Aware Practitioners (CAP) Network is a national network of climate engaged professionals who are proactive in building the psychosocial support and resilience of individuals and communities in systemic, connected and culturally appropriate ways. PSC's aim in establishing and supporting the CAP Network is to:

- Help grow awareness of the value and benefit of our work to the climate movement, the community and to those working professionally supporting other people (such as therapists, educators, facilitators, coaches, GPs)
- Support referrals to professionals who are sensitive to the impact of climate change on people's mental health
- Support collaboration and communication between climate engaged professionals all over Australia

The CAP Directory available on PSC's website enables people who are seeking support around climate distress to find a CAP Network Member in their local area.

There are currently 31 CAP Network Members. In July this year the CAP Network Working Group decided to change the application system for our CAP Network members. Our goal was to make CAP Network membership (and its associated benefits) more accessible, streamlined and easier to administrate, as well as hopefully building the number of active CAP network members for the benefit of those all over Australia seeking support. With the addition of the PSC Community Hub, with an area specifically for our CAP Network Members, as well as InterVision groups, it is our hope that by 2025 we will have a much larger network of practitioners who are actively offering their services and connected to each other. Ultimately, we hope to further the practice of climate psychology in Australia.

We are also updating our directory system to include better search functions and capacity to update it without external website support. The new CAP Network Membership system will launch at the end of November.



Communications Report

Newsletter

- Our dedicated newsletter volunteer Bianca Crapis has been writing many of the PSC newsletters this year, along with featured blogs from other PSC members Christie Wilson, Sally Gillespie, Jenifer James, Jessica Morthope.
- The newsletter currently reaches 1425 subscribers, and has an open rate of 50% (which is up 4% from last year) and a click rate of 4.4% over the last six months. (For reference, the average non-profit open rate according to Mailchimp is 25.17% and the average click rate is 2.79%)

Social Media followers

	September 2022	October 2023
Twitter	176	418
Linked-In	78	411
Facebook	1437	1730
Youtube	NA	33

PSC in the Media October 2022-November 2023



Articles

Beth Hill was interviewed for the [Groundswell Journal](#)
Sally Gillespie, Christie Wilson and Carol Ride co-authored an article for the [Australian Counsellors Journal](#)



Podcasts

Beth Hill was interviewed for [That's Helpful podcast](#)
Charles Le Feuvre was interviewed by [RACGP](#)
Charles Le Feuvre participated in [Black Dog Institute Podcast](#)



Radio

Christie Wilson was interviewed on [Triple J](#)
Beth Hill was interviewed on [Triple J Hack](#)
Carol Ride was interviewed on [RN's Life Matters](#)
Sally Gillespie was interviewed on [2SER Radio](#)



Television

Sally Gillespie was interviewed on [ABC TV News](#)



Treasurer's Report

Total income for the Financial Year ending 30 June 2023 was \$135,000.

Total income included a grant of \$49,050 from the Lord Mayor Charitable Foundation, and \$9,000 of income from donations. Of the total income, \$76,000 was internally generated from Memberships, Workshops, Professional Development, and Seminars.



Operating expenses totalled \$141,000. Of this total, \$125,000 related to salaries and superannuation. Other costs include expenses for Fundraising, Accounting, Website Maintenance and Insurance. For the Financial Year ending 30 June 2023, the net deficit in income amounted to \$6,000.

Available cash as at 30 June 2023 was \$130,000. For the financial year 2023/2024 and beyond, based on the current income and cost structure of the organisation, around 90% of expenses relate to staff cost (salaries and superannuation).

PSC internally generated income covers around 25% of the total expenses, which means that 75% of expenses needs to be covered by external funding (Donations, Grants, Fundraising).

PSC Financial Position

PSC has a buffer of available cash, however the reliance on unpredictable external funding makes the organisation vulnerable to financial insecurity.

PSC AGM Wednesday 15 November 2023

Financial report for the year 1 July 2022 to 30 June 2023

	Jun 20	Jun 21	Jun 22	Jun 23
	<i>Actual</i>	<i>Actual</i>	<i>Actual</i>	<i>Actual</i>
YTD				
Trading Income				
Donations	3,210	50,052	53,326	8,772
Fundraising Income		32,838	13,059	-
Grants	10,000	65,000	33,000	49,050
Membership Income	160	1,610	12,244	7,834
Workshop Income	9,083	14,634	30,978	40,945
PD Income			7,955	26,796
Climate Café Income			-	883
Other Income	72	524	-	431
Total Income	22,525	164,658	150,562	134,711
Gross Profit	22,525	164,658	150,562	134,711

	Jun 20	Jun 21	Jun 22	Jun 23
	<i>Actual</i>	<i>Actual</i>	<i>Actual</i>	<i>Actual</i>
YTD				
Operating Expenses				
Bank Fees			1,401	698
Computer Software			231	-
Consulting & Accounting		1,430	5,505	3,430
Fundraising Fees		7,640	15,144	5,000
Subscriptions	493	345	540	699
Superannuation		2,276	7,983	11,771
Wages and Salaries	12,578	39,029	93,497	112,920
Website Costs	116	4,233	11,030	3,273
Insurance	1,720	2,018	2,601	2,051
Other	2,135	1,364	1,699	1,017
Total Operating Expenses	17,043	58,335	139,630	140,857
Net Profit	5,482	106,323	10,932	(6,146)

YTD	30 June 2023
Cash Position	
Opening Cash (B/S)	146,042
Net Profit	(6,146)
Change Receivables -/ Payables	(1,213)
Investments	-
Cash (B/S)	138,683
Receivables -/- Payables	(8,759)
Cash (Available)	129,924

THANK YOU TO ALL OUR VOLUNTEERS AND DONORS

We couldn't have done it without your generous support.

Thank you to all of our volunteers for their tireless work in 2023, and for the generous donors who continue to make this work possible.

Anna Seth	GP. Seminars, talks, facilitation	Jenifer Lowe	Registered Nurse and Adult Educator. Workshop facilitation
Avril Chhabra	Administration - IT help	Jessica Morthorpe	Community Organiser. Talks, facilitator, links with Uniting Church
Andrea Breen	Art therapist. Workshop facilitator	Laura Hartnell	Trainee psychotherapist. Climate Cafe facilitator
Bianca Crapis	Community Psychologist. Newsletter, facilitation	Libby Skeels	Psychologist. Programs WG, workshop facilitation, workshop design.
Brenda Dobia	Psychologist - specialist with young people. Offers expertise for talks, press	Paul Saunders	Psychologist. Grant writing, organisational development
Carol-Ann Allen	Psychotherapist. Climate Cafes, Programs WG, talks, workshop design, facilitation.	Sally Gillespie	Retired Jungian psychotherapist. Author. Writes for PSC including grant applications, Climate cafe facilitation training, workshop facilitator, advisor.
Charles Le Feuvre	Deputy ED, Psychiatrist, Programs WG, papers, talks. PD 1,2 3. Government Policy		
Charlie Wood	Trainee psychotherapist. Climate Cafe facilitation, workshop facilitation, consultant on fundraising and philanthropists		
Chloe Watfern	Post Doctoral Fellow, Black Dog Institute. Her focus is on young people, art and collaboration		
Christie Wilson	Psychotherapist. Volunteer work in addition to staff time - including outreach to potential funders, and income generating projects		
Elise Bryant	Psychologist. Collating research on climate psychology		
Frances Sutherland	Psychologist. Workshop facilitation		
Gerardo Furtado	IT help		
Ingrid Jolley	Social Worker. Experience in Good Grief Network. Workshop facilitation, working groups.		

