

Treating Climate Change Anxiety and PTSD:

Ethical Principles and Clinical Strategies

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Climate change is the “biggest threat modern humans have ever faced, forcing the collapse of everything that gives us security: food production, access to fresh water, habitable ambient temperature and ocean food chains” (Atteborough, 2021).

Picture: <https://climate.nasa.gov/effects/>



Addressing the critical issue
of climate change and
environmental degradation is
a global emergency and
requires a look at the causes
of global warming:



Reliance on fossil fuels

Photo: Adam Cohn



Consumer culture

Photo: [TheSimplicityHabit.com](https://www.thesimplicityhabit.com)



Corporations

Photo: bvwglobal.com



Population Growth

Photo: projectaugustine.com



Global alienation and inability to connect and unite between countries

Photo: [globalvoices.org](https://www.globalvoices.org/)



Climate Change Denial

Photo: bu.edu

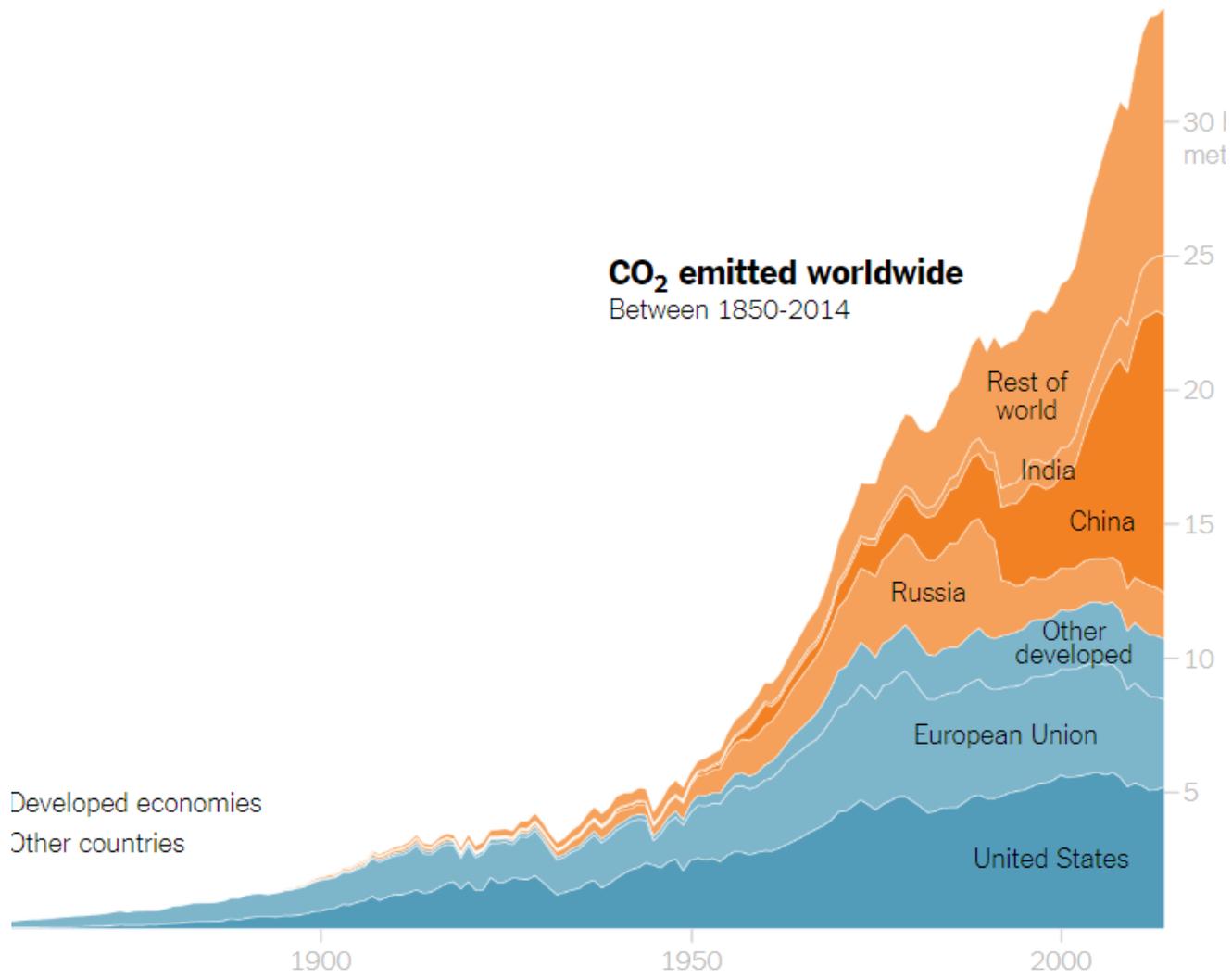
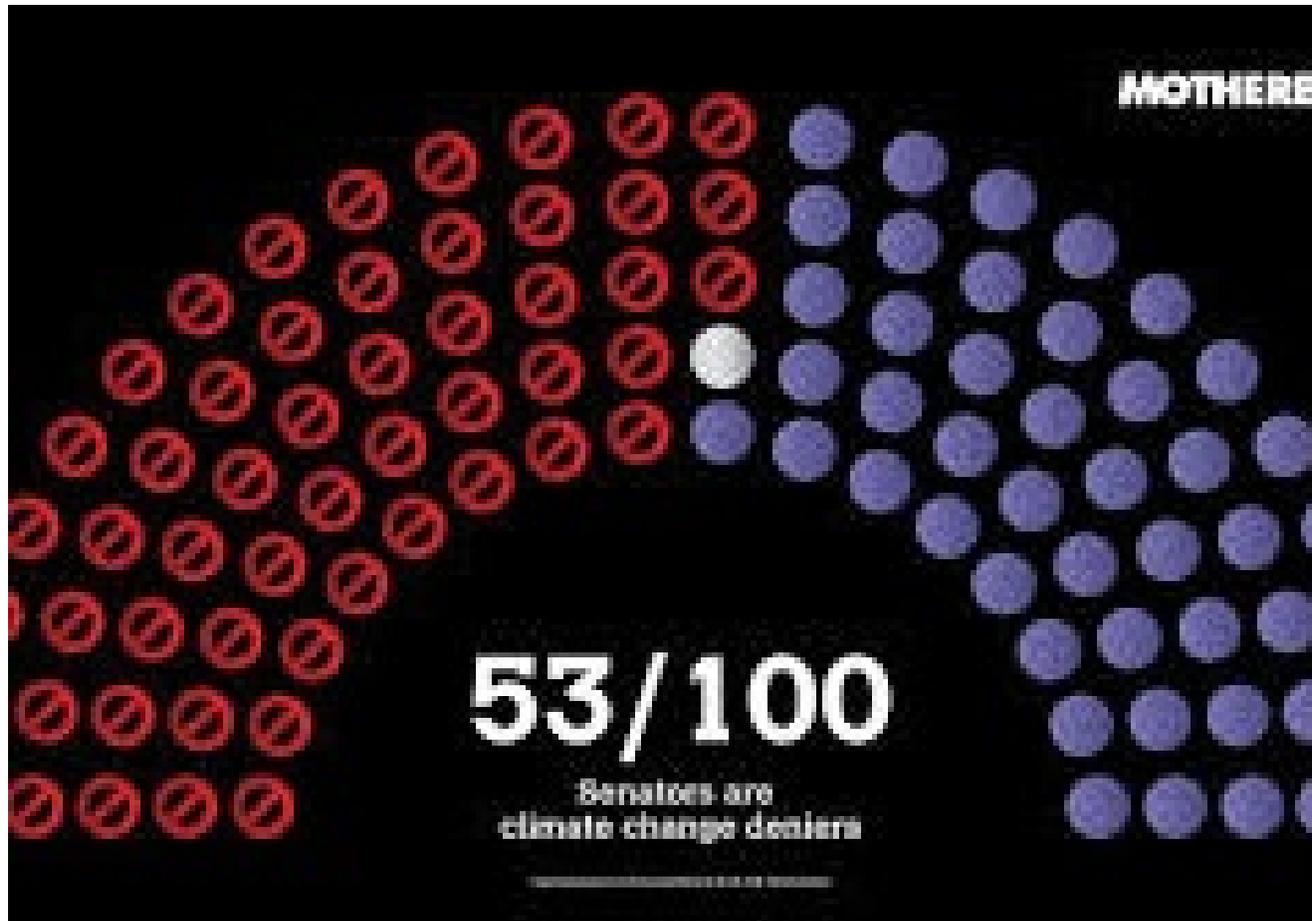


Image:
The New York Times



Lack of prioritization by the public and political leaders

Image: Motherboard

MOTHERBOARD



232/435

Representatives are climate change deniers

Climate change and extreme weather events—which are more frequent, intense, and complex under a changing climate—can trigger post-traumatic stress disorder (PTSD), major depressive disorder (MDD), anxiety, depression, complicated grief, survivor guilt, vicarious trauma, recovery fatigue, substance abuse, and suicidal ideation (Hayes, et al., 2018). Photo: Keri Wagner

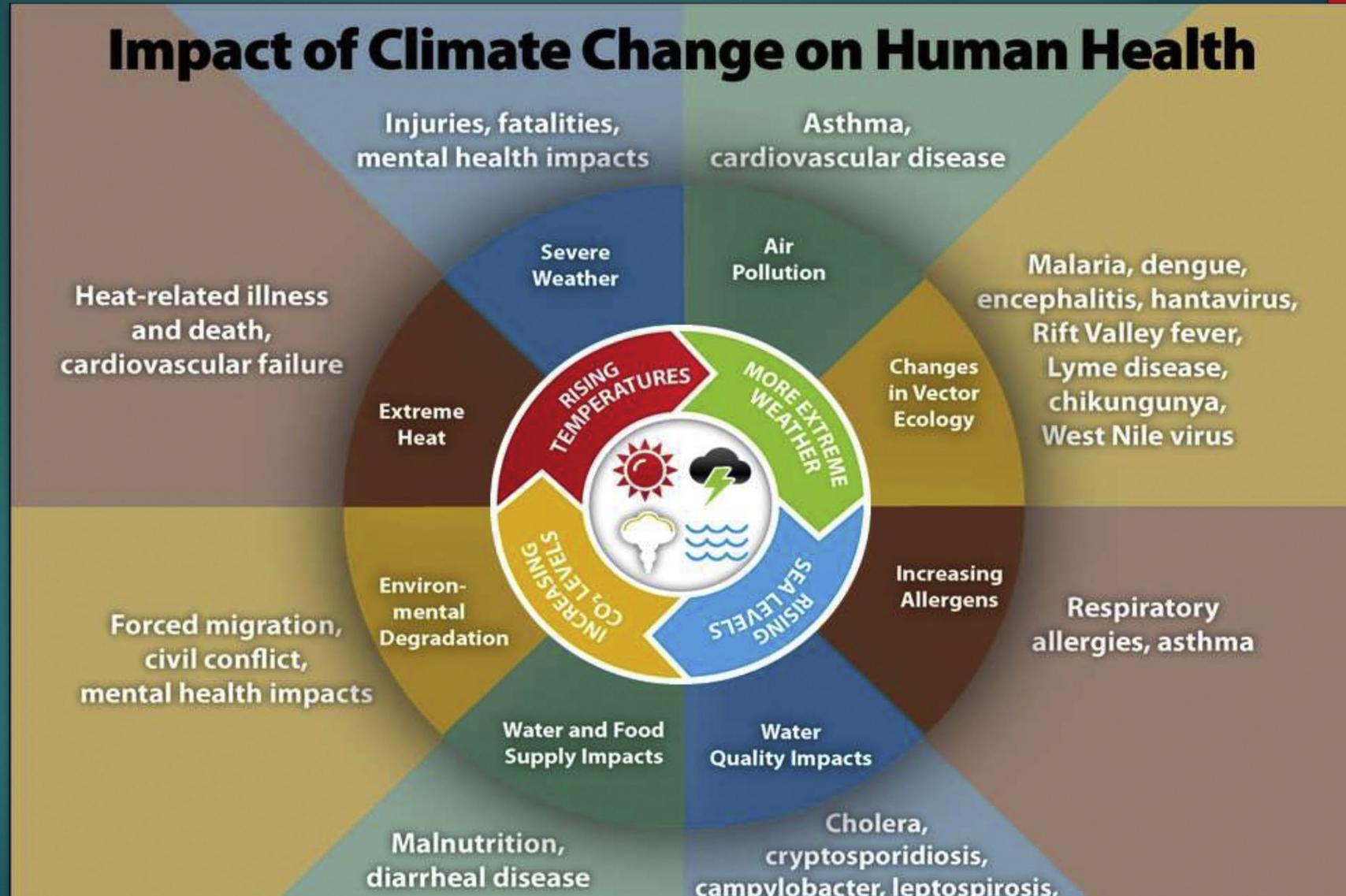


Photo: News AP Kiro



Impact of Climate Change on Human Health

Image: CDC.gov





Referred to as eco-anxiety, this stress is not a disorder, but a reasonable and predictable response to a dangerous situation (Whitcomb, 2021).

Image: *OneSideProFoto/Shutterstock.com*

In the largest study of its kind, nearly 60% of 16-to-25-year-olds felt 'very worried' or 'extremely worried'. Many associated negative emotions with climate change — the most commonly chosen were 'sad', 'afraid', 'anxious', 'angry' and 'powerless.'

(Hickman, et al., 2021)

Photo: Jeff J Mitchell/Getty



However, fear of climate change has not significantly changed human behavior, citing not knowing where to begin, and feeling paralyzed and useless about taking action (Whitcomb, 2021).

Photo: ladbible.com

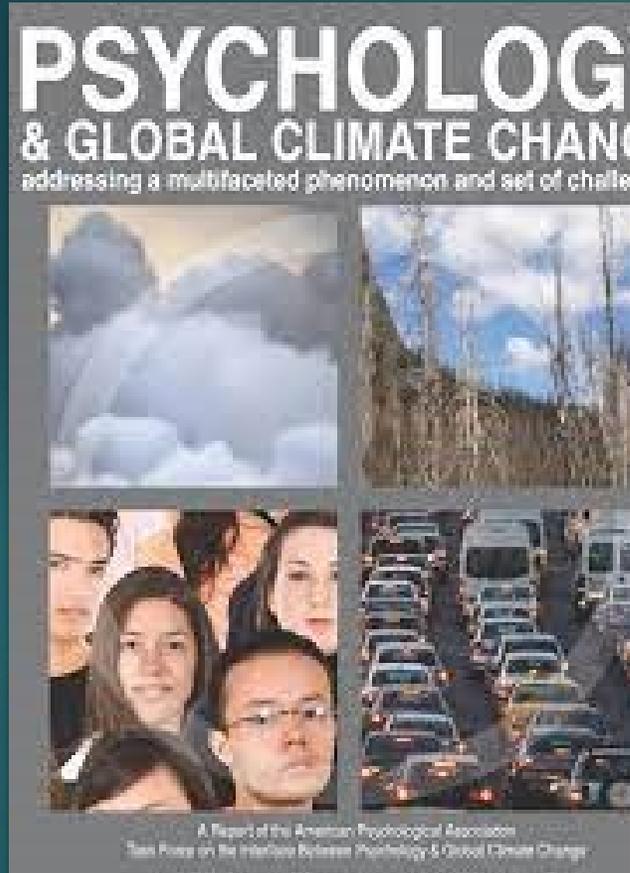




When asked about how governments are responding to climate change, 65% of respondents agreed with the statement that governments are failing young people, 64% agreed that they are lying about the impact of actions taken and 60% agreed they were dismissing people's distress. Only 36% agreed that governments are acting according to science.



Adults keep saying we owe it to the young people, to give them hope, but I don't want your hope. I don't want you to be hopeful. I want you to panic. I want you to feel the fear I feel every day. I want you to act. I want you to act as you would in a crisis. I want you to act as if the house is on fire, because it is." Greta Thunberg (curious.earth)



While the American Psychological Association recognizes climate change as a threat to mental health, therapists feel ill-equipped to respond, forcing the development of a new standard of mental health care (Swim, et al., 2009).

Photo: American Psychological Association



The code's general ethical principles, identify potential guidelines for psychologists' involvement in the topic of climate change:

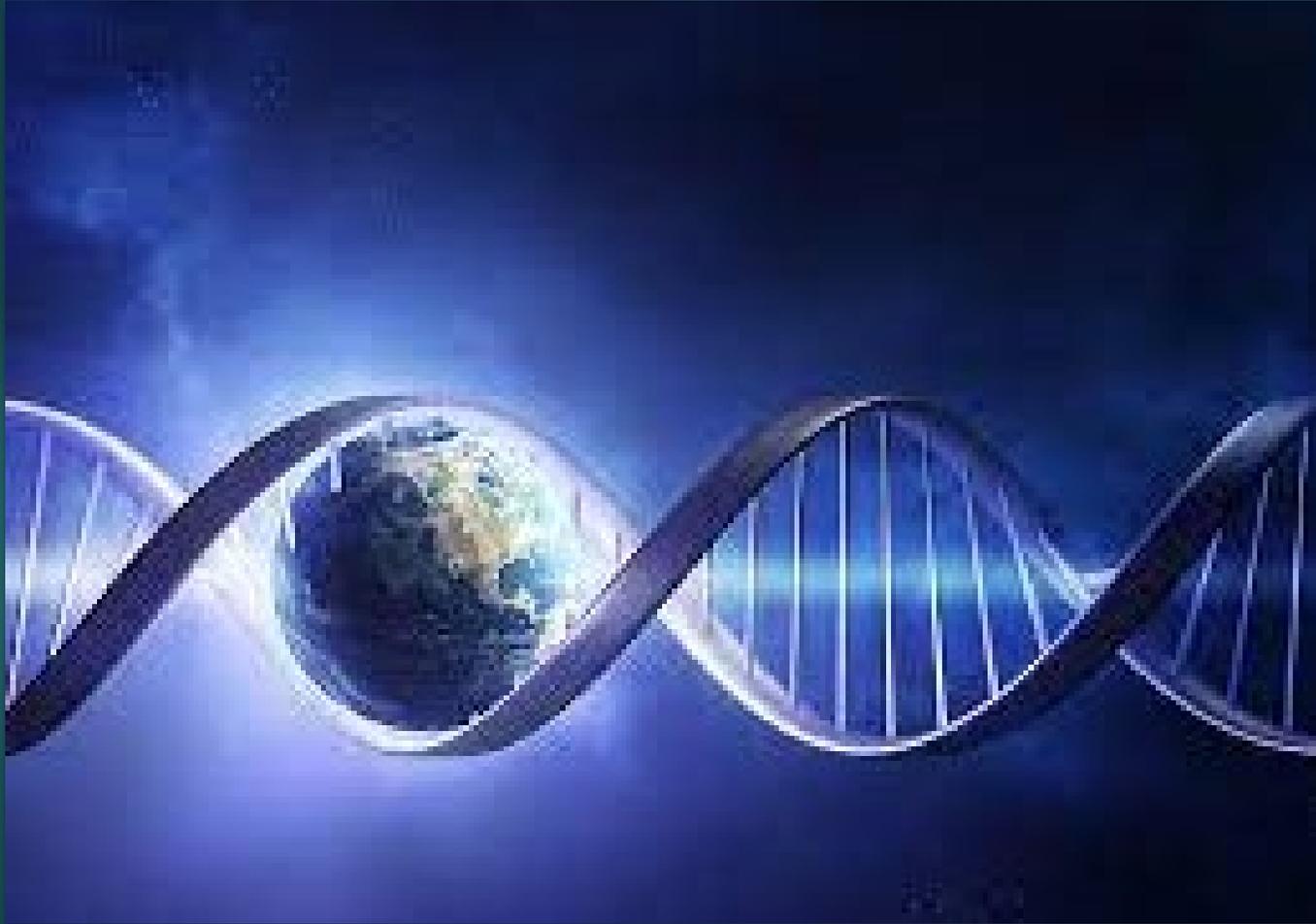
- ▶ **Ethical Principle A: Beneficence and Nonmaleficence**
- ▶ **Ethical Principle B: Fidelity and Responsibility**
- ▶ **Ethical Principle D: Fairness and Justice**
- ▶ **Ethical Principle E: Respect for People's Rights and Dignity**

Swim, et al. (2009)



**Therapists have an
ethical obligation to
address climate change
in the therapeutic milieu**

(Swim, et al., 2009)



**In order to
combat climate
change,
humanity must
recognize its
dependence and
mutuality with
earth.**

Image: [depositphotos.com](https://www.depositphotos.com)



We must value and respect the indigenous people's regard for the planet and their ecological grief

Photo: blog.thelonghairs.us





We are all caught up in an inescapable network of mutuality, tied in a single garment of destiny. Whatever effects one directly effects one indirectly.

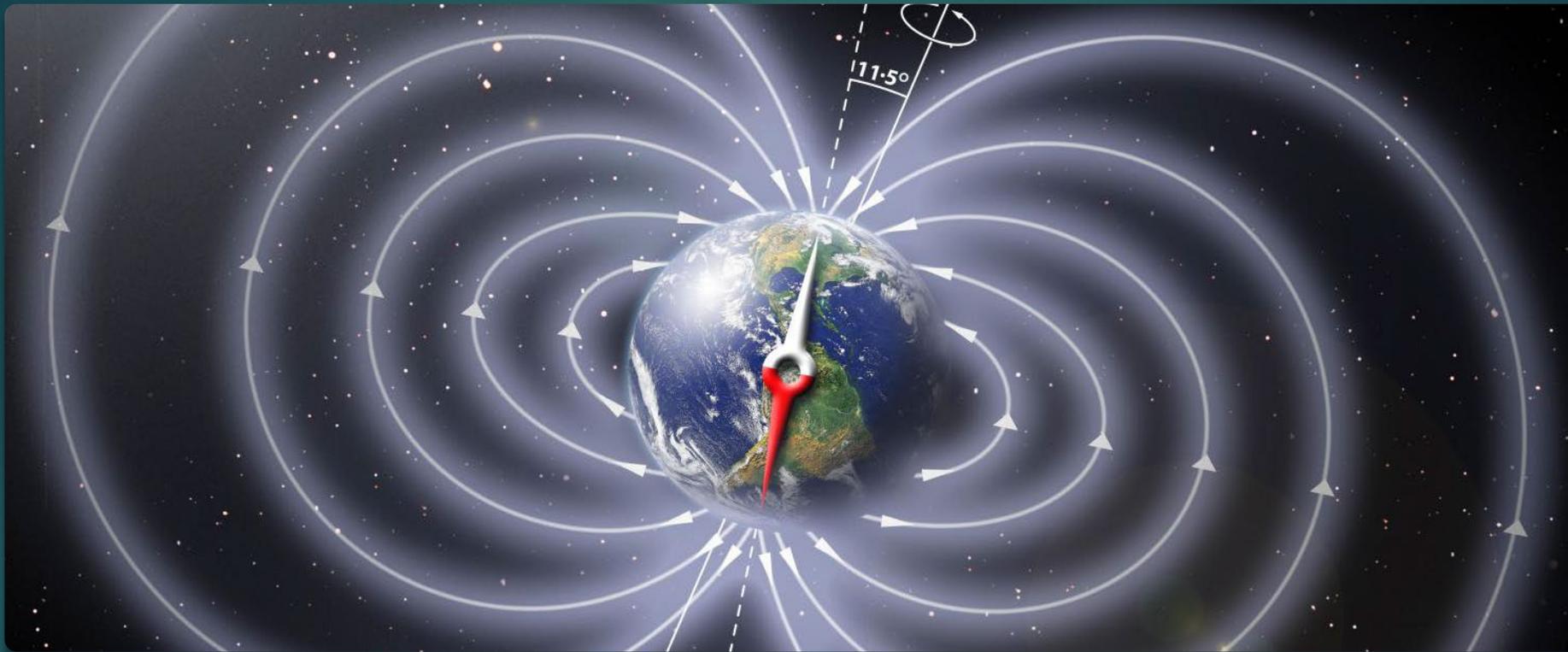
Martin Luther King



Gaia, an ancient Greek term for earth, was identified as a living organism by scientist James Lovelock in 1972.

Lovelock advanced the Gaia Hypothesis, asserting the planet's living organisms act together to regulate the global environment: life interacts chemically and physically with the air, the waters and the rocks to maintain optimum conditions for itself (Stevens, 1989).

Photo: Sacred bridges and Divine Light



Earth possesses a biomagnetic, or geomagnetic field, serving as a protective shield around the planet.

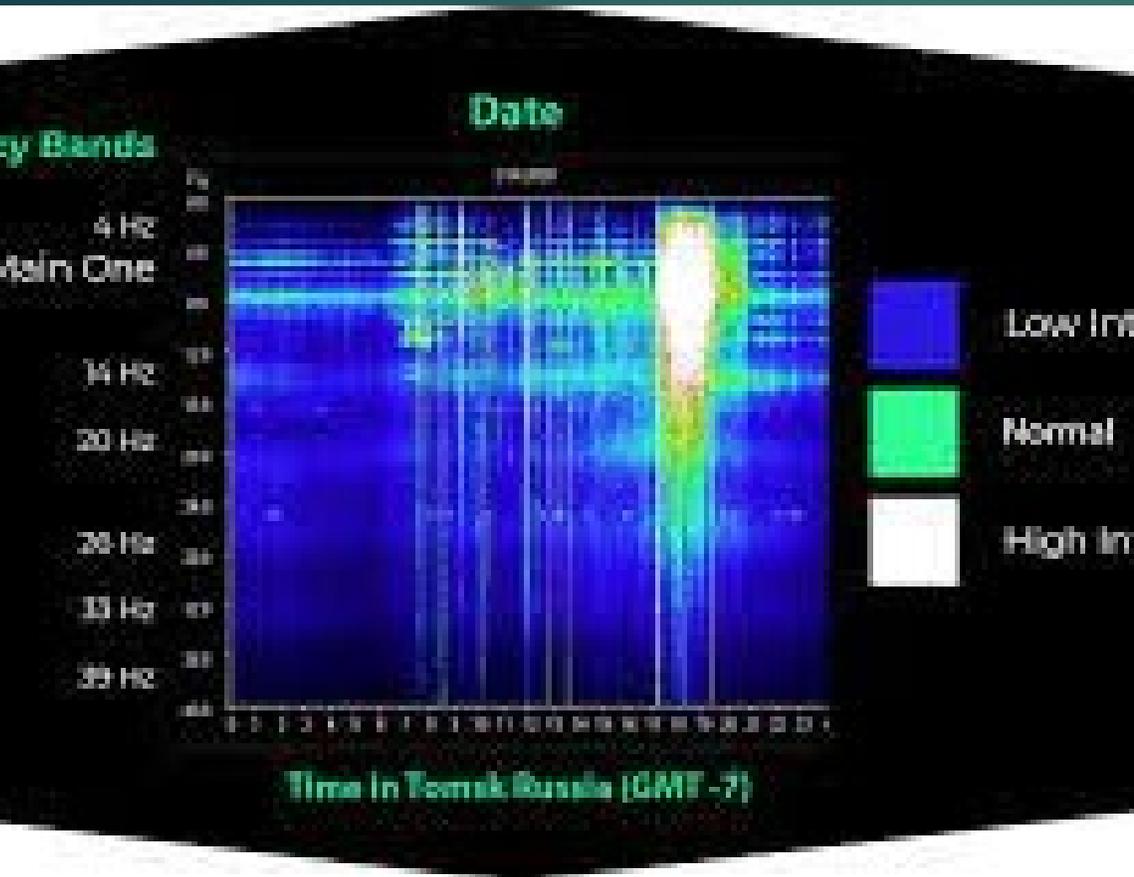
Photo: NASA.gov



The functioning of the brain is supported by certain frequencies that Earth creates. These frequencies are called the Schumann resonance frequencies. These frequencies belong to the group of natural electromagnetic Earth energies. They are very important for us because they induce brain states that help us relax, heal, and perceive and experience Earth energies. The system works in the same way as a tuning fork works with sound. Like a tuning fork that has to be struck in order to express its inherent natural frequencies, the same is true for the natural electromagnetic frequencies of Earth. Technically, the striking force is lightening in the resonating cavity that is formed between the terrestrial surface and the lower edge of the ionosphere. Lightening forms broadband electromagnetic impulses that fill this cavity and induce Schumann resonance frequencies, which are between 7 to 50 Hz.”

(Jaap Van Etten, PhD, “Gifts of Mother Earth: Energies, Vortexes, Lines, and Grids.”)

Schumann resonances, or the Schumann frequency (referred to as earth's heartbeat) have been measured at 7.83 Hertz—about eight trips around the planet per second.



Some theorize this is also the frequency of meditation, suggestibility, and hypnosis.

Photo: nocgalacticage.org



In January 2018, the Schumann resonance reached frequencies above 36 and peaked at 158 Hertz on December 6, 2019 (English, 2021).

Image: Disclosure News, Italy



It is theorized the increase in earth's frequencies increase global anxiety and tension.

Image: madmimi.com

Sharp and sudden variations in geomagnetic and solar activity, and geomagnetic storms can act as stressors:

- ▶ altering regulatory processes such as melatonin and serotonin balance,
- ▶ blood pressure,
- ▶ breathing,
- ▶ reproductive,
- ▶ immune, neurological, and cardiac system processes
- ▶ Geomagnetic disturbances are also associated with significant increases in hospital admissions for depression, mental disorders, psychiatric admission, suicide attempts, homicides, and traffic accidents. (Alabdulgader, et al., 2018).

Photo: weatherboy.com





The influence of solar and geomagnetic activity
on human heart rhythms

Abdullah Alkhatibgawi, Colin McCarty, Michael Atkinson, Yohji Sobue,
Allanase Wilson, Minoru Tsukahara, Walter Dool

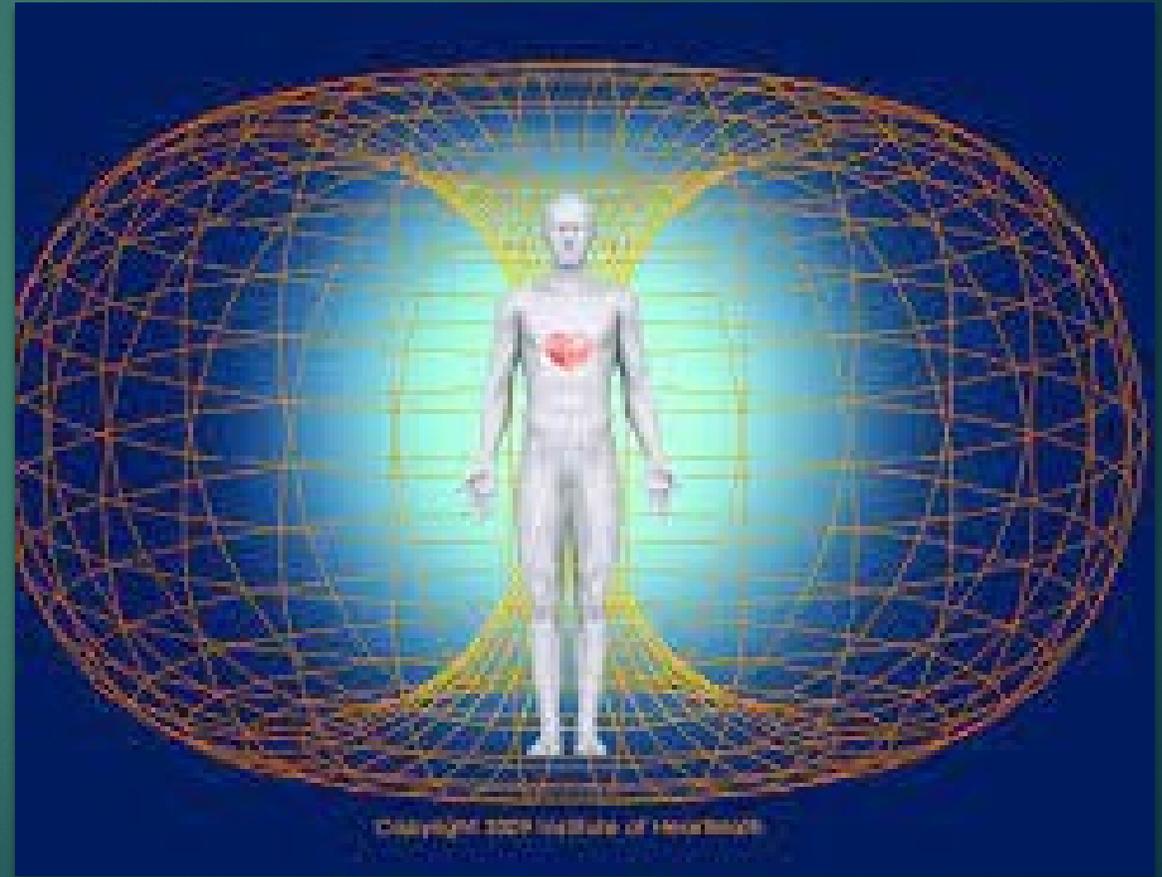


Human's Magnetic Field

The heart's magnetic field, which is the strongest rhythmic field produced by the human body, not only envelops every cell of the body, but also extends out in all directions into the space around us. The heart's magnetic field can be measured several feet away from the body by sensitive magnetometers. Research conducted at HMI suggests the heart's field is an important carrier of information.

(HeartMath Institute, 2009)

Photo: HeartMath Institute



A glowing blue brain and Earth. The brain is on the left, and the Earth is on the right, both emitting a bright blue light. The background is dark blue.

Our entire biological system, the brain and the earth itself work on the same frequencies.

© Nikola Tesla



Einstein's paradigm of vibrational science viewed human beings as a network of complex energy fields that interface with physical and cellular systems.

- A modern and more recent perspective involves looking at vibration science based on Einstein's paradigm.
- This concept sees human beings as a network of complex energy fields that interface with physical and cellular systems.
- For instance, vibrational medicine uses specialized forms of energy to positively affect those energetic systems that may be out of balance due to diseased states

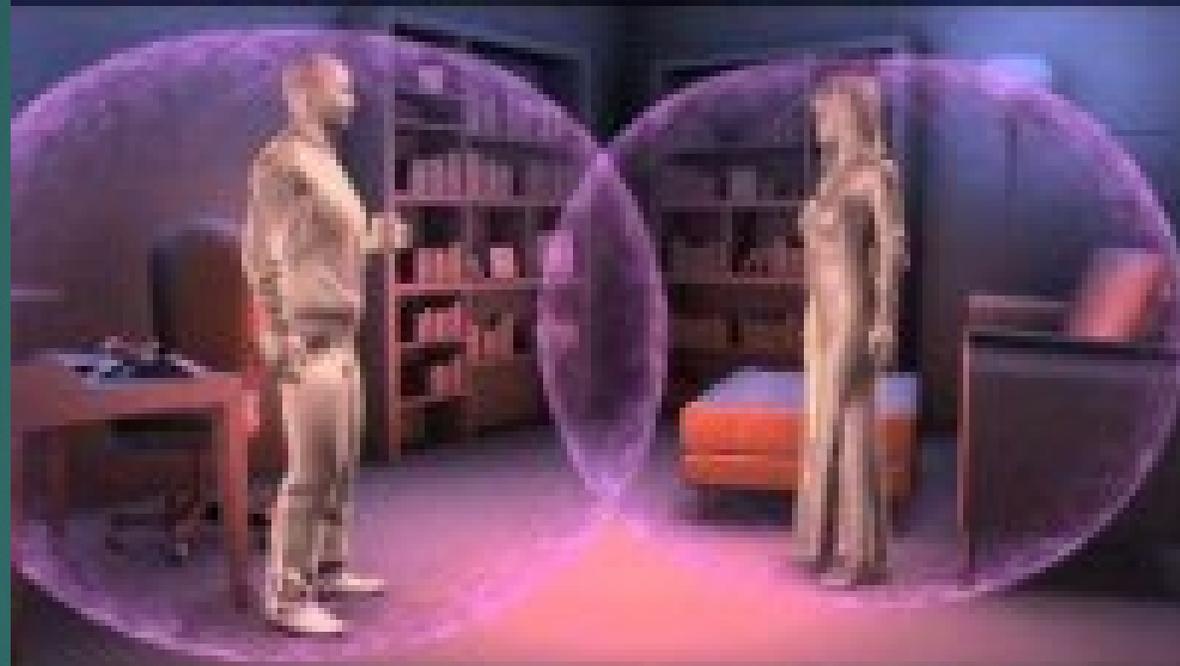
(Gerber, 2001).

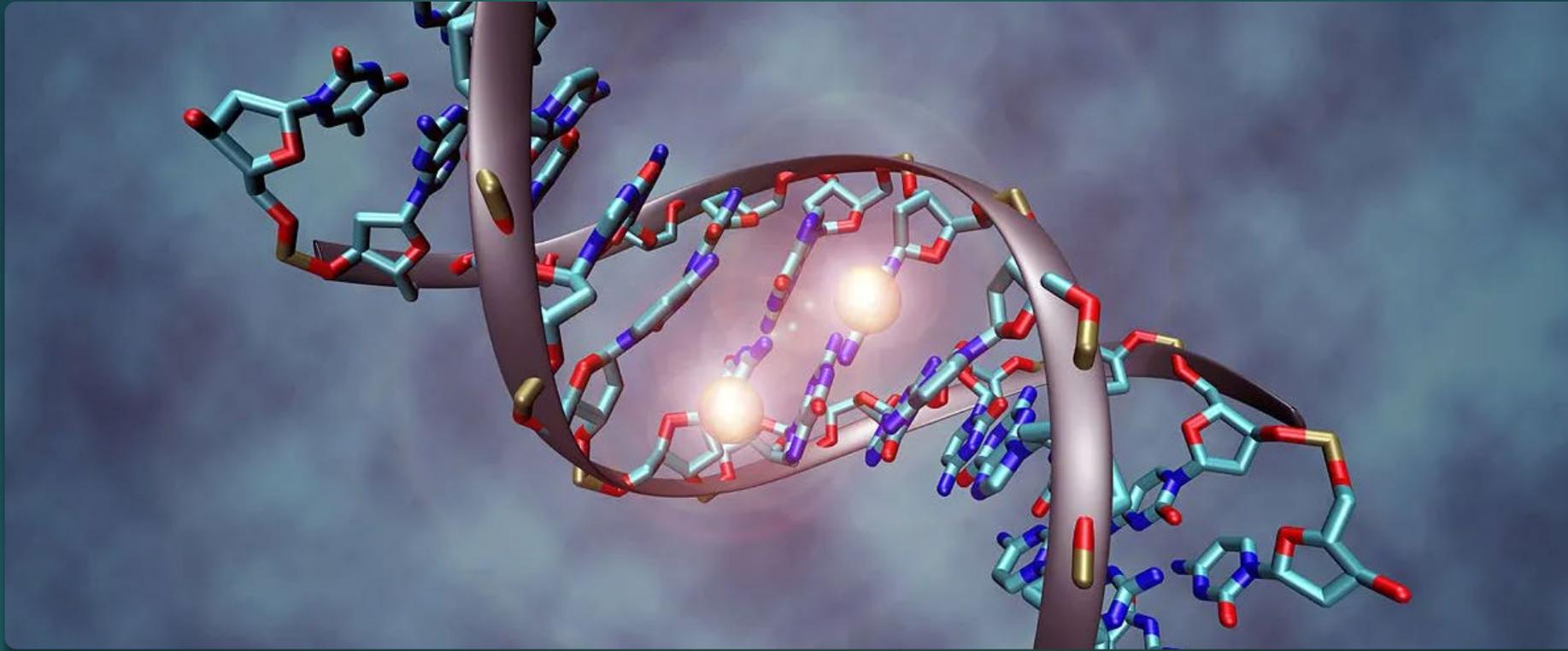


Meditative strategies have been shown to synchronize autonomic nervous system and heart rhythm with the planet's magnetic field.

(Alabdulgader, et al., 2018; McRaty, et al., 2017; Timofejeva, et al., 2021).

Photo: Kip Kane-Ronning





Human Emotion Changes the Shape of DNA Photo: Harvard University

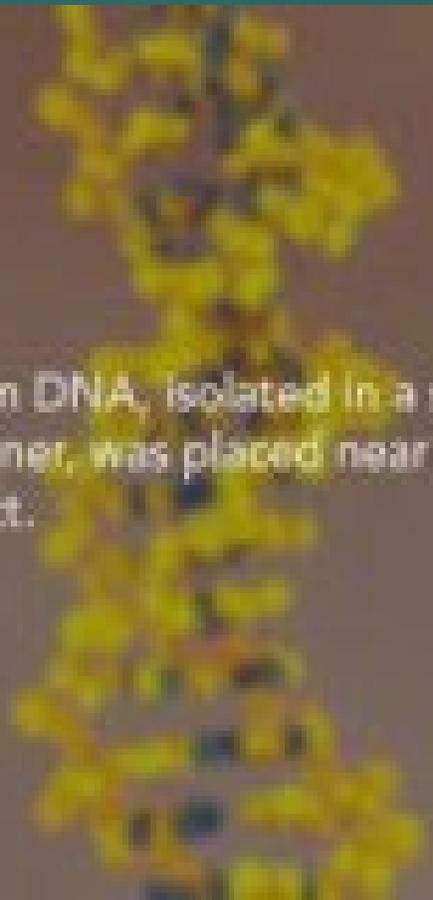
- Different intentions produce different effects on the DNA molecule, causing it to either wind or unwind.
- Directed intention, unconditional love and specific imagery changes DNA (Braden, 2007).

Studies show that energy exists between living tissues

- ▶ Cells and DNA communicate through this field of energy
- ▶ Human emotion has a direct influence on living DNA, and
- ▶ Distance has no consequence on the effect (Braden, 2007).

Photo:
yourhappyplaceblog.com





Human DNA, isolated in a sealed container, was placed near a test subject.



Changing the
Humanity/Planetary
Relationship

**Moving
from fear
to positive
intention**

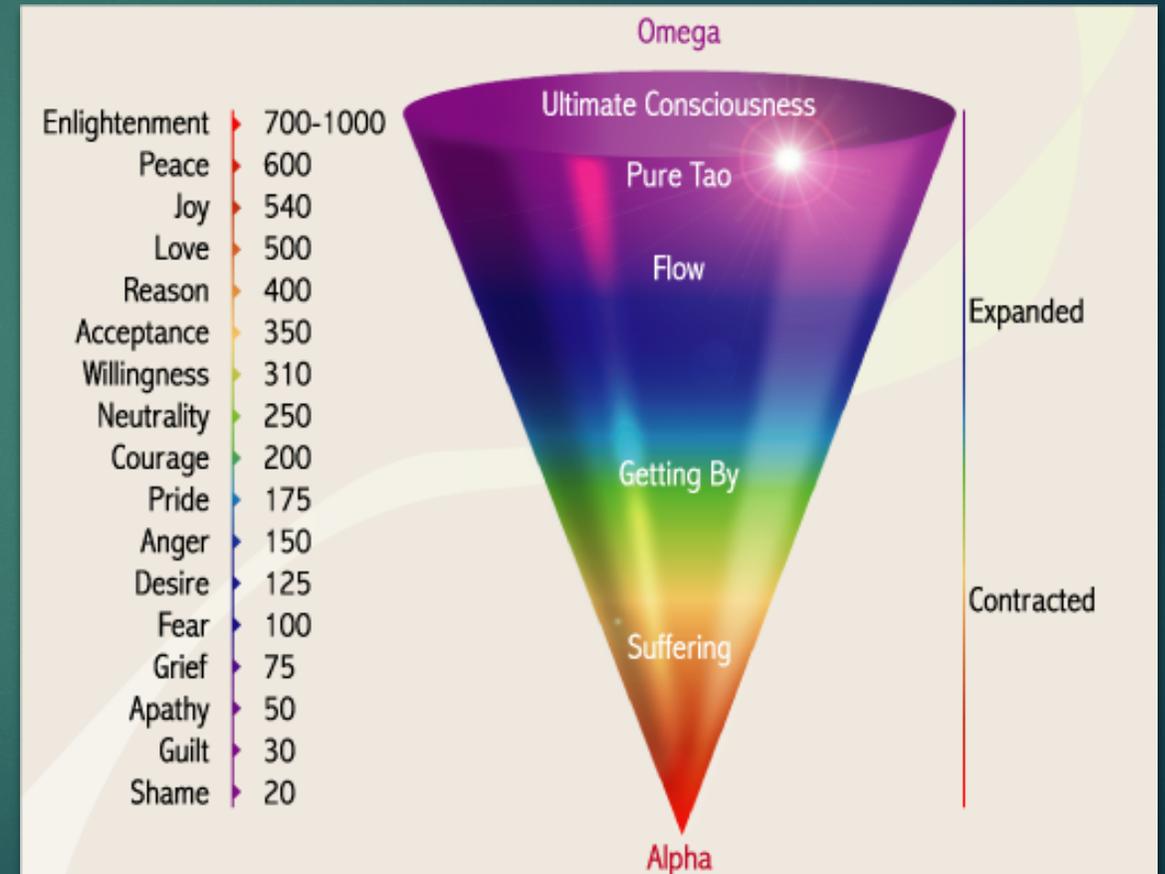
Vibrational Frequencies and Emotional States

▶99% of the world's population is living at a contracted frequency (below 200)

▶The vast majority of humanity is either suffering or just getting by

▶To live in flow, in love, and In peace, you need to raise your vibration to match that of which you wish to attract.

Image: <http://freedomwithin.org>



Twelve Steps to Raise Your Vibrational Frequency

- ▶ Gratitude
- ▶ Love
- ▶ Generosity
- ▶ Meditation and breathwork
- ▶ Forgiveness
- ▶ Eat high-vibe foods: Nutrient dense, organic fruits and vegetables
- ▶ Reduce or eliminate alcohol and toxins from the body
- ▶ Think positive thoughts
- ▶ Consume high vibe music, tv, books and movies
- ▶ Surround yourself with beauty
- ▶ Go for a walk outside
- ▶ Be sure your relationships are vibing high

(chopra.com)

Random Acts of Activism

Photo: Tetra Images



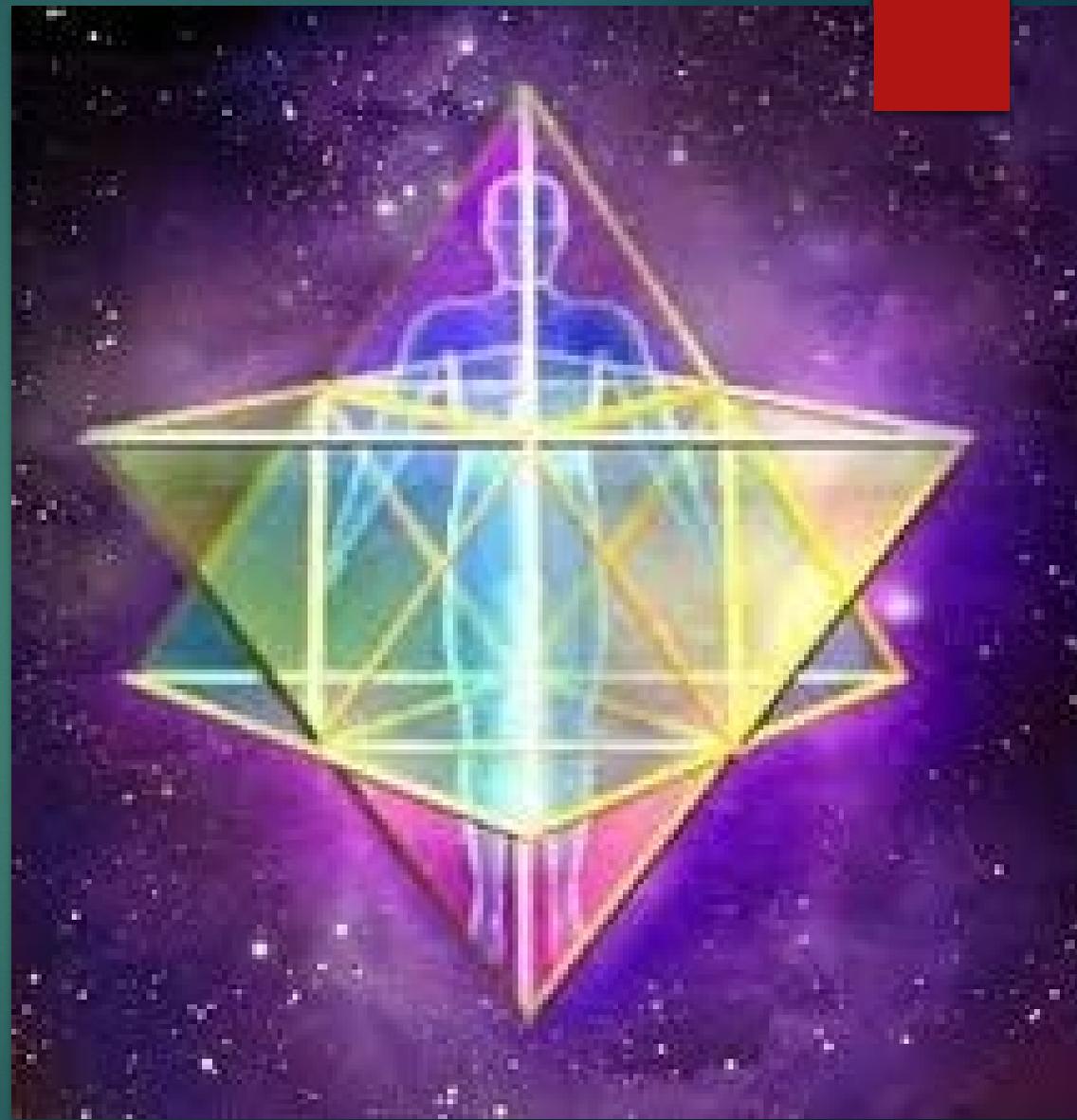


Visualizations, healing intentions and practices to raise vibrational frequency

Photo: www.wise-geek.com

Activating the Merkabah with Breathwork

- ▶ Breathe in and picture a rod go up out of your head towards the universe and down out of your feet, into the planet.
- ▶ Breathe out, creating a circle around your mid-section.
- ▶ Protect your space with 100% pure light and love
- ▶ Allow the space you create to spin, activating it to 100,00 times Godspeed.



Raise Your Vibration to Heal the Planet

- ▶ While you are breathing, connect to the planet.
- ▶ Picture the aspects of her beauty, especially those that most speak to your heart.
- ▶ With intention, Send the planet love, gratitude, healing energy, and peace.
- ▶ Continue to breathe these energies while you hold this positive connection.







What you do makes a difference, and you have to decide what kind of difference you want to make.”

Dr Jane Goodall, Scientist & Activist

Photo: curious.earth