

ESM 430: Ecopsychology & Inspiring Change (1-unit)

Session 1: Friday, Feb 1, 12-4pm

Session 2: Friday, Mar 8, 12-4pm

Lecturer: Craig Chalquist, PhD, Associate Provost of Pacifica Graduate Institute

Instructor of Record: Lisa Leombruni

Course Overview

This workshop-style course with Craig Chalquist, PhD, Associate Provost of Pacifica Graduate Institute, will explore ecopsychological approaches for inspiring environmental change. Dr. Chalquist will bring his expertise in ecopsychology, counseling, depth psychology, mythology, and storytelling to describe and show how to work with the resistance that many people feel when facing environmental problems. Of particular focus will be how to “re-enchant” people with the natural world, rather than try to convince them of the facts. He will also review the unique opportunities for change by using an ecopsychological approach. The course is open to all Bren students and counts as an elective for the Communication Focus.

Grading & Attendance

Grades will be given on the basis of attendance (40%), one assignment given between sessions (30%), and participation (30%). You must attend both sessions, hand your assignment in on time, and discuss actively in class; please also complete assigned readings so you can participate in class discussions. (*Note: If you cannot attend both sessions you will not pass the class.*)

Topics

Session 1 – Feb 1

Psychotherapy/ecopsychology and global warming

- What is ecopsychology? What is depth psychology?
- Psychological defenses and the psychology of climate change denial
- Psychology of attitude change

Changing minds

- The need for “conversational containers” for dealing with emotions
- Reengagement with nature: *ecotherapy*
- The power of myth & storytelling for inspiring change

Session 2 – Mar 8

- Effective persuasion: toward a model for changing minds
- Earth Stories and other techniques
- Next steps & solutions (introduction to “enchantivism”)

Required Readings

All readings are posted on GauchoSpace.

Ecopsychology and Change

- “Barriers to Climate Action,” excerpt from *What We Think About When We’re Not Thinking About Global Warming*, by Per Espen Stoknes (2015)
- “Using Emergence to Take Social Innovation to Scale,” by Margaret Wheatley & Deborah Frieze, *Emergence and Social Innovation* (n.d.)
- “The Machine and the Garden,” by Eric Liu and Nick Hanauer (2012) *New York Times*
- “The Waking Up Syndrome,” www.resilience.org (2008)

Storytelling

- “Change the Story, Change the World,” by David Korten (2007)
- “Why Your Brain Loves Good Storytelling,” by Paul Zak (2014) *Harvard Business Review*
- “The Cynic and the Boatbuilder,” by Charles Eisenstein (2015) *Films for Action*

Assignment - TBD

Due: Monday, Feb 4th at 12 noon on GauchoSpace