

Sami Kivikkokangas: Living with the Climate and Ecological Emergency



Sami Kivikkokangas is a special psychologist, adolescent psychotherapist and training psychotherapist in integrative psychotherapy. He works as a clinician in private practice with adolescents and young adults, where he moved from public sector after +10 years of work with adolescents and their parents at the Adolescent Psychiatry (HUS HYKS, University Hospital of Helsinki).

As a researcher he prepares his thesis focusing on psychotherapeutic change at the Clinical Research Doctoral School at the Department of Medicine, University of Helsinki. The aim of the research is to show using qualitative methods in single-case study design how self-observation as a precondition for the development of self-analytic capacity (ie. self-agency) happens and through what kind of interaction is this change in agency is made possible in psychotherapy.

In addition, he serves as a teacher in different contexts: for psychotherapy and undergraduate students at the University of Helsinki, for third sector care providers and international collaboration (Norway, Germany, USA, China). Other scientific positions of trust have included the chairman of the board of the psychotherapy work group (Finnish Psychological Association) and editorial boards of psychotherapy journals.

Summary of presentation

The world is facing a climate and ecological emergency (CEE), but seems to be ignoring the increasingly urgent alarms being raised by scientists and activists that we are heading for catastrophe. The CAT Climate SIG emerged during lockdown as an attempt to make sense of our responses (or lack of them) to the CEE, and to formulate them from a CAT perspective. We hope to offer spaces for CAT informed dialogue about the CEE crisis, and to think about ways in which CAT could contribute.

We would like to propose a plenary talk and workshop for this conference that will draw on this role for CAT within the context of the Climate and ecological crisis, sharing some of the work within ICATA's CAT Climate Special Interest Group, alongside presenters sharing some of their own personal stories that have brought them to being active and engaged within this climate and ecological emergency space.

As well as looking at a role for CAT within the dialogue around the climate and ecological crisis we shall also look to share some of the work that has been in development, including an adaptation of the psychotherapy file, a working booklet under the initial title of "Living with the Climate and Ecological Emergency", which is being supported by a series of maps. This booklet will be shared on the conference App, and the CAT Climate SIG would welcome people's thoughts, comments and feedback about the booklet, to assist with further coproduction and co-refining – an unfinalised dialogue.

Read here about [Living with the Climate and Ecological Emergency](#)