

Our Climate Crisis and Mental Health

SEPTEMBER 2021

DARA SHEIK, LCSW

An ecological crisis occurs when changes to the environment of a population destabilizes its continued survival. Humans affect the natural environment and the activities of modern society have threatened the sustainability of humanity and society. One example of human impact is the burning of fossil fuels, which has led to global warming and the climate crisis. These cascading consequences of ecological changes and climate crisis can harm physical, mental and spiritual health.

Participants in this course will learn about the interconnected relationships between our climate crisis and mental health. This course will emphasize how unfolding consequences of our ecological crisis negatively impact our mental health and sense of wellbeing. Course material and participants will interact with the following learning objectives:

LEARNING OBJECTIVES:

1. Examine the relationship between mental health and the climate crisis
2. List three current symptoms of mental illness that are increasingly being experienced as a result of our ecological crisis
3. Describe two established clinical tools and evidence based treatment approaches that may assist in diagnosing and treating climate related mental health problems.

DARA SHEIK, LCSW earned his MSW degree at New York University and is currently a Lead Case Manager at the COPE clinic within Cottage Health's Department of Psychiatry and Addiction Medicine. He is also a psychodynamic psychotherapist and co-founder of Climate Solidarity – a San Luis Obispo based organization dedicated to honoring the emotional consequences of our climate crisis. Dara completed his fieldwork in psychodynamic psychotherapy at Washington Square Institute in New York City and a fellowship year at the San Francisco Center for Psychoanalysis.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its September 2021 presentation.

TUESDAY, SEPTEMBER 28, 2021

Noon to 1:30 p.m.
No meals or breaks provided.

Please Register at:

[https://cottagehealth.
zoom.us/webinar/register/
WN_4olaUvJdTZiURjCv-7qR9w](https://cottagehealth.zoom.us/webinar/register/WN_4olaUvJdTZiURjCv-7qR9w)

After registering you will receive
a confirmation email containing
information about joining the training.

CONTINUING EDUCATION

- Course meets the qualifications for one hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for one contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in Compass Learning. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation, please contact the Education Department at (805) 569-7325.

PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT
Jasmin Juarez

EDUCATION CONSULTANT

Christine Block, MSN, RN, SCRNP

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

[https://cottagehealth.
zoom.us/webinar/register/
WN_4olaUvJdTZiURjCv-7qR9w](https://cottagehealth.zoom.us/webinar/register/WN_4olaUvJdTZiURjCv-7qR9w)

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