



Oregon Psychological Association Webinar Series

A Role for Psychology and Psychologists in the Climate Crisis: Reporting from the APA Task Force on Climate Change

Presented by Dr. Sara Walker, PhD



Register online at www.opa.org

2 HOURS OF CEU

**Friday
FEBRUARY**

24

9:00 – 11:00 am

Workshop Description

The crisis of our changing climate directly affects human health and mental health and these impacts are worsening. Not only is there increasing frequency and severity of extreme weather events, but the climate crisis intersects with the effects of racial and economic injustice regionally and globally. In 2020, the president of the American Psychological Association appointed a Task Force on Climate Change “to recommend goals and strategies for future APA activities that will have a strong impact on the climate change crisis.” The Task Force Report recommended steps to strengthen the field of psychology within climate action and to broaden its impact through practice, education, advocacy, and research. This presentation will include direct action items for psychologists in Oregon who are motivated to mitigate and adapt to the climate crisis, and for cultivating hope and connection while doing so.

Workshop Objectives

By the conclusion of this presentation, participants will be able to:

- Identify at least three ways that individual health and mental health can be affected by the climate crisis.
- Describe ways that psychologists can contribute to climate change mitigation and adaptation within a justice and equity framework, per the APA Task Force on Climate Change Report.
- Identify and implement at least two strategies for connecting with others and caring for oneself in times of crisis.

Speaker

Sara Walker, PhD



Sara Walker, PhD (she/her) is a neuropsychologist at OHSU where she is an Associate Professor of Psychiatry, core faculty member in the Clinical Psychology PhD Program, and licensed psychologist in the Resident and Faculty Wellness Program. Dr. Walker grew up in Portland, earned a Bachelor's

degree from the University of Oregon, a Master's in Counseling Psychology and a PhD in Clinical Psychology from the University of California at Santa Barbara, and completed a postdoctoral fellowship in Clinical Neuropsychology at the University of Michigan School of Medicine. She returned to Portland to join the faculty at OHSU in 2011, where she holds clinical, administrative, and educator roles. Dr. Walker has also been active in disaster mental health, as well as sustainability efforts and climate action at OHSU, regionally, and nationally, including recent membership on the APA Task Force on Climate Change.

OPA has a new registration option. If you are unable to attend in person or virtually the day of the webinar, you can now register to receive a link to the recording of the webinar which will be emailed to you approximately one week after the webinar concludes.