

Blue Mountains Sustainability Festival

Presenter: Chrisie Wilson

Date: 26/9/2026

Location: Tibbi Whalen Hall, Civic Centre, Katoomba St, Katoomba

Time: 11:15 - 12:00

Topic: Psychology for a Safe Climate

Presenter Bio

Christie Wilson, MA, PACFA, is a psychotherapist, climate psychology consultant, regenerative practitioner, mentor and facilitator. Drawing on Gestalt and somatic psychotherapy, systems thinking and more than a decade of climate-aware clinical practice, she supports practitioners, climate leaders, activists and communities navigating climate anxiety, ecological grief, trauma and overwhelm. As the former Climate Mental Health Manager at Psychology for a Safe Climate, Christie helped develop its national Climate Café program, professional development initiatives and Climate-Aware Practice Framework. Her work focuses on transforming difficult climate emotions into resilience, connection, compassionate action and meaningful engagement with the climate and nature crisis.

Presentation Precs

Climate change is often discussed in terms of science, technology, and policy, yet it also profoundly affects how we think, feel, and relate to the world around us. Christie Wilson explores the emotional dimensions of the climate and nature crisis and how these influence our capacity to respond with resilience, compassion, and meaningful action.

As Climate Mental Health Manager at Psychology for a Safe Climate, Christie works at the forefront of the emerging field of climate psychology. She supports organisations, communities, practitioners, and climate advocates to understand and navigate the complex emotions that arise in response to environmental change, including anxiety, grief, uncertainty, overwhelm, and hope. She also leads professional development programs and Climate Cafés that help individuals and communities build emotional resilience and sustain engagement in climate action.

In this thought-provoking presentation, Christie will explore how acknowledging and working constructively with climate emotions can strengthen individual wellbeing, deepen community connection, and support the long-term social and cultural changes needed to create a safer future.

Psychology for a Safe Climate is Australia's leading organisation working at the intersection of climate change and mental health, helping individuals, organisations, and communities develop the emotional capacity, resilience, and care needed to respond effectively to the climate and nature crisis.