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How Building Human Resilience to Climate Disruption Can Safeguard Society and Increase Wellbeing

Bob Doppelt

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Bob Doppelt

Transformational Resilience Bob Doppelt, 2017-09-08 Using the author's extensive experience of advising public private and non profit sectors on personal organization and community behavioral and systems change knowledge and tools this book applies a new lens to the question of how to respond to climate change It offers a scientifically rigorous understanding of the negative mental health and psychosocial impacts of climate change and argues that overlooking these issues will have very damaging consequences. The practical assessment of various methods to build human resilience offered by Transformational Resilience then makes a powerful case for the need to guickly expand beyond emission reductions and hardening physical infrastructure to enhance the capacity of individuals and groups to cope with the inevitable changes affecting all levels of society Applying a trauma informed mental health and psychosocial perspective Transformational Resilience offers a groundbreaking approach to responding to climate disruption The book describes how climate disruption traumatizes societies and how effective responses can catalyze positive learning growth and change Tomorrow Alice Chamberlayne Hill, Leonardo Martinez-Diaz, 2020 Even under the most optimistic scenarios significant global climate change is now inevitable While squarely confronting the scale of the risks we face Building a Resilient Tomorrow presents replicable sustainability successes and clear cut policy recommendations that can improve the climate resilience of **Preventing and Healing Climate Traumas** Bob Doppelt, 2023-03-30 Using communities in the US and beyond extensive research interviews with program leaders and examples Preventing and Healing Climate Traumas is a step by step guide for organizing community based culturally tailored population level mental wellness and resilience building initiatives to prevent and heal individual and collective climate traumas This book describes how to use a public health approach to build universal capacity for mental wellness and transformational resilience by engaging community members in building robust social support networks making a just transition by regenerating local physical built economic and ecological systems learning how trauma and toxic stress can affect their body mind and emotions as well as age and culturally tailored mental wellness and resilience skills and organizing group and community minded events that help residents heal their traumas These actions build community cohesion and efficacy as residents also engage in solutions to the climate emergency This book is essential reading for grassroots civic non profit private and public sector mental health human services disaster management climate faith education and other professionals as well as members of the public concerned about these issues Readers will come away from this book with practical methods based on real world examples that they can use to organize and facilitate community based initiatives that prevent and heal mental health and psycho social spiritual problems and reduce contributions to the climate crisis Adaptation to Climate Change Mark Pelling, 2010 The impacts of climate change are already being felt Learning how to live with these impacts is a priority for human development In this context it is too easy to see adaptation as a narrowly defensive task protecting core assets or functions from the risks of climate change A more profound engagement which sees climate change risks as a product and driver of social as well as natural systems and their interaction is called for Adaptation to Climate Change argues that without care adaptive actions can deny the deeper political and cultural roots that call for significant change in social and political relations if human vulnerability to climate change associated risk is to be reduced This book presents a framework for making sense of the range of choices facing humanity structured around resilience stability transition incremental social change and the exercising of existing rights and transformation new rights claims and changes in political regimes The resilience transition transformation framework is supported by three detailed case study chapters These also illustrate the diversity of contexts where adaption is unfolding from organisations to urban governance and the national polity This text is the first comprehensive analysis of the social dimensions to climate change adaptation Clearly written in an engaging style it provides detailed theoretical and empirical chapters and serves as an invaluable reference for undergraduate and postgraduate students interested in climate change geography and development studies

Building Resilience to Trauma Elaine Miller-Karas, 2023 The second edition of Building Resilience to Trauma explains common responses to trauma from a biological perspective reframing the human experience from one of shame and pathology to one of hope and biology

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