



Sustainable Living for a Sustainable Earth

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Ecological Psychotherapy - Social Ecology Research - Sustainable Living Courses

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www.livesustainably.net

Lead a more sustainable life:

- **emotionally**
- **psychosocially**
- **ecologically**

SLSE Brochure

Sustainable Living

Notions of 'Sustainable Living' have recently been considered in relation to topics such as clean air and water, Permaculture, solar panels and mud-brick houses. Although environmental groups and government programs will continue to play important roles in these issues, there is now a growing awareness that to live sustainably we will also have to address the emotional and psychosocial aspects of sustainability, including the following:

- satisfying relationships
- creative expression
- meaning and purpose
- fairness in the workplace
- the underlying causes of wellness and illness in our society
- violence and peace
- equality between genders, races and other expressions of difference.

These factors, as much as a healthy natural environment, will determine whether or not people can live with a sense of ease and happiness in a life-supporting world. Research has shown that those who live psychosocially sustainable lives are more likely to care for others and the non-human environment than those who struggle with the above issues.

When Is Your Life Not Emotionally and Psychosocially Sustainable?

Many people in our modern world:

- are stressed by conflicts and do not have time and opportunities to be creative;

- feel they need alcohol, nicotine or other drugs to cope with life's demands;
- have difficulties identifying with their feelings and with finding adequate expressions for them;
- struggle with maintaining nurturing connections with other people and the natural world;
- lack a sense of purpose and direction and get trapped in consumerism to give life meaning and bolster self-esteem;
- have difficulties respecting social boundaries and accepting their limitations;
- have difficulties understanding the emotional and symbolic meaning of their illnesses.

While such difficulties and compensatory behaviours may cause severe health problems only after some time, they nevertheless limit many people's sustainability. This is because the emotional pressures limit their aliveness, sow the seeds for later illness, and are a constant burden on the natural environment.

Facilitating Emotional and Psychosocial Sustainability

Sustainable Living for a Sustainable Earth is an enterprise committed to researching our environmental crises from a depth psychology perspective. It also provides the emotional support that many people need to make their lives more emotionally and psychosocially sustainable. It does this by assisting people in:

- deepening awareness of one's emotional and social sustainability;
- enhancing ability to understand the psychosomatic meaning of one's illnesses;
- deepening understanding of the links between personal, social and ecological sustainability;
- better understanding their disowned and projected feelings, and how these might contribute to emotional crises, relationship breakdowns and the deterioration of the natural environment.

The short courses described below are designed to enable people to lead more conscious and satisfying lives without the need to bolster their sense of self through the consumption of unessential goods and services. This consumerism is presently a major contributing factor to the loss of sustainability at every level.

Revealed to us now, we see the body, in need of recovery, treated as a possession separate from ourselves. Many of us have lived like renters in a small room of a house we consider barely habitable. Disembodied, we have dangerously compromised the fabric of nature that supports us. We have come to see that on our fragile planet, we must become accountable to our body as well as our mind and spirit (Conger, J.P. 1994), *The Body in Recovery*, Frog Ltd., Berkeley, p. xv).

Short Courses

One-day courses on focused topics offer the opportunity to study key aspects of sustainable living in an academic yet experiential environment. Most courses are designed to suit the public, whereas some are tailored to suit the needs of professionals such as counselors and psychotherapists, environmental educators or corporate managers. Courses are held on Sundays throughout the year.

Venue: Longneck Lagoon Environmental Education Centre, Maraylya or similar venues in the Sydney metropolitan area. Courses can be arranged at other locations on request.

List of Courses:

- ① Sustainability Mapping
- ② Ecological psychology in Environmental Education
- ③ Aspects of Eco-Psychotherapy
- ④ Sustainable Living in the Workplace
- ⑤ Body-mind Unity and Sustainable Living
- ⑥ Person-planet Unity and Sustainable Living
- ⑦ Understanding ADD and ADHD
- ⑧ Understanding Cancer and “Earth Cancer”

① Sustainability Mapping

This course will provide participants with opportunities to ‘map’ their lives in terms of emotional, social and environmental sustainability. By drawing on paper the complex web of their relationships to people, workplaces, organisations, spiritual affiliations, assets, etc, it will be possible to see more clearly how one is living in the world and be in a position to make decisions to change things for the better. The placement of the different entities on paper, and the use of arrows of different colours and sizes indicating the quality of the relationship create a visual experience of one’s life that is both informative and change-provoking.

The mapping process will be followed by discussions designed to enable participants to envisage possibilities for change and the “redesigning” of relationships to enhance sustainability and quality of life.

Designed to benefit:

- anyone interested in sustainable living, environmental educators, health practitioners interested in the psychosocial background of illness.

② Ecological Psychology in Environmental Education

Since Theodore Roszak drew attention to the connections between psychological and environmental distress in his groundbreaking book *Person / Planet* in 1977, there have been a range of responses to this challenge to psychologists to “not neglect the environment”.

This course will provide an overview of key aspects of social psychology, cognitive psychology and behaviourist psychology, and how these approaches are presently used in environmental education to influence people’s behaviour to create a more sustainable environment. The advantages and disadvantages of each of these will be discussed and compared with the possibilities offered by a depth psychology perspective on sustainable living.

Designed to benefit:

- anyone interested in sustainable living, environmentalists, environmental educators, psychologists, psychotherapists.

③ *Aspects of Eco-Psychotherapy*

Eco-psychotherapy is a newly emerging field of inquiry and practice that seeks to develop ways of helping people heal by also including an awareness of the roles the natural environment plays in both people's past and present experiences. The "greening of psychotherapy" is, however, not an easy process. Some therapeutic approaches that have attempted to functionalise people's therapy to save the world have inadvertently instilled a new ecological super-ego and continue to foster ideas of right and wrong by playing on guilt and shame.

This course we will review a range of eco-psychotherapy approaches and formulate an approach that respects people's individual healing process and honours the relevance of the natural environment in people's past and present experiences.

Designed to benefit:

- anyone interested in the "greening of psychotherapy", psychotherapists, counsellors, environmental educators.

④ *Sustainable Living in the Workplace*

Although the "greening of corporations" is said to be in full swing, psychotherapists and counselors more than ever listen to stories of increasing emotional and social pressure in the workplace. Job insecurity resulting from rounds of restructuring cause increasing fear and lead people to repress unconscious natural self-regulation strategies. As a result, minor illnesses can become major ones. The increasing stress, the recourse to alcohol and other drugs, and the effects of this stress on people's relationships, have turned many workplaces into pinnacles of extreme unsustainability.

This course provides opportunities for participants to explore important causes of this dilemma by using a depth psychology perspective. A deep understanding of the psychological background of the social structures operating in corporations will show possible ways out of this dilemma which, if not solved, will become the greatest source of unsustainability in our society.

Designed to benefit: corporate managers, environmentalists, change agents.

⑤ *Body-mind Unity and Sustainable Living*

From a depth psychology and psychosomatic perspective, many of our emotional and psychosocial difficulties may be seen to stem from the lack of body-mind integrity that has been part of our Western cultures for many centuries. Continuously reproduced in the individuals growing up in these cultures, this body-mind split is responsible for many of our conflicts, consumerism, psychosomatic illness, yearning for power and control, and uncaring behaviour. An increasing number of environmentalists, among them many ecofeminists, also believe that the split between body and mind is also responsible for many aspects of our environmental crises. If this is so, then healing this split is one of the challenges environmental educators will have to face.

This course examines the links between the body-mind split and our ecological crises. Participants will learn how to enhance their felt sense of body-mind unity and how to integrate this into programs of environmental education and social change.

Designed to benefit:

- anyone interested in sustainable living, environmental educators, counselors, psychotherapists.

⑥ *Person-planet Unity and Sustainable Living*

One consequence of our difficulties with experiencing a felt sense of body-mind unity is our ongoing, partly unconscious struggle with the experience of person-planet unity. Many hopelessly try to satisfy their natural need to belong, to be part of nature by way of memberships in clubs and sects, or by expecting this spiritual need to be satisfied within relationships.

Our difficulties with experiencing person-planet unity keep us believing that the experience of a personal and a transpersonal self are mutually exclusive.

This course examines the key issues relating to the experience of person-planet unity and to environmental ethics, and guides course participants through a number of exercises designed to enhance the ability to feel connected with the rich diversity of nature.

Designed to benefit:

- anyone interested in sustainable living, environmental educators, psychotherapists, counsellors.

⑦ *Understanding ADD and ADHD*

Two manifestations of unsustainable living, mainly occurring in children, have become known as ADD (attention deficit disorder) and ADHD (attention deficit hyperactivity disorder). Defying categorisation as psychosomatic or environment-induced illnesses, the conditions are probably best understood as predictable outcomes of our modern consumer lifestyles. The latest in psychosocial research now links ADD and ADHD with issues such as excessive sugar and caffeine consumption, overstimulation through TV and computer games, and excessive pressure to perform at school. On the other hand, it is associated with a chronic lack of sleep and physical movement, a lack of calm and conscious parental attention, a lack of support in conflicts, and a lack in access to nature.

This course reviews the latest psychosocial theories on ADD and ADHD and examines them in the larger context of our ecological crises.

Designed to benefit:

- anyone interested in sustainable living, parents, medical doctors, psychotherapists, counsellors, community workers.

⑧ *Understanding Cancer and “Earth Cancer”*

Some have drawn parallels between the rampant growth of cancer cells, and their devastating effects, and unlimited economic growth and its diverse impacts on the Earth. They have called the latter “Earth Cancer.”

A depth psychology perspective applied to this phenomenon suggests that in Western societies we are erroneously converting our natural need to grow and mature emotionally and spiritually into a symbolic and addictive way of growing that is destroying individuals, relationships, communities and the planet.

This course provides a liberating psychosomatic view of phenomena like cancer and “Earth cancer”, and invites participants to share their views and support each other in a process of positive change.

Target group: anyone interested in sustainable living, medical doctors, naturopaths, psychotherapists, counsellors.

Course Facilitator

Werner Sattmann-Frese, M.App.Sc. (Social Ecology), studied conventional medicine and body-oriented psychotherapy from 1977 until 1984. Since then he has been working as a psychotherapist mainly in private practice. Since 1992 he has also been supervising psychotherapists and training students in psychotherapy, psychosomatic medicine and biodynamic bodywork. Holding a Master of Applied Science degree in Social Ecology, Werner has recently completed a postgraduate research degree on the complex interrelationships and analogies between personal, social, and environmental sustainability under the guidance of Professor Stuart Hill. Recently Werner has been presenting workshops on depth psychology perspectives in environmental education at conferences in Australia and Germany.

Sustainable Living Courses in 2006:

Sustainability Mapping	
Depth-psychology Perspectives in Environ. Education	
Body-mind Unity and Sustainable Living	
Person-planet Unity and Sustainable Living	
Aspects of Ecological Psychotherapy	
Psychosocial Sustainability in the Workplace	
Understanding ADD and ADHD	
Understanding Cancer and “Earth Cancer”	

Fee (includes GST):

\$ 88 per day (six hours)

Enrolment closing date: two weeks before the commencement of the course.

Registration Form

Please enrol me in the following course(s):

Please

- | | |
|---------------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> Sustainability Mapping (March 2003) | <input type="checkbox"/> Aspects of an Ecological Psychotherapy |
| <input type="checkbox"/> Sustainability Mapping (October 2003) | <input type="checkbox"/> Psychosoc. Sustainability in the Workplace |
| <input type="checkbox"/> Dep. Persp. in Envir. Ed. (Nov. 2003) | <input type="checkbox"/> Understanding ADD and ADHD |
| <input type="checkbox"/> Person-planet Unity and Sustainable Living | <input type="checkbox"/> Understanding Cancer and "Earth Cancer" |

A deposit of \$ 20 for each course is payable on enrolment. The remainder of the fee is due at the commencement of the course.

I enclose a cheque for \$ made payable to Werner Sattmann-Frese.

Name:.....

Address:.....

State: Postcode:..... Telephone (h):..... Telephone(w):.....

Please fill in this form and forward to:

Sustainable Living for a Sustainable Earth: PO Box 4051 Wagstaffe NSW 2257