

Case Study in Climate-Informed Counselling:

"As a therapist at a university health centre, you meet with an international student who presents with significant climate distress. He is from a Pacific island nation that is increasingly impacted by flooding and sea level rise, as well as by global economic inequality.

The client describes feeling panicked about the plight of his home country, and of the world more generally, to the extent that both his studies and his relationships are impaired. He also expresses rage against countries like Canada in the Global North that have perpetrated the climate crisis in the pursuit of their own prosperity.

How might you work with this client, bearing in mind the salient ethical considerations in this situation? How might you respond if he invited you to show up to a student demonstration he was participating in whose aim was to protest the university's investments in the fossil fuel industry?"

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