

Waarom hebben we de klimaatcrisis
nog niet opgelost?

Erik Rozing, psychiater en schrijver

ERIK ROZING
**Staat van
ontkenning**

M

Roman | Meulenhoff

*'De psychiater en het meisje biedt een
realistisch en prettig droog verwoord
inkijkje in de mores in de kliniek.'*

Trouw

'Ontroerend en met vaart beschreven.'

Anna Enquist

'Vlot geschreven debuutroman.'

de Volkskrant

*'Een verrassend licht ademende, soms
grappig geschreven, roman over een
psychiater in opleiding. Knap debuut.'*

De Limburger

*'Geestige, inhoudelijk sterke roman
met kleurrijke types en hun gedrag,
diagnose en behandeling.'*

Zin

'Goed, boeiend en met vaart geschreven.'

*De beschrijving van alle figuren is recht
uit de praktijk, heel toegankelijk, ver-
frissend en vaak geestig. Een aanrader.'*

Hebban.nl

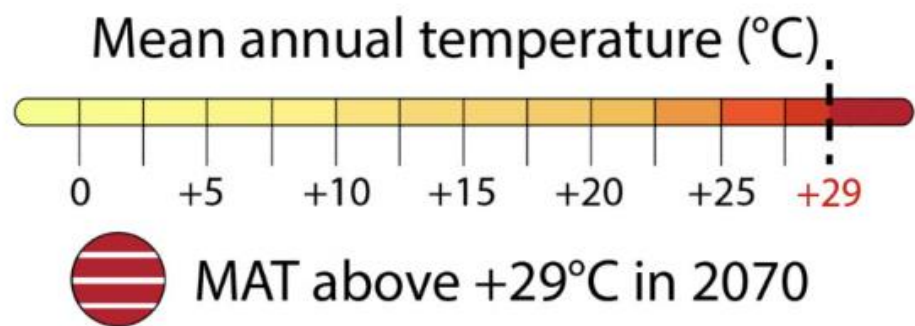
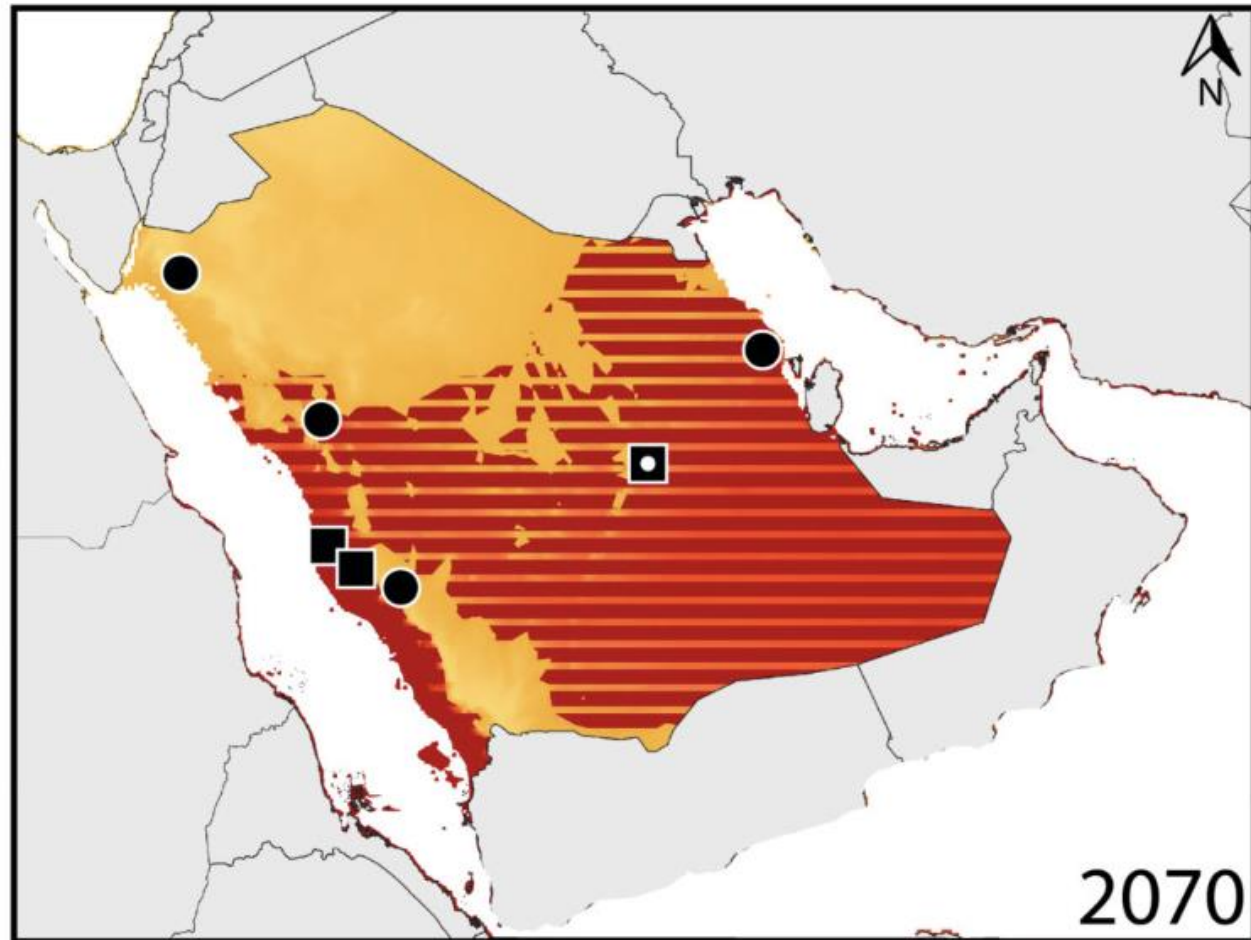
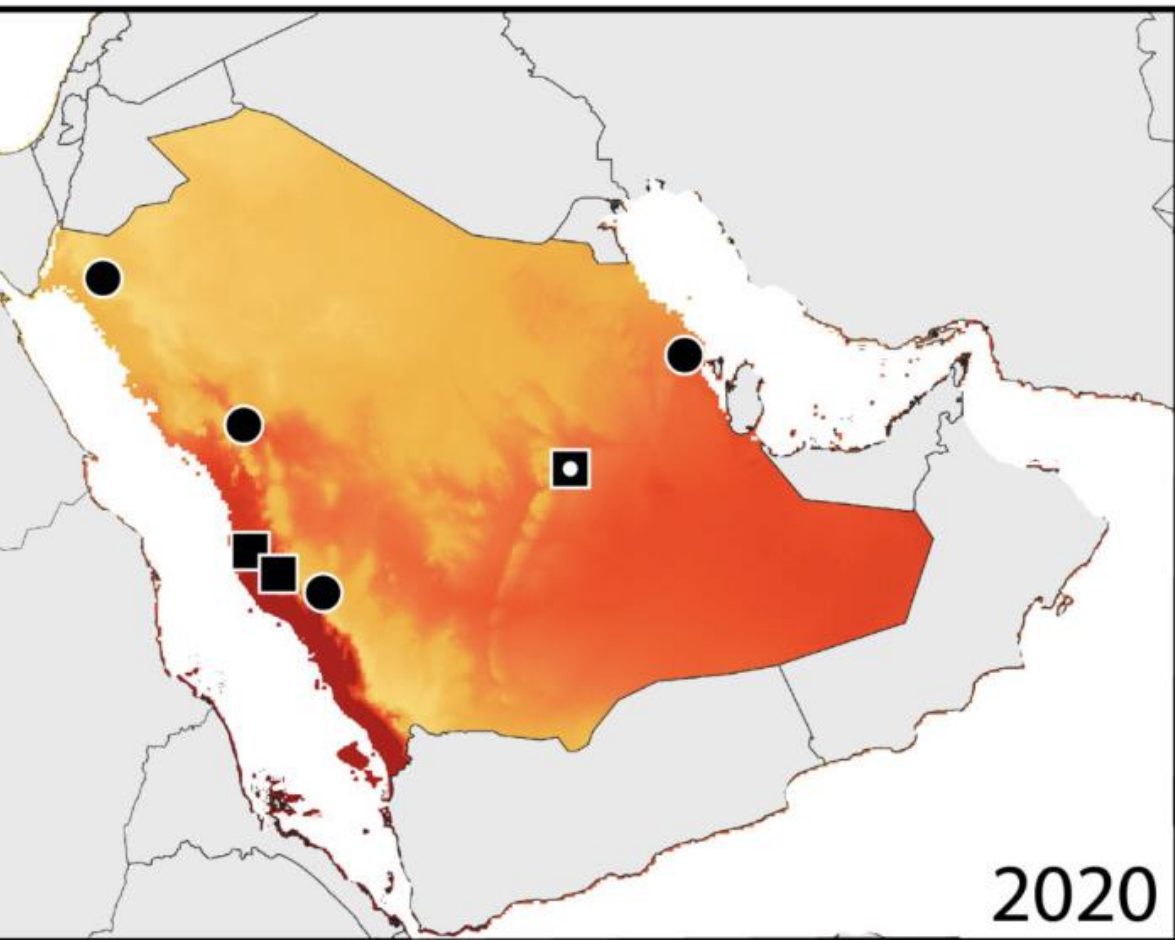


GOODBYE, MIAMI

By century's end, rising sea levels will turn the nation's subtropical urban fantasyland into an American Atlantis. But long before the city is completely underwater, chaos will begin

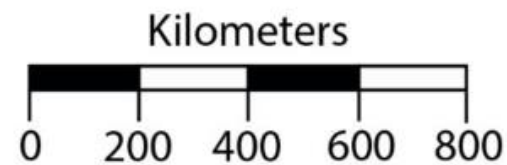
BY JEFF GOODELL





Populations

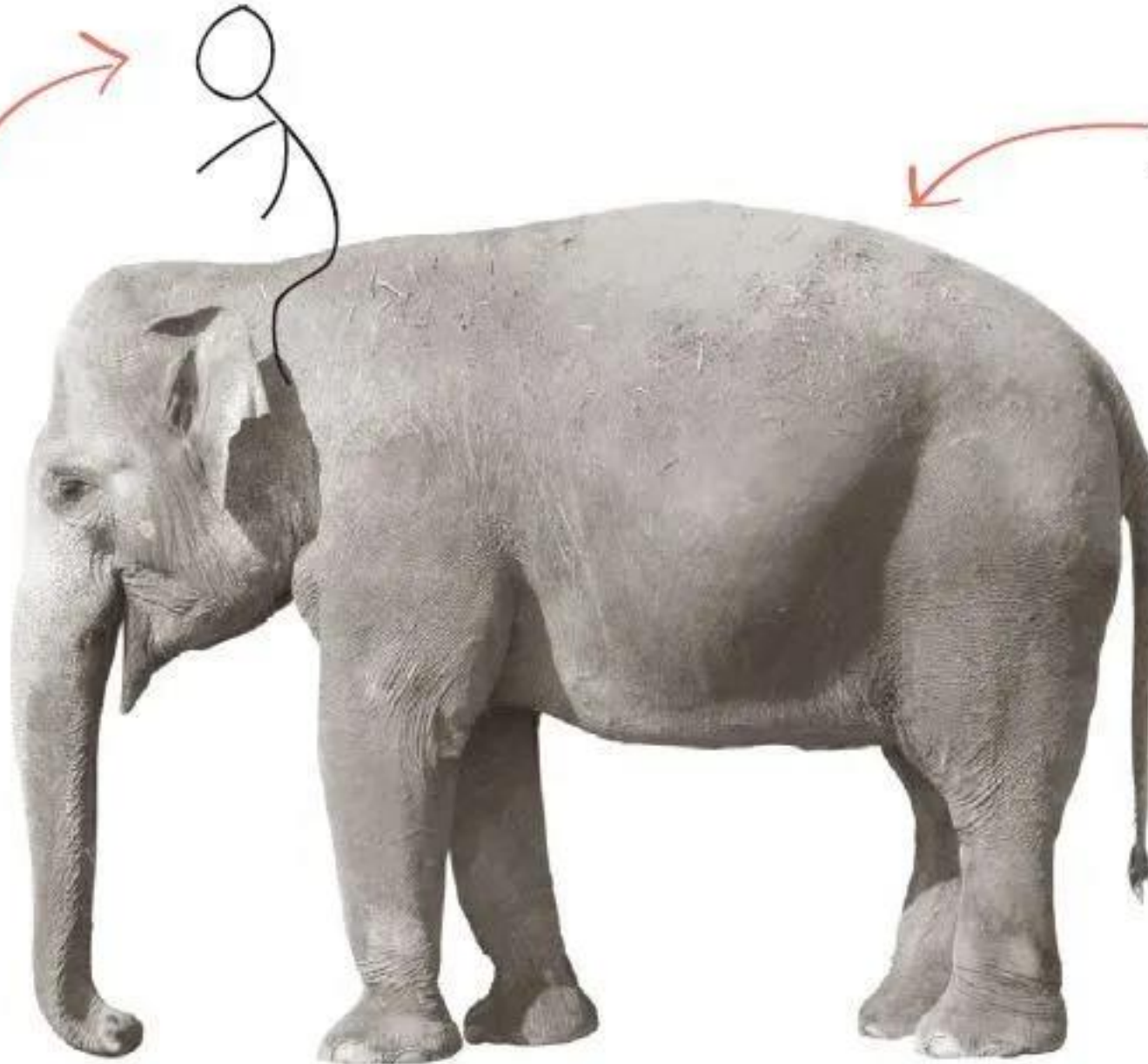
- 7.2 M (Riyad)
- 2 M - 5 M
- 0.5 M - 2 M



EARTH·ORG



Rider:
The
conscious,
verbal,
thinking
brain



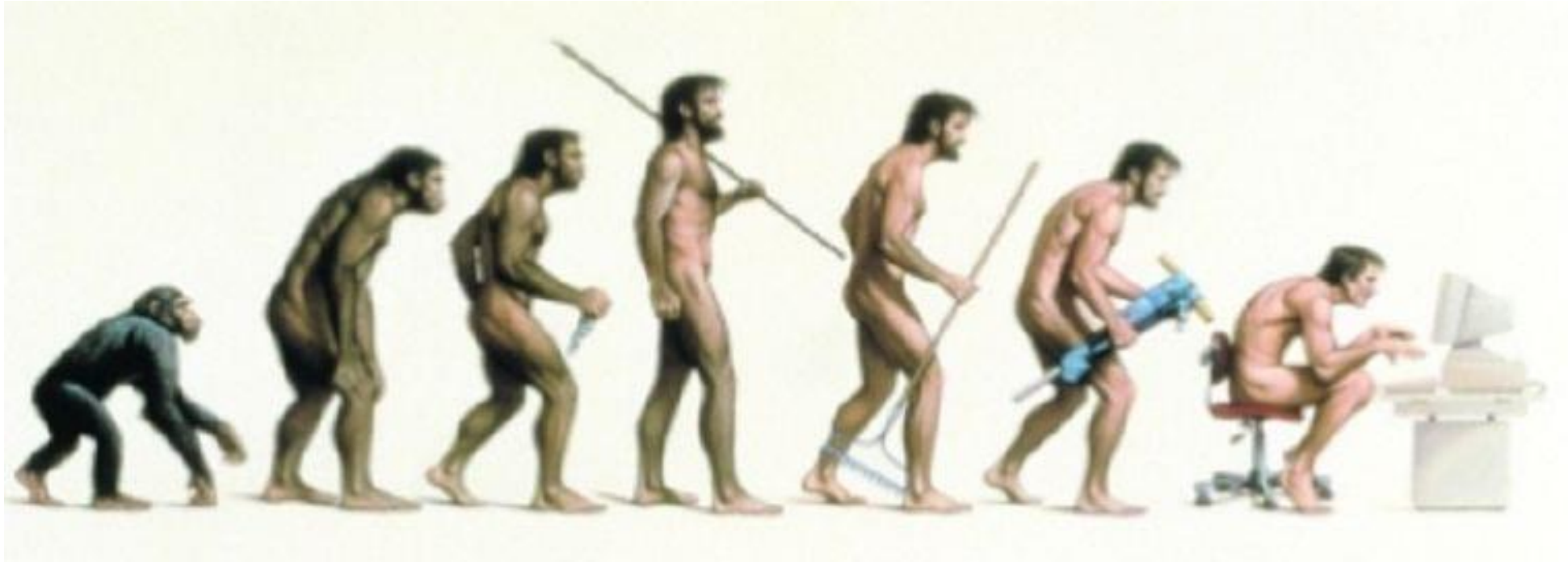
Elephant:
The automatic,
emotional,
visceral
brain



Wat belemmert ons om het probleem op te lossen?

1. Evolutionair psychologisch perspectief
2. Sociaal psychologisch perspectief
3. Psychoanalytisch perspectief

1. Evolutionair psychologisch perspectief



Optimism & PAIN

1. Optimism bias - dit lot treft anderen, elders, in de toekomst (uitz. Depressie, ASS)
2. Bedreigingen die wel tot een snelle reactie leiden (PAIN)

Persoonlijk

Abrupt

Immoreel

Nu

Daniel Gilbert – o.a. *Stumbling on happiness*

George Marshall - *Don't even think about it*

The optimism bias, Tali Sharot Curr Biol 2011 Dec 6;21(23):R941-5

Brief Report: Reduced Optimism Bias in Self-Referential Belief Updating in High-Functioning Autism, Kuzmanovic, J Autism Dev Disord, 2019 Jul;49(7):2990-2998.

Uitzondering: Persoonlijk, nu

Persoonlijk in eigen woonomgeving ervaren van extreem weer áls dit wordt toegeschreven aan de klimaatcrisis -> adaptatie en mitigatie

Adaptatie historisch ook vaak pas ná rampen

Do people “personally experience” global warming, and if so how, and does it matter? Akerlof, K.(2013). *Global Environmental Change* 23(1), 81-91

Uitzondering: Immoreel

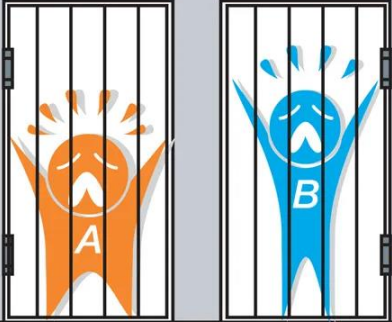
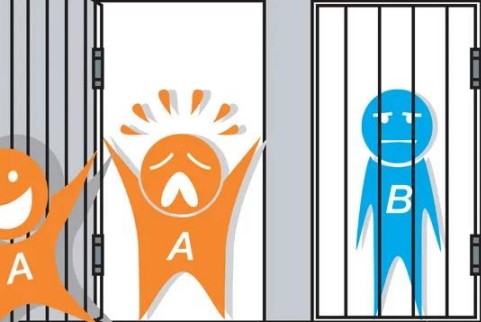
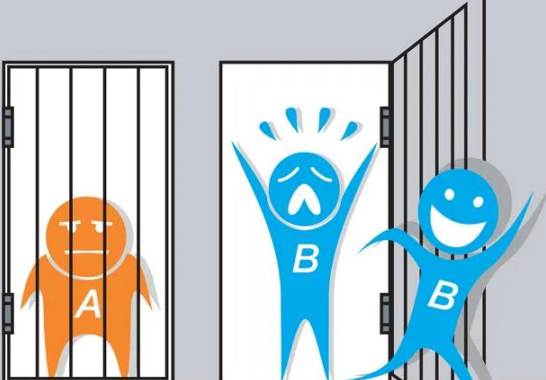
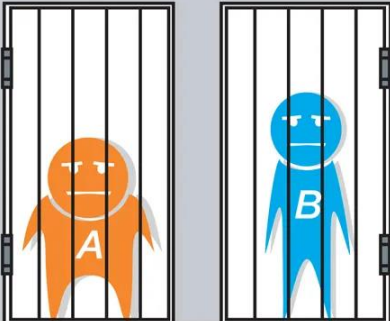
Gretha Thunberg: Jongeren slachtoffer van leefstijl ouderen

Rijk vs arm - de uitstoot van 3,5 Amerikanen leidt tot 1 extra dodelijk slachtoffer

2. Sociaal psychologisch perspectief

Speltheorie - Prisoners dilemma

Prisoners' dilemma

		prisoner B	
		confess 	remain silent 
prisoner A	confess 	 5 years 5 years	 0 year 20 years
	remain silent 	 20 years 0 year	 1 year 1 year





Social dilemma - competitie

Grote economische belangen voor **consument, producent, staat**

Petrochemische industrie: ontkenning van klimaatcrisis
 greenwashing
 afwijzen verantwoordelijkheid
 -> in 2005 introduceert BP de Carbon Footprint

<https://mashable.com/feature/carbon-footprint-pr-campaign-sham>





Carbon reduction

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Carbon reduction

It's time to go on a low-carbon diet.

Whether in coal, oil or gas, carbon is the essential ingredient of all fossil fuels. When these fuels are burned to provide energy, carbon dioxide (CO₂), a "greenhouse gas", is released to the Earth's atmosphere.

As we've become more dependent on carbon-based fuels, we've seen a rapid increase in the atmospheric concentration of CO₂; from around 280 parts per million (ppm) before the industrial revolution, to 370 ppm today. If current trends of fossil fuel use continue the concentration of CO₂ is likely to exceed 700 ppm by the end of this century. According to the Intergovernmental Panel on Climate Change (IPCC), this could lead to global warming of between 1.4 and 5.8°C, more frequent severe weather conditions and damage to many natural ecosystems.

Your carbon footprint

Find out how your lifestyle choices effect your carbon emissions



[Carbon footprint calculator](#)

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Low carbon energy is here. Find out more about BP's commitment to reducing CO₂ emissions

Social dilemma – naming & shaming

Ozonlaag - verbod op gebruik van CFK's in 1995

Carbon shaming - polariserend en contraproductief

George Marshall – *Don't even think about it – why our brains are wired to ignore climate change*

3. Psychoanalytisch perspectief

Afweer van klimaatangst - of schaamte, schuld - met afweermechanismen zoals:

- Ontkenning of minimalisatie
- Intellectualisatie
- Rationalisatie
- Projectie
- Sublimatie

Hoe komen we tot gedragsverandering?

Te veel psychologische afstand?

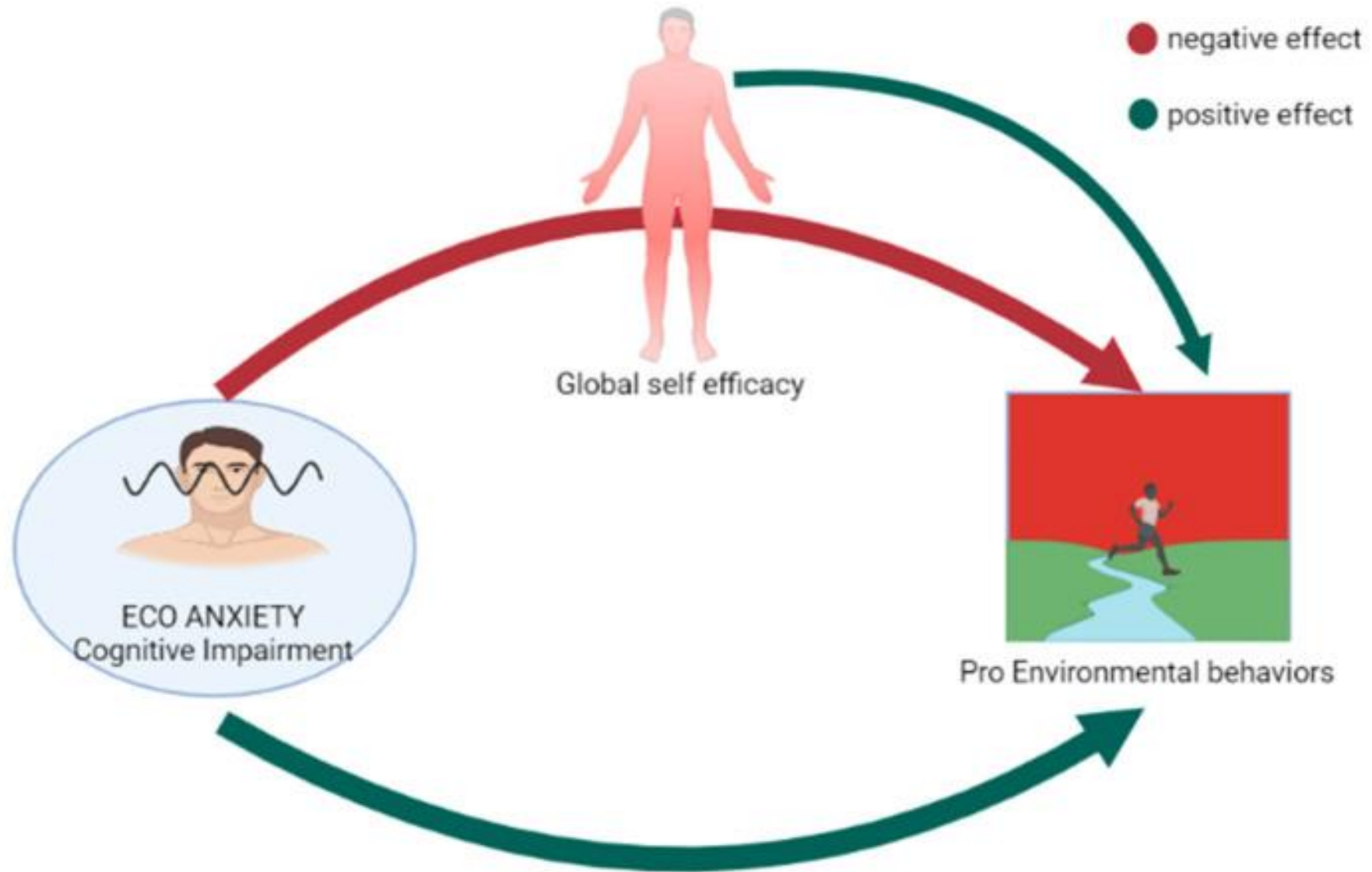
Te weinig kennis?

Te weinig angst?

Psychological responses to the proximity of climate change. Brügger, A (2015). Nature Climate Change, 5(12), 1031–1037

The psychological distance of climate change is overestimated Anne M. van Valkengoed One Earth 6, April 21, 2023

How Can Climate Change Anxiety Induce Both Pro-Environmental Behaviours and Eco-Paralysis? The Mediating Role of General Self-Efficacy Innocenti et al. Int J Environ Res Public Health M. 2023 Feb 10;20(4):3085.



3 keys to behavior change

Direct the rider

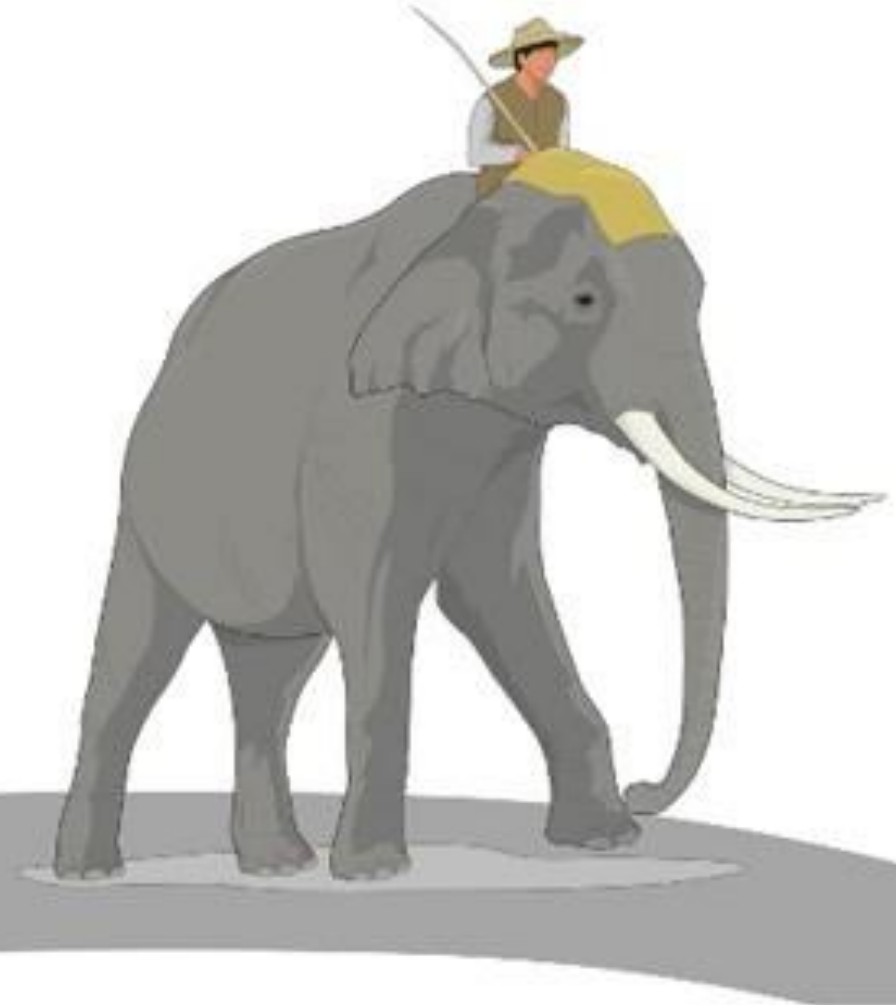
- give clear direction,
reduce mental paralysis

Motivate the elephant

- find the emotional
connection

Shape the path

- Reduce obstacles, tweak
the environment, make
the journey go downhill



Vragen

E-book actie Groene Week 8-14 mei

Van 13⁹⁹ voor 4⁹⁹

