

## **Andrew Bryant, MPH, MSW**

Co-Director, North Seattle Therapy & Counseling, PLLC

Director, Climate & Mind

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### **Education**

Hunter College of Social Work, New York City: M.S.W., 2009

*Areas of focus:* Clinical Work with Individuals, Couples and Families

University of Washington, Seattle: M.P.H., Health Services, 2006

*Areas of focus:* Community-Oriented Public Health Practice; International Health

University of Washington, Seattle: B.A., International Studies, 2004

University of Washington, Seattle: B.S., Biology, 2004

*Areas of focus:* Ecology, Evolution and Conservation

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### **Clinical Work**

#### **Licensure**

##### *Current*

Licensed Clinical Social Worker (LCSW), Washington State  
#LW60398769 (9/11/2013-present)

##### *Past*

Licensed Clinical Social Worker Associate-Independent Clinical (LSWA-IC), Washington State  
#LW60398769 (4/6/2012- 9/11/2013; superseded)

Licensed Master of Social Work (LMSW), New York State  
#080094 (10/6/2009-9/30/2012; expired)

#### **Clinical Experience**

North Seattle Therapy & Counseling, PLLC

Social Worker/Psychotherapist and Co-Director. Seattle, WA. 2012-Present

Journey Clinical

Ketamine-Assisted Therapy (KAT) Clinician. Seattle, WA. 2023-Present

Telos Transformational Therapies

Ketamine-Assisted Therapy (KAT) Clinician. Mountlake Terrace, WA. 2022-2023

Northwest Immigrant Rights Project

Mental Health Evaluator for Asylum Cases. 2017-2019

Bedford Stuyvesant Family Center

Social Worker/Family Therapist. Brooklyn, NY. 2009-11

New York State Psychiatric Center

Psychiatric Social Work Intern. New York, NY. 2008-09

Roberto Clemente Family Guidance Center  
Social Work Intern. New York, NY. 2008  
King County Crisis Clinic  
Volunteer Crisis Line Operator. Seattle, WA, 2004-2006  
Downtown Emergency Service Center  
Residential and Shelter Counselor. Seattle, WA. 2001-2004

### **Clinical Training**

Psychedelic Doula Academy, Mycelium-level Certification. Online. Spring-Summer, 2023.  
Psychedelic Doula Academy, Spore-level Certification. Online. Winter-Spring, 2023.  
Ketamine-Assisted Therapy Mentorship Training via Telos Transformational Therapies,  
Mountlake Terrace, WA. Fall, 2022-Summer, 2023.  
Core Competencies in Ketamine-Assisted Therapy via Telos Transformational Therapies,  
Mountlake Terrace, WA. September, 2022.  
Adult, Child and Baby First Aid/CPR/AED recertified. Winter, 2022 (most recent).

### **Clinical Supervision Provided**

Site Supervisor for Practicum Placement, Saint Martin's University Master of Arts in Counseling  
Student name: Kat Darger (September-December, 2021)

### **Clinical Group Facilitation / Leadership**

Co-facilitator (with Alexandra Woolacott), [Climate Psychology Study Group](#). Monthly, via Zoom.  
(July, 2021-Present).  
Facilitator, Cascadia Psychedelic Community Healers' Integration Group. Monthly, Seattle, WA.  
(November, 2022-Present).

### **Letters Signed**

["An Open Letter to the Seattle City Council Regarding Psychedelic Medicines."](#) (September, 2021)  
["An Open Letter to the Washington State Legislature Regarding Psychedelic Medicines."](#)  
(November, 2021)

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## **Health Research**

Health Research Associates  
Research Associate, Mountlake Terrace, WA. 2006-08; 2011-13  
Health Alliance International  
Research Assistant, Seattle, WA. 2004-06; Dili, East Timor, Summer, 2005  
Instancia Nacional de Salud  
Volunteer Researcher, Todos Santos, Guatemala. Summer, 2004

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## Publications

### Websites

Climate & Mind ([www.climateandmind.org](http://www.climateandmind.org)) - clearinghouse for resources (books, articles, organizations and other media) about climate psychology; aimed at increasing awareness and dialogue among mental health professionals, media, and the public.

### Chapters

"From Feeling to Action," chapter in *An Existential Toolkit for Climate Justice Educators*. Final editing phase (expected publication: Spring, 2024).

### Articles

"What is Climate Grief?" *Climate & Mind* (<https://www.climateandmind.org/what-is-climate-grief>) October, 2019.

"What is the worth of our Work?" *Washington State Society for Clinical Social Work Newsletter*, Fall, 2014.

### Op-Eds, Letters, & Editorials

"What's the Biggest Climate-Related Health Concern?" *The Paper Gown*, October 1, 2019.

"You are invited to a Children's Party." *Seattle Times*, November 7, 2011.

Letter to the Editor, *The New Yorker*, 2007.

### Workbooks

[Emotional Resilience Toolkit for Climate Work](#) (Coauthored with Leslie Davenport and Megan Slade). Self-published, 2019.

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## Education & Outreach

### Academic Conference & Symposium Presentations

"Climate psychology and climate mental health are essential components of climate change prevention and planning." Northwest Climate Conference. Online (April 8, 2021).

"Let's talk about Hopelessness, Fear, Depression & Grief! Why Psychology and Mental Health are Essential for Climate Resilience." Northwest Climate Conference. Portland, OR. October 10, 2019.

### Academic Instruction

Instructor (*topic: Group Work*), [Climate Psychology Certificate program](#), California Institute of Integral Studies (Fall, 2022).

Instructor (*topic: Climate Grief and Psychedelics*), [Psychedelic-Assisted Therapy Training](#), Integrative Psychiatry Institute (May, 2023).

Instructor (*topic: Climate Grief and Psychedelics*), [Psychedelic-Assisted Therapy Training](#), Integrative Psychiatry Institute (October, 2023).

## **Lectures & Workshops**

- "Living on this Unsettled Earth: *First Reformed*" - Presenter/facilitator for PsychoCinematics Film Series. Seattle, WA. (November 13, 2022)
- "Practicing Resilience: Feel, Think, Unite, Act" - Guest presenter/facilitator for "Mental Health in the Climate Crisis", co-organized by Bastyr University and Communities of Color Coalition (C3). Via Zoom. (April 23, 2022)
- "Climate Psychology Study Group" (co-organizer with Alexandra Woolacott; and meeting facilitator) - Monthly reading and discussion group for clinicians, focusing on climate psychology and climate mental health, organized through the Northwest Alliance of Psychoanalytic Studies (NWAPS). Via Zoom. (January-June, 2021)
- "Clinical Implications of the Climate Crisis" (with Bob Berley). Presentation for clinicians (3 CEUs); through the Northwest Alliance of Psychoanalytic Studies (NWAPS). Via Zoom. (October., 2020)
- "Climate Change Grief and Anxiety" (with Sue Leander). Breakout session for Climate Crisis: A Call to Action. Organized by University Unitarian Church. Seattle (February, 2020)
- "Grieving, Angry, and Scared: Clinical Implications of Climate Crisis." Presentation for the Washington State Society for Clinical Social Work (1.5 CEUs). (November, 2019)

## **Guest Speaking/Presentations**

- Lakeside School "Intersections of Identity and Wellbeing" Panelist (Via Zoom)  
*Topic:* Identity and Mental Health on Wednesday (January 19, 2022)
- Seattle Climate Change Meetup Group Presentation (Via Zoom)  
*Topic:* Climate & Mind: Why Our Emotions & Psychology are Essential to Climate Change (January 9, 2022)
- Ando Money Roundtable (Via Instagram Live)  
*Topic:* Climate Anxiety and Activism (June 9, 2021)
- Northeastern University, Boston (Via Zoom), Masters Level Environmental Science Seminar  
*Topic:* Climate Grief and Climate Anxiety (March 18, 2021)
- University of Washington School of Social Work, Clinical Practice Seminar  
*Topic:* Family Systems Therapy (Fall, 2014)

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## **Media Coverage**

### **Articles & Interviews**

- New York Times Magazine.* ["Climate Change Is Keeping Therapists Up at Night: How anxiety about the planet's future is transforming the practice of psychotherapy."](#) By Brooke Jarvis (October 22, 2023).
- Harvard Medicine.* ["Climate Anxiety."](#) By Charles Schmidt (Spring, 2023).
- Atmos.* ["How Climate Change Is Forcing Therapists to Mend Their Field."](#) By Mélissa Godin (January 30, 2023).

*Los Angeles Times*. [“Climate anxiety is a normal response to an abnormal situation. Here’s what to do about it.”](#) By Laura Newberry (October 4, 2022).

*The Guardian*. [“‘I couldn’t date a climate change denier!’ The couples who bond – and split – over love for the planet.”](#) by Melissa Godin. (September 6, 2022).

*Crosscut*. [“Climate change takes a toll on Seattleites’ mental health”](#) by Ashli Blow (June 6, 2022).

*Generation Dread* (book) by Britt Wray (interviewed) (2022, Knopf Canada).

*ScienceLine*. [“Does ‘climate anxiety’ belong in the DSM?”](#) by Niranjana Rajalakshmi (March 21, 2022).

*The New York Times*. [“The Unseen Toll of a Warming World”](#) by Sarah Kerr et al. (March 10, 2022).

*Psycom.net*. [“Climate Grief: The Emotional Toll of Climate Change”](#) by Beth Ellwood (November 9, 2021).

*Sharp Magazine*. [“Why We Have to Combat Eco-Fascism to Save the Planet”](#) by Adrienne Matei (November 4, 2021).

*Protect Podcast*. [“Climate Anxiety & Ways To Cope in an Ecological Crisis.”](#) By Angela Fedele (October 12, 2021).

*Bloomberg News*. [“Mental Health Could Be the Next Casualty of Global Warming.”](#) By Daniela Sirtori-Cortina (September 16, 2021).

*Health: It’s Personal Podcast*. [“Environmental Series: Eco-Anxiety with Psychotherapist Andrew Bryant.”](#) (August 25, 2021).

*Seattle Met*. [“A Seattle Therapist Sees the World’s Climate Anxiety.”](#) By Benjamin Cassidy. (August 12, 2021).

*KNKX*. [“Worried about climate change? This Seattle therapist says you’re not alone.”](#) By Ed Ronco. (August 10, 2021).

*Washington Post*. [“How to cope with the existential dread of climate change.”](#) By Connie Chang. (July 15, 2021).

*Mashable*. [“Here’s how to stop the climate change anxiety spiral and make a difference.”](#) By Rebecca Ruiz. (July 11, 2021).

*Earther/Gizmodo*. [“Therapists Are Reckoning With Eco-Anxiety.”](#) By Isobel Whitcomb. (April 15, 2021).

*LiveKindly*. [“Climate Anxiety: How to Cope and Still Make an Impact.”](#) By Audrey Enoji (March, 2021).

*The Walrus*. [“Climate Blues.”](#) By Britt Way (March/April, 2021).

*Gen Dread Newsletter*. [“A therapist’s tips on how to shift away from too-certain visions of eco-collapse.”](#) by Britt Way (November, 2020).

*Drift Magazine*. [“Climate Anxiety: Our Internal Fuel to Climate Activism.”](#) By Elisabeth Jimenez (October, 2020).

*Metro.co.uk*. [“Here’s what living under the threat of extinction is doing to our brains.”](#) By Aidan Milan (October, 2020).

*Climate Ready Podcast*. [“Coping with Climate: Climate Grief and Adaptation.”](#) (September 24, 2020).

*University of Washington Department of Health Services*. [“Alum Andrew Bryant Creates ‘Climate & Mind’ Website for Eco-Anxiety.”](#) (April, 2020).

*The Planet*. [“Don’t Worry, Be Hoping.”](#) By Lauren Sanner (April, 2020).  
*Huffington Post*. [“You’re Probably Suffering From ‘Eco-Anxiety.’”](#) By Hayley Smith (February 27, 2020).  
*American Psychological Association*. [“Is climate grief something new?”](#) By Summer Allen (February 19, 2020).  
*Yale Climate Connections*. [“Therapist launches website about climate-related anxiety and trauma.”](#) (February 6, 2020).  
*Los Angeles Times*. [“Feeling distressed about climate change? Here’s how to manage it.”](#) By Julia Rosen (January 11, 2020).  
*Komo News*. [“‘Eco-anxiety,’ climate change-related depression on the rise.”](#) (October 20, 2019).  
*People Magazine* and *Kaiser Health News*. [“Feeling Anxious About Climate Change? Therapists Say You’re Not Alone.”](#) (July 15, 2019).

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## **Community Engagement & Collaborations**

Climate Mental Health & Resilience Collaborative (January, 2022 - present)  
Climate Action Family Mental Health Advisory Team (January, 2022 - present)  
Northwest Climate Circle, Seattle (September - December, 2021).  
Climate Circle, Seattle (January - June, 2020).  
[Washington State Washington Covid Worker Care Network](#) (March - December, 2021).  
Contributor to [Talk Climate website](#) (December 2020 - present)  
[“Climate Psychology Study Group”](#) (co-organizer with Alexandra Woolcott; and meeting facilitator). Monthly reading and discussion group for clinicians, focusing on climate psychology and climate mental health. Via Zoom. (July, 2021-present)  
Alliance of Climate Therapists-Northwest (ACT-NoW) - Group organizer (June, 2019 - present)

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## **Professional Affiliations**

### **Member**

Northwest Alliance for Psychoanalytic Studies (NWAPS)  
Climate Psychology Alliance (CPA)  
Climate Psychology Alliance-North America (CPA-NA)  
Climate Mental Health and Resilience Collaborative  
Alliance of Climate Therapists - Northwest (ACT-NoW)  
Cascadia Psychedelic Community (CPC) Healthcare Professionals  
Climate Mental Health & Resilience Collaborative

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## Grants

### Unfunded

University of Washington Population Health Initiative Pilot Research Grant (Winter, 2021)

*Project Title:* The Washington Climate Mental Health Initiative: Supporting Research and Practice to Build Psychological Resilience to Climate Change Among Children, Youth and Young Adults

*Role:* Co-grant writer and Practitioner P-I

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## Other Professional Work

### Editorial/Academic Review

Guest reviewer, NASW Press, for acquisitions related to climate psychology, 2020.

### Consultant

Roundtable idea generation consultant (*pro bono*), Yale Climate Connections, May 2021.