

Psychotherapy, at the Brink of Collapse

Unprecedented harms ecologically are undermining the very basis of life on earth. The Stockholm Resilience Centre demonstrates we have collectively crossed six of the nine planetary boundaries that define a safe operating space for humanity. The scale and rapidity of damage is breathtaking.

This ferocious and sustained attack on our Mother is being enacted in the shadows of human-centric entitlement through mechanisms of splitting and denial, in service of a global neo-colonial culture of individualism and hyper-consumption.

Psychotherapy attends to this culture, saturated as it is with trauma, largely at an individual-problem level, but the underlying structures remain untouched. When we examine the corrupt and damaging foundations of our society we may begin to imagine and perceive the healing practices required to mitigate harm.

This presentation looks to both the wisdom and limitations of psychotherapy towards design of life-supporting systems of change.

Bio

Rick Williment is a Wellington based psychotherapist, certified in Transactional Analysis, Group Psychotherapy, Sex Therapy, Experiential Dynamic Psychotherapy, and Psychedelic Assisted Therapy (MAPS trained).

Rick considers himself to be 'working in the ruins' of a pathological society and is passionately focused on finding ways of contributing to a living, generative culture.

