



Giornata
Nazionale
della
Psicologia

Psychological Voices for the Planet's Future:

*Surrounding Ourselves
with Well-Being*

**22 OCTOBER 2021
09.00 - 13.00**

*Venue
Ordine Medici
Corso Francia, 8 Torino*

Order of Psychologists of Piedmont - Italy

Moderators:

Giancarlo Marenco e Georgia Zara

Speakers:

**Lucia Baima, Giuseppe Barbiero, Rita Berto,
Daniela Converso, Fabio Deotto, Nicola Gale,
Paolo Inghilleri, Terri Morrissey and Ilaria Tonti**

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Università degli Studi di Torino
Dipartimento di Psicologia



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CITTA' DI TORINO

Psychological Voices for the Planet's Future: Surrounding Ourselves with Well-Being

“We cannot solve problems
by using the same kind of thinking we used
when we created them”

– *Albert Einstein*

Humanity is facing an irreversible climate crisis. The idea of the conference emerged from a simple, but fundamental question:

Can Psychology help to mend the wounds of the Planet?

There is no simple response to this question, but many other reflections follow.

First, Psychology is not alone in this. Psychology must work with other disciplines such as Architecture, Biology, Engineering, Environmentalism, Meteorology, Oceanography, Philosophy and Political Science (to cite but a few) to develop an awareness of how human behaviour and habits have contributed to the destruction of the environment and to the climate crisis.

Second, Psychology can make a difference. It can play a forefront key role in integrating what other environmental sciences have clearly pointed out in suggesting that the climate crisis is reaching its peak, and catastrophic events around the world are showing irreversible damages. According to an article from *The Spectator* (9 August 2021), the climate code is nothing but red, and scientific evidence is indeed homogeneous in supporting this alarming piece of news.

Third, Psychology can specifically promote an understanding of our inner

world: the way we think and feel about the planet, how we act for or against it, and how we structure, inhabit and transform our homes, cities, the countryside, the natural surrounding scenarios, and the world outside so as «to make them more habitable and liveable».

These are not just destinations, they are places that require human attention, sensitivity and individual and social responsibility, because it is there that we live; it is there that we come from; it is there that we go; it is with these places that we relate on a daily basis. This conference intends to be a space where different scientific perspectives meet to narrate the story of our planet and of its unfolding risk towards destruction. We want to unpack the underlying message of the story by creating opportunities to compensate for the damage caused by denial and superficiality. It is not the first time that psychologists, among other professionals, have worked to find sustainable avenues that will inspire and motivate people to alter behaviour in order to restore, protect and respect our planet.

PROGRAMME

h. 9.00 **Inaugural of the Conference**

h. 9.15 **Institutional Welcome**

Daniela Converso

Moderators

Giancarlo Marengo, Georgia Zara

h. 9.30 – 9.50 **“Nature restores. Psychophysiological effects of exposure to natural environment”.**
Rita Berto

h. 9.50 – 10.10 **“Biophilia: our love for Nature”.**
Giuseppe Barbiero

h. 10.10 – 10.30 **“Is cooperation the answer”?**
Terri Morrissey

h. 10.30 – 10.50 **“Organising to deliver. European psychologists tackle climate change”.**
Nicola Gale

h. 10.50 – 11.10 **Space for discussion: questions and reflections to share**

Coffee break

h. 11.40 – 12.00

Paolo Inghilleri

**“Nature, nurture, environment:
psychology and the future of the planet”.**

h. 12.00 – 12.20

Ilaria Tonti

Lucia Baima

“Design the unexpected”.

“Strategies for adaptive urban spaces”.

h. 12.20 – 12.40

Fabio Deotto

**“What we’re afraid of: Why we worry
about everything but the climate crisis”.**

h. 12.40 – 13.00

**Space for discussion: questions and
reflections to share**

Conclusions

The time table of the Conference refers to Italian time.

Giancarlo Marengo, President of the Order of Psychologists of Piedmont (Italy).

Georgia Zara, Vice-President of the Order of Psychologists of Piedmont (Italy), Department of Psychology, University of Turin (Italy).

Daniela Converso, Director of the Department of Psychology, University of Turin (Italy).

Paolo Inghilleri, Department of Cultural Heritage and Environment, University of Milan (Italy).

Rita Berto, Environmental Psychologist, GREEN LEAF Lab, University of Valle D'Aosta (Italy).

Nicola Gale, Vice President and Treasurer, European Federation of Psychologists' Associations.

Terri Morrissey, Co-founder, Chair and Director, This Is Ltd. Principal Member, Association of Business Psychology UK. Former Chief Executive Officer, Psychological Society of Ireland.

Giuseppe Barbiero, Biologist, University of Valle D'Aosta (Italy).

Ilaria Tonti, Architect, PhD candidate, Department of Architecture and Design, Polytechnic of Turin (Italy).

Lucia Baima, Architect, Research assistant, Department of Architecture

and Design, and Inter-departmental FULL - Future Urban Legacy Lab,
Polytechnic of Turin (Italy).

Fabio Deotto, Writer and Journalist.



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***National Psychological Day
Turin (Italy), 6-22 October 2021***