

CALL FOR PAPERS Psychotherapy Research Special Section:  
“Climate change, mental health, and psychotherapy”

**Submission Deadline: December 17, 2025**

Climate change is an environmental reality. It is also a social reality lived through an interconnected web of global crises that is shared by both clinicians and patients. It affects all of us, whether we are experiencing extreme weather events or experiencing anxiety caused by the immediate and long term consequences of this existential threat. Our thoughts, emotions, and responses to climate change are complex, and they have the potential of impacting the practice of psychotherapy and mental health more broadly.

With the wide-reaching effects of climate change only increasing, research and theoretical models on the intersection of climate change, mental health, and psychotherapy are needed to understand the needs of not only the general population, but also mental health professionals and their clients. The aim of this Special Section of *Psychotherapy Research* is to disseminate empirical and conceptual works from different theoretical approaches and within a variety of contexts, with the overarching goal of generating data and future directions of research that could potentially initiate change at both the individual and systemic levels.

We seek original quantitative and qualitative studies, as well as meta-analytic, meta-synthetic, and systematic reviews on this topic. Original contributions may include, but are not limited to:

- Measurement and consideration of climate anxiety and other climate-related emotions in psychotherapy;
- Exploration of the influence of climate change on therapist and/or patient mental health and wellbeing;
- Application and delivery of psychotherapeutic interventions to patients negatively impacted by climate change;
- Investigation of at-scale interventions for individuals who are at-risk of experiencing climate-related anxiety or other climate-related distress;
- Assessment of accessibility of psychotherapeutic interventions for individuals experiencing climate-related adversity;
- Examination of the impacts of attitudes towards climate change on behavior change, coping skills, and meaning-making for patients experiencing climate-related distress

We are especially seeking studies on the impact of climate change on the experiences of psychotherapy for culturally and socially diverse populations with strong clinical and policy implications for intervention dissemination and implementation.

All submitted papers must comply with the submission guidelines of *Psychotherapy Research*, and will undergo peer-review.

Special Section Co-Editors:

Andres Roussos, PhD | Serena Z. Chen, BA | Miguel Gonçalves, PhD