AIDING EQUITY: CLINICAL PSYCHOLOGY FOR A JUST TRANSITION

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Abstract

Confronting injustice is fundamental to building a sustainable future. By moving beyond the therapy room, clinical psychology has the opportunity and professional responsibility to support the realisation of a just transition. This is an invitation to consider what part we will play.

Introduction

The climate and ecological crisis brings into stark relief profound global systemic inequalities. There is a 'double injustice' at play (Gough, 2011; Ingle, 2020). Those most vulnerable and least responsible for the harms are bearing the greatest burden (IPCC, 2023). Wealthier countries have contributed the largest cumulative quantities of greenhouse gases (GHGs) to the atmosphere (Hickel, 2020b) yet are at lower risk of the adverse consequences (Althor et al., 2016). Individuals from marginalised and disadvantaged groups are disproportionately affected, even within high-income countries. In England for instance, evidence suggests that – alongside women, older adults, and individuals from ethnic minority groups – those living in deprivation are at increased risk of heat-related death (Thompson et al., 2025). Yet, the wealthiest 10% of people are responsible for almost half global GHG emissions (Chancel, 2022). Arguably, these inequalities reflect injustices that made this crisis manifest in the first place. The global North has operated on an economic model that pursues constant growth. It is built on over-consumption and facilitated by fossil fuel usage emitting increasingly vast quantities of GHGs whilst degrading the Earth's ability to offset their impact (Hickel, 2020a). Consequently, the boundaries within which our planet's systems support life are being breached (Richardson et al., 2023) as we fail to show equal respect to the rights and resources of all Earth's inhabitants.

Yet there is opportunity (Ritchie, 2024; Thunberg, 2022). We are at a pivotal point whereby our actions still have the power to avert the worst outcomes and promote the good (IPCC, 2023). We can reimagine the world we live in. If injustice underlies this crisis, then we must overcome injustice, extending beyond simply decarbonising towards creatively generating an equitable and truly sustainable future.

As clinical psychologists, we have our parts to play. The climate crisis is driven by *human behaviour* (IPCC, 2023) and transition requires large-scale *behaviour change*. We have expertise in both. Yet psychology is under-utilised in current approaches (Bögel & Upham, 2018; de Vries et al., 2021). Correspondingly, we need to move beyond the therapy room into more political arenas. We need to be advocates and allies of those disproportionately burdened with the worst impacts. We need to work imaginatively and creatively, and support others to do the same. There are many ways to contribute (e.g., see Hamann et al., 2025), but what is essential is that we recognise that we – as clinical psychologists – have contributions to make (Williams et al., 2024).

A just transition

As we transition from fossil fuels, we risk reproducing – or even increasing – the inequalities highlighted by the climate and ecological crisis (Sovacool et al., 2019). Ultimately, a person's ability to exist in a hotter and more volatile world will be highly dependent on whether their country, community, and/or family can afford the

adaptations needed (such as storm defences, irrigation, and air-conditioning) to survive. What's more, sourcing the natural materials and minerals needed to support a renewable energy infrastructure risks further draining resources from the global South to the global North (see Hickel, 2020a) – repeating historical injustices. In pursuing their own emissions targets, high-income nations may outsource polluting production practices to the global South, whilst still reaping the benefits of the imported products themselves (Barrett & Garvey, 2022). A transition that ignores these injustices may itself be unsustainable (Williams & Doyon, 2019). Continuing the growth and greed that leads to unequal distribution of wealth and security is ultimately untenable and likely unviable (Hickel, 2020a, Thunberg, 2022). The planet has limits; we must find ways of all living within them (Richardson et al., 2023; Rockström et al., 2023).

What constitutes a just transition is subject to variable definition (Abram et al., 2022); initially relating to protecting workers during the switch to greener industry and now more fundamentally to systemic needs for global justice (McCauley & Heffron, 2018). At heart, a just transition is about equity and ensuring a good quality of life for all, serving both those living *and* those yet to live. It requires a holistic approach encompassing justice in multiple forms. As Abram et al. (2022) suggest, solutions must ensure that marginalised voices are heard (*recognitional justice*), gains and losses are fairly shared (*distributive justice*), decision-making incorporates those affected (*procedural justice*), and that past, present, and future harms are redressed (*restorative justice*).

Our challenge as a profession is to consider how we can best support the realisation of a just transition that incorporates each of these forms of justice. As psychologists, we have useful skills to contribute and a responsibility and ethical duty to do so (BPS, 2021, 2023; Williams et al., 2024).

How clinical psychologists may support a just transition: Politics, power, and prefiguration

The magnitude of the challenges may feel understandably overwhelming and immobilising. We may struggle to know where to even begin. The following discussion aims to provide some structure within which to begin approaching the questions. Avelino et al. (2024) propose that politics, power, and prefiguration are integral to the transformation; they may serve as useful lenses for considering how clinical psychology can best contribute.

Politics

Politics are unavoidable in pursuing a just transition. Changing how we live and how our societies and economies operate must be driven at least in part by changes in governmental and institutional policy so that justice and sustainability are explicitly embedded (van Vuuren et al., 2025; Klinsky et al., 2017). Arguably, clinical psychologists have been reluctant to be political with a capital P. But, as Li et al. (2022) point out:

when health, quality of life, and social equality are threatened, it "becomes our duty to hold governments and organisations to account" (p. 564).

To fulfil this duty, we must seek to involve ourselves in political forums, offering psychological perspectives on how the necessary social changes may be developed, and enacted, while advocating for equitable consideration and inclusion of those most affected by the climate crisis. As psychologists we can contribute insights regarding how collective action may be fostered (Hamann et al., 2025) and what may make policies more publicly acceptable (see Steg, 2023). As clinicians, we understand the challenges that change presents and the importance of connecting with what motivates people, such as personal values, in facing those challenges.

It is not that psychologists have *the* missing piece of the puzzle, but rather we have our pieces to contribute. No one policy or sector has the singular solution (Abram et al., 2022). Insights, contributions and inter-connections of different expertise are needed. Such collaboration requires supporting strong working alliances, appreciating the complex interplay of sectors required to find solutions. As psychologists, we may play political roles as facilitators who are highly experienced in multidisciplinary teamwork, and in helping to build psychologically informed relationships, alliances, collaborations and policies, with fairness and justice at their heart.

Our political involvement should not only be about using our privileged position to influence. We can also support climate action movements within our communities. This may involve us directly engaging in activism ourselves to add to the voices calling for change (e.g., Knight, 2020); and aiding members of social movements to help their voices to be better heard – for example, through supporting solidarity, affective mediation, and availing resources (Oladejo et al., 2024). Our skills may prove helpful in managing relationship dynamics and the challenging emotional experiences associated with climate activism; our practical resources may offer pragmatic support (e.g., meeting rooms, transport options, and communication opportunities) (Oladejo et al., 2024).

Becoming explicitly political may be uncomfortable as unfamiliar territory for our profession, which has largely sought to remain relatively neutral. But we cannot ignore that not engaging with this duty is not the same as neutrality. Indeed, Rahim and Cooke (2019) warn that it may be akin to complicity with the very damaging policies we need to replace. Now is the time for us to think and involve ourselves at a systemic level (Williams et al., 2024), including being Political with a capital P (King et al., 2026; Oladejo et al., 2023).

Power

The imbalance between responsibility and burden of the climate crisis reflects another inequality: inequality in power. The legacy of colonialism, and the wealth accrued as a

result, continues to unfairly tip the balance in favour of the global North, with ramifications for how we respond globally and whose interests are represented (Hickel, 2020a). Climate action underpinning a just transition needs to tackle power head on (Fernandes-Jesus et al., 2020). But just as we have an uneasy relationship with politics, clinical psychologists often feel uncomfortable with power. Indeed, the role of power within our profession is arguably underexplored (Kuyken, 1999). The absence of discussion suggests we are hesitant to acknowledge that we are a profession with not insubstantial influence. Clinical psychology is generally well respected and valued within society. Whether we like it or not, our position comes with power (Smail, 2005).

We can use our power to challenge the injustices that underpin the climate crisis and its impact. We may use it on an individual level by connecting with local councils and relevant parties within our employer organisations to contribute to their climate action plans. We may have greater impact by increasing our visibility and presence as a professional collective involved in climate justice, action, and debate. Such presence promotes both the relevancy of our expertise and access to it. This requires recognising justice-focused climate action as integral to our professional identity (Williams et al., 2024) and going further in our declaration of this commitment within our codes of conduct and standards of practice.

In seeking to challenge inequality in these forums, however, we must be wary of top-down interventions that risk maintaining existing power imbalances (see Fernandes-Jesus et al., 2020) and assuming a position of knowing best on another group's behalf. Having power to be part of the conversation is crucial for communities to tackle the local impacts of climate change (Thomas et al., 2019). Correspondingly, as Avelino et al. (2024) emphasise, sharing "power with" may be critical here. We have opportunity to share power with those least heard and most impacted by the climate crisis to support their access to decision-making conversations. One of the most constructive uses for our professional power may not be what we say, so much as who we support to be heard.

This is not simply about access to the conversation. It is also about recognising the value of the viewpoints offered by those most affected by the climate crisis. The viewpoint of the global North may be overrepresented in our approach to problem-solving and responding to the climate crisis. Alternative perspectives, such as from indigenous communities, can offer valuable insights and alternatives (Vogel et al., 2022). Members of these communities are voicing their experiences and expertise (e.g., Ibrahim, 2022) and are actively fighting for social change and climate action (for examples, see Fernandes-Jesus et al., 2020). As clinical psychologists, we can aim to connect and work with marginalised groups within our communities with humility – to learn from, co-produce solutions, and help amplify their voices. Without these voices, transition to a sustainable and just world is not possible.

Prefiguration

Taking a political stance and making full use of our professional power can help us advocate, and co-produce solutions for a just transition; however, how that transition will look remains an open question. The idea of prefiguration may be helpful here. Prefiguration refers to "imagining future alternatives and embodying and practicing these in the present" (Avelino et al., 2024, p.533). The just world we want has never yet existed and so requires imagination, creativity, and experimentation to bring into life. Psychologists have a role to play in exploring what visions of this future may motivate action (Wallis et al., 2021) and in actively assisting others to develop these visions (e.g., King et al., 2026). Helping clarify values and constructing tangible goals is fundamental to our clinical practice – it is much harder to get to your destination when you don't know what it is (Ratner et al., 2012). We can apply these same clinical skills to support individuals, organisations, and government to build clearer visions of a sustainable fair future and to experiment with enacting those possibilities.

We may also turn our transformative skills towards ourselves. The global response to the climate and ecological crisis must be socially transformative, for all sectors of society, from food and energy to politics and economy (IPCC, 2023), addressing systems, inequalities, and injustices and recognising interactions between them (Abram et al., 2022). Yet as psychologists, our research and interventions have largely focused on individuals. We have contributed to understanding people's climate beliefs and values; their consumption behaviour and involvement in pro-environmental activities (Steg, 2023). We have developed interventions that incorporate consideration of climate-related issues and distress within our traditional individual-focused therapeutic models (e.g., BABCP, 2025; Doherty et al., 2022). While these may be useful contributions, only involving our profession in this way risks undermining the message that wide-scale social change is needed. Encouraging more environmentally friendly behaviours in individuals alone insufficiently challenges business-as-usual in our treatment of the environment and the pursuit of growth. We need to broaden our approaches to attend to the many interactive systems involved in the inter-connected problems we face. This challenge will require us to stretch our own imaginations beyond the bounds in which we have historically worked, and to look to other psychologies (e.g., social, community, and environmental) and other professions entirely (e.g., economists and engineers) for learning and collaboration.

While the magnitude of change needed may seem overwhelming, supporting the process of imagining a better possible future may promote both hope and action (Wenzel et al., 2024). And these are the very two things we need right now.

Starters for ten

The consideration of politics, power, and prefiguration above only scratches the surface of the range of contributions and roles clinical psychologists can offer. Hamann et al. (2025) highlights Moyer's (2001) categories as one guide for deeper possibilities such as: frontline protest and activism (*rebels*), changing policy from within government and institutions (*reformers*), working with the public to increase education, awareness, and engagement (*change agents*), and offering general support to the cause and its proponents (*citizens*). We can all reflect on and explore which roles our particular skills and approaches best suit, playing to our relative strengths. We hold varying positions at varying institutions (e.g., NHS, charities, universities, and beyond) and in our communities; we each have different spheres of influence and contributions to offer.

The following are potential next steps for clinical psychologists; they are by no means exhaustive:

- ***Unite***
    - Collectively, we can demand that our professional and regulatory bodies go much further in support of justice-focused climate action. Greater professional unity will enable us to make a more impactful contribution politically and illustrate our evolving professional identity. The BPS Division of Clinical Psychology's Climate and Environmental Action Group is available for all psychologists to relay their perspectives and ideas regarding the climate crisis and just transition.
    - Personally, we can seek out and/or form climate action groups with like-minded others, prioritising justice and equity. There is power, support, and the opportunity for collaboration in such unity.
- ***Connect***
    - We can connect with community groups representing those most vulnerable to the effects of the climate crisis and transition. Clinical psychologists are likely to have pre-existing relationships with such groups. We can work to better understand the impact of climate change on them and foster new connections with other underrepresented individuals.
    - We can build connections with local and national climate action groups, offering contributions either as participating group members and/or by providing emotional support (e.g., climate cafés), facilitating dialogue and relationships, and offering practical resources as recommended by Oladejo et al. (2024).
- ***Collaborate***
    - We can reach out to climate, environmental, and sustainability decision-makers in government and our employer institutions. These organisations have net-zero commitments and strategies. By actively proffering our services, we can seek to ensure these strategies sufficiently incorporate psychological thinking, equity, and justice.

- By engaging with decision-making forums and conversations, we can advocate for the interests of marginalised communities; and, crucially, for community members to contribute to decision-making so they guide and co-produce solutions.

Conclusion

As clinical psychologists, we are committed to reducing suffering and improving wellbeing. Our involvement in the response to the climate crisis and supporting a just transition is our professional duty, not a niche concern. This may require us tolerating uncertainty and venturing into new spaces (Li et al., 2022). Let us model the behaviour change needed to respond to this crisis by first changing our own. Clinical psychology must be political; must use its power rather than dismiss it. We must work with those most affected and least heard to help build a just transition. While individually we feel like small players, uniting our profession and collaborating with other communities unites our collective power. Whatever part we choose to play, justice and equity must be at the forefront. The only sustainable future is a just one.

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