

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

Co-Director, North Seattle Therapy & Counseling, PLLC  
Director, Climate & Mind

402 NE 72nd Street, Suite 6  
Seattle, WA 98115

206-384-8604  
andrew@northseattletherapy.com

---

### **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

---

### **Clinical Work**

#### **Licensure**

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

#### **Clinical Experience**

North Seattle Therapy & Counseling, PLLC

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

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

---

### **Health Research**

Health Research Associates

Research Associate, Mountlake Terrace, WA. 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

---

## 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.

### Articles

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

### Op-Eds & Editorials

"1 Question, 5 Answers: 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.

### Workbooks

Emotional Resilience Toolkit for Climate Work (Coauthored with Leslie Davenport and Megan Slade), 2019.

---

## Presentations & Outreach

### Academic Conference & Symposium Presentations

"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.

### Lectures & Workshops

"Grieving, Angry, and Scared: Clinical Implications of Climate Crisis." Presentation for the Washington State Society for Clinical Social Work (1.5 CEUs). (November, 2019)

"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)

"Clinical Implications of the Climate Crisis" (with Bob Berley). Presentation for clinicians (3 CEUs), organized through the Northwest Alliance of Psychoanalytic Studies (NWAPS). Via Zoom. (October, 2020)

"Climate Psychology Study Group" (co-organizer and session 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) Meetings facilitated:

- January, 2021: "Unconscious Processes Related to Climate Change"
- April, 2021: "Anxiety and Psychological Defenses against Climate Change"

---

## Media Coverage

### News Articles

- People Magazine* and *Kaiser Health News*. "Feeling Anxious About Climate Change? Therapists Say You're Not Alone." (July 15, 2019).
- Komo News*. "'Eco-anxiety,' climate change-related depression on the rise." (October 20, 2019).
- Los Angeles Times*. "Feeling distressed about climate change? Here's how to manage it." By Julia Rosen (January 11, 2020).
- Yale Climate Connections*. "Therapist launches website about climate-related anxiety and trauma." (February 6, 2020).
- American Psychological Association*. "Is climate grief something new?" By Summer Allen (February 19, 2020).
- Huffington Post*. "You're Probably Suffering From 'Eco-Anxiety.'" By Hayley Smith (February 27, 2020).
- The Planet*. "Don't Worry, Be Hoping." By Lauren Sanner (April, 2020).
- University of Washington Department of Health Services*. "Alum Andrew Bryant Creates 'Climate & Mind' Website for Eco-Anxiety." (April, 2020).
- Climate Ready Podcast*. "Coping with Climate: Climate Grief and Adaptation." September 24, 2020.
- Metro.co.uk*. "Here's what living under the threat of extinction is doing to our brains." By Aidan Milan (October, 2020).
- Drift Magazine*. "Climate Anxiety: Our Internal Fuel to Climate Activism." By Elisabeth Jimenez (October, 2020).
- Gen Dread Newsletter*. "A therapist's tips on how to shift away from too-certain visions of eco-collapse." by Britt Way (November, 2020).

---

## Community Engagement & Collaborations

- Climate Circle, Seattle (January 2020-present).
- Founding member, Washington State Washington Covid Worker Care Network (March 2020-Present).
- Climate Support Group, sponsored through *Climate & Mind* (January 2021-present).

---

## Professional Affiliations

### Member

- Washington State Society for Clinical Social Work (WSSCSW)
- Northwest Alliance for Psychoanalytic Studies (NWAPS)
- Clinical Social Work Association (CSWA)
- Climate Psychology Alliance (CPA)
- Alliance of Climate Therapists - Northwest (ACT-NoW)

---

## **Other Professional Work**

### **Editorial/Academic Review**

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