



## ECO-PSYCHOLOGY VOCABULARY BANK

A glossary of terms to navigate conversations at the intersection of climate change, environment, and mental health.

### Purpose

Together, we can reshape the way we think and talk about climate and mental health. By leveraging language as a tool for awareness and action, we can spark early conversations that reframe how we respond to environmental challenges. Through shared understanding and intentional communication, we can lay the groundwork for a more emotionally resilient and ecologically connected future.

Vocabulary Term	Definition
Eco-psychology	A field that explores the relationship between humans and the natural environment, aiming to understand and heal the emotional bond between people and the Earth. <sup>1</sup>
Psychoterratic Syndromes	A group of mental health conditions arising from negative relationships with one's environment. <sup>2</sup>
Eco-anxiety	The chronic fear, anxiety, and distress about one's future stemming from the impacts of climate change and ecological crises. <sup>3</sup>
Environmental PTSD	Post-traumatic stress disorder symptoms triggered by environmental disasters or degradation, leading to long-term psychological effects. <sup>4</sup>
Biophilia	The innate human tendency to seek connections with nature and other forms of life. <sup>5</sup>

<sup>1</sup> <https://doi.org/10.3389/fpsy.2021.675936>

<sup>2</sup> <https://doi.org/10.59249/EARX2427>

<sup>3</sup> <https://doi.org/10.1016/j.joclim.2021.100047>

<sup>4</sup> <https://doi.org/10.1007/s00406-007-0787-2>

<sup>5</sup> <http://dx.doi.org/10.1093/OBO/9780199830060-0239>



Solastalgia	A form of emotional distress caused by environmental changes close to one's home, leading to feelings of loss and homesickness while still at home. <sup>6</sup>
Ecopsychanalysis	A transdisciplinary approach examining the connections between psychoanalysis, ecology, and the natural world, focusing on the psychological impacts of environmental issues. <sup>7</sup>
Eco-therapy	A therapeutic practice that involves engaging with nature to improve mental and physical well-being. <sup>8</sup>
Soliphilia	A deep love and sense of responsibility for the interconnectedness of all places and people, fostering collective action to protect the planet. <sup>9</sup>
Topophilia	An emotional connection and affection for a particular place or environment. <sup>10</sup>
Environmental Identity	A sense of connection to the natural environment that influences one's self-concept and behaviors. <sup>11</sup>
Environmental Culture	The shared values, practices, and beliefs of a community regarding the relationship between humans and the natural environment. <sup>12</sup>
Environmental Consciousness	An awareness and concern about environmental issues, leading to behaviors aimed at protecting the environment. <sup>13</sup>

<sup>6</sup> <https://doi.org/10.1080/10398560701701288>

<sup>7</sup> <https://doi.org/10.3389/fpsyg.2013.00125>

<sup>8</sup> <https://doi.org/10.3389/fpsyg.2018.01389>

<sup>9</sup> <https://www.psychologytoday.com/us/blog/the-green-mind/201605/soliphilia-and-other-ways-loving-planet>

<sup>10</sup> <https://www.psychologytoday.com/us/blog/the-green-mind/201605/soliphilia-and-other-ways-loving-planet>

<sup>11</sup> <https://doi.org/10.1016/j.cresp.2023.100141>

<sup>12</sup> <http://dx.doi.org/10.2458/v2i1.20170>

<sup>13</sup> <https://doi.org/10.1016/j.cresp.2023.100141>



## About [Movement](#)

Movement is a platform developed by [Amanda Marie Villa](#), grounded in her research at Columbia University on the intersection of climate change and mental health. It seeks to reimagine environmental communication by centering emotional resilience, cultural identity, and community-driven storytelling.

## Get in touch

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