Steffi Bednarek is a fully accredited psychotherapist and trauma therapist and has published on issues of psychotherapy, climate change and pre-traumatic stress in several countries and contexts. Her work draws on her Gestalt roots and her engagement with Climate Psychology. She identifies her mentor Francis Weller, Thich Nhat Hanh, the 8 Shields’ approach to nature-based intergenerational mentoring, and her training at the Animas Valley Institute as essential influences on her work.