



# Insights from Therapists: Energy Conservation for Households on a Low-Income

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BECC 2016  
October 22, 2016

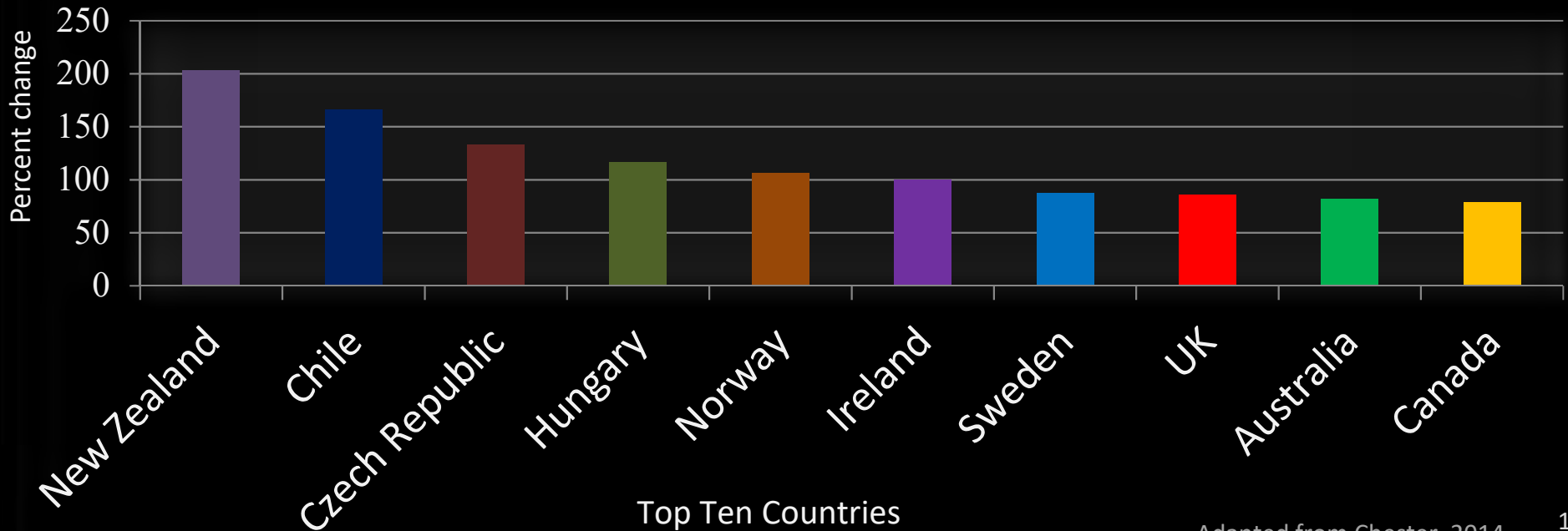


Umit Bektas Reuters

## Energy Poverty

- **High** electricity prices
- Poor **housing** structure
- **Inefficient** Appliances
- Inadequate **policies**

## Highest household electricity Price changes from 2000-2010



Top Ten Countries





Adam Ciesielski Free images



Aryeh Sampson

# Negative impacts of stress



HealthTap



ECIU, UK.

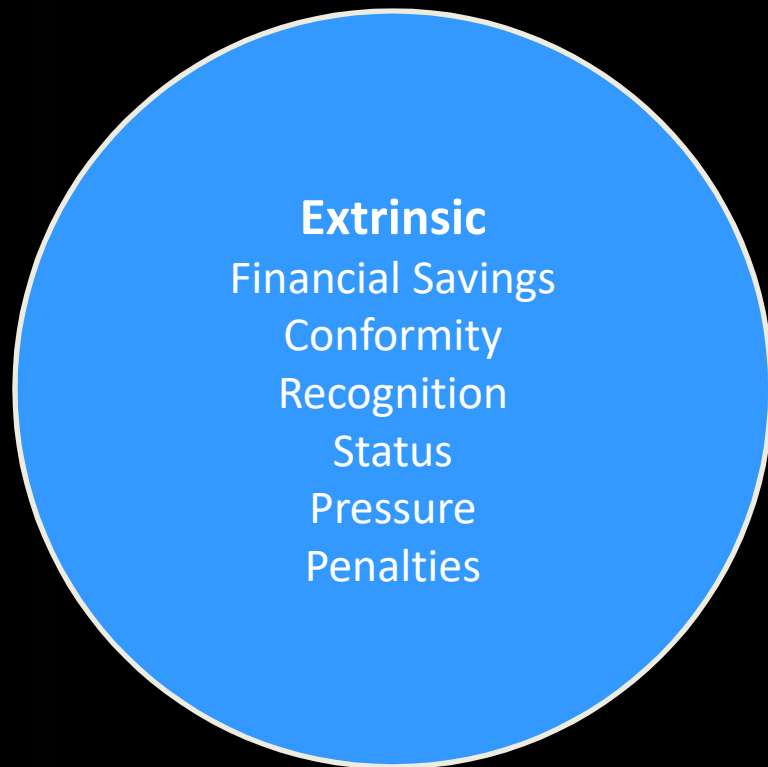


# Reconnect to Inherent Power



# The Problem with Solutions

## Current Approaches



v





# Some Solutions



- Increase **wellness, resilience, and self-reliance**
- Consider broader **psychological and social** factors
- Engage **intrinsic motivators**



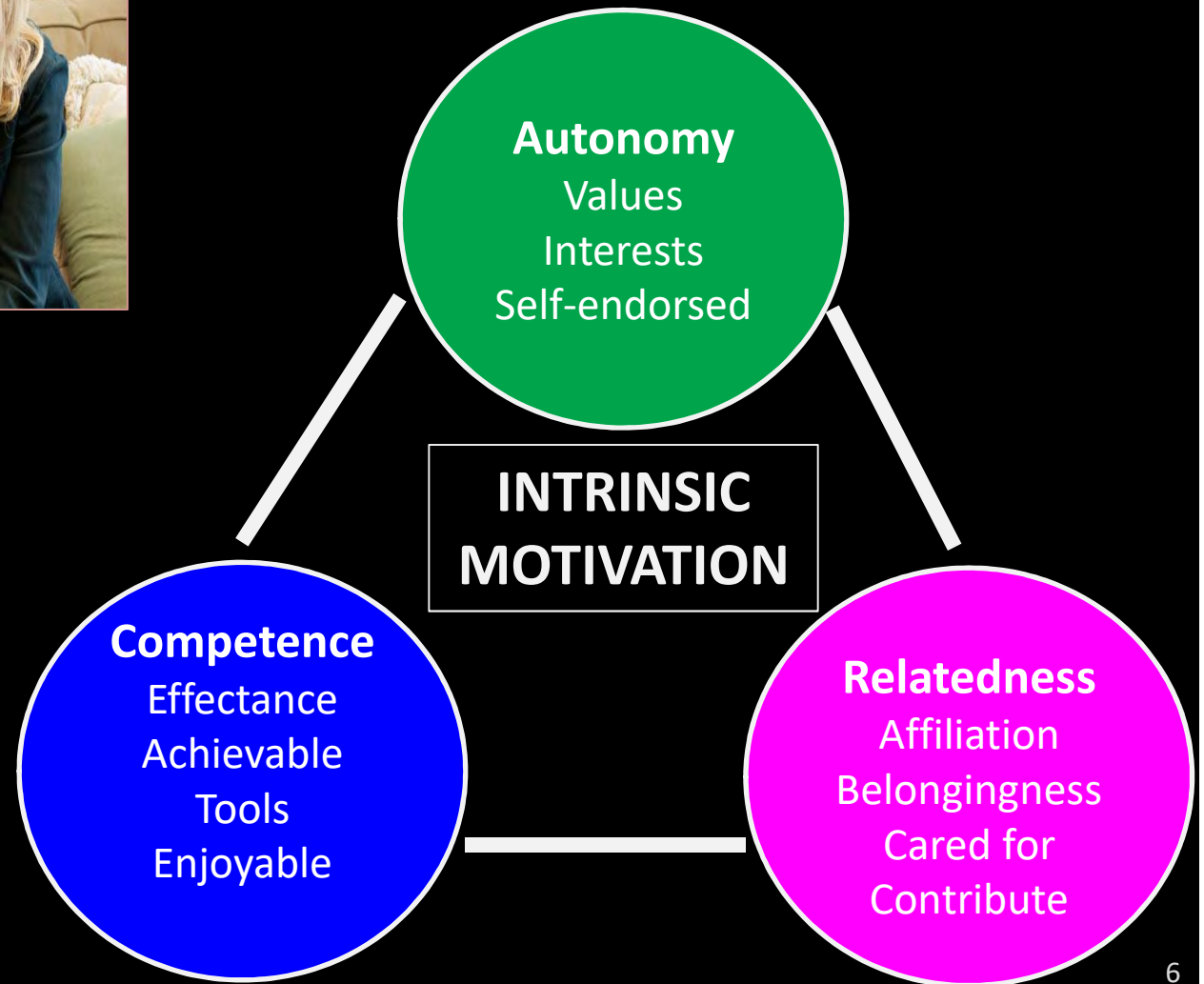
**My research examines...**

***How to increase wellness and lasting energy conservation***

# Therapeutic discipline



## Self-determination Theory





**Research Approach**

Results

Key  
Takeaways

Next Steps

Semi-structured interviews

- 2 psychologists
- 2 life coaches
- 2 body psychotherapists
- 2 counsellors

***Phase 1: Therapists' change methods within Self-determination theory***

- Deductive analysis
- Autonomy, competence, and relatedness

***Phase 2: Therapists' recommendations for energy conservation program***

- Inductive analysis
- Households' with low-income Energy Scenario
- Qualitative Content Analysis and Within-method triangulation



Research  
Approach

Results

Key  
Takeaways

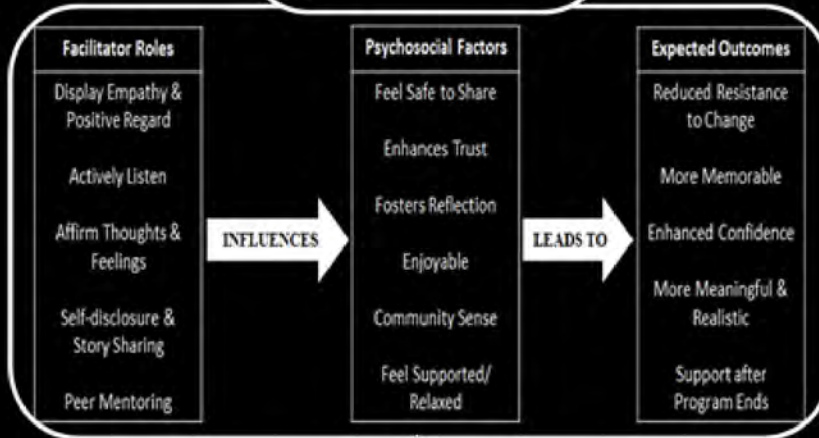
Next Steps

**Impractical for Program to Only Focus on Reducing Households' Energy use because Stressors Must be Addressed**



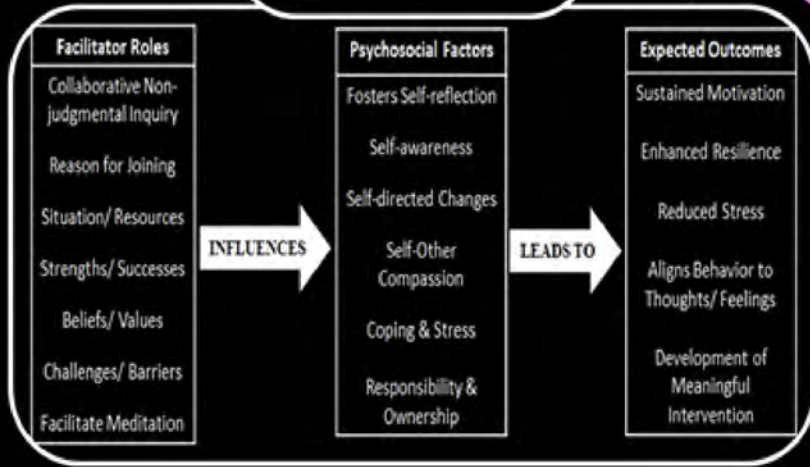
# Results

## ↑ RELATEDNESS

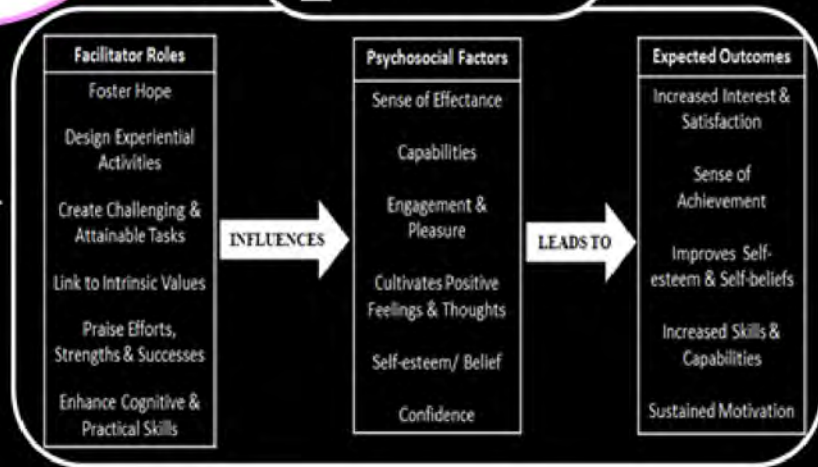


## INCREASE WELLNESS & INTRINSIC MOTIVATION

## ↑ AUTONOMY



## ↑ COMPETENCE





Research Approach

Results

Key Takeaways

Next Steps

To Inspire Lasting Energy conservation and Enhance Wellness...

- Perceive households as **Interested** and **Capable** and Cultivate **Hope**
- Focus on **Strengths** and **Praise Efforts**
- Use **Non-judgmental Inquiry** to Facilitate **Self-reflection** through:
  1. **Storytelling**
  2. **Peer mentoring**
  3. **Mindfulness Meditation**
- **Identify and consider households psychosocial factors**
- **Current situation** - **Reasons for participating**
- **Internal and External Resources** - **Values and Beliefs**



Research  
Approach

Results

Key  
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## **Mixed Methods Study to Examine Households with low-income**

- Socio-cultural, Physical, and Emotional Needs and Values
- Opinions of Features of a Meaningful and Useful Program
- Level of Material Values and Life Satisfaction
- Does Values and Life Satisfaction affect Electricity Bill?



# Thank you!



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## Acknowledgement

To my supervisors Dr's Marcus Foth, Evonne Miller and Paul Bain for their continued guidance and CitySmart LIEEP for funding.

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