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PSYCHOLOGY DAY 2025 CONCEPT NOTE

From Crisis to Growth: Psychological Contributions to Building Global Resilience

The world today is facing unprecedented challenges that test our capacity for resilience. Crises such as climate change, environmental degradation, conflict, social inequality, and rapid technological advancements are reshaping the global landscape. Addressing these complex issues requires collective action, and the United Nations continues to provide a vital space for nations to collaborate on shared solutions. This year's Psychology Day at the UN's theme, "*From Crisis to Growth: Psychological Contributions to Building Global Resilience*," focuses on how psychological science can offer valuable insights and strategies to support sustainable development and human dignity, emphasizing the importance of finding unity in diversity.

The Psychology Day 2025 program will feature four distinguished speakers, each representing a key theme and exploring its role in fostering global resilience. The first theme, *Climate Change and Sustainability*, will address how human behavior, environmental attitudes, and perceptions of nature influence our capacity to harmonize development with planetary survival. A psychologist with expertise in environmental and health psychology will present research on how to create environmentally mindful living settings which will offer pathways for sustainable action.

The second theme, *Peace and Security*, will explore psychological approaches to conflict resolution and intergroup dialogue, drawing parallels between human conflicts and our strained relationship with the natural world. A social psychologist specializing in conflict studies will discuss strategies for promoting peaceful coexistence and mitigating the psychological impact of global crises on communities.

The third theme, *AI and Technology*, will examine the psychological implications of the rapid growth of technology, particularly artificial intelligence. A cognitive psychologist will highlight the role of cognitive biases in AI design, the spread of misinformation, and the potential of technology to support the Sustainable Development Goals (SDGs). This presentation will emphasize how psychological research can inform the responsible and ethical development of technology to enhance global resilience.

The final theme, *Silenced Voices*, will focus on the importance of inclusive knowledge-sharing and the need to amplify voices from underrepresented communities. A community psychologist will discuss systemic barriers to participation in global decision-making and the psychological impact of exclusion, while presenting strategies for fostering equity and ensuring that diverse perspectives are included in the conversation.



An expert discussant on resilience will conclude the event, synthesizing the presentations and providing a comprehensive overview of how psychological theories and evidence can be applied to build resilient societies. This synthesis will highlight the interconnected nature of the themes, offering insights on how psychology can inform strategies for overcoming adversity at individual, community, and systemic levels.

The Psychology Day 2025 program will showcase latest research and evidence-based strategies that can support the UN and its partners in addressing global crises. This event fosters interdisciplinary dialogue among diverse experts, empowering participants to explore psychology's vital role in building a resilient, equitable, and sustainable future. Psychology can play a vital role in this process.