

Life Design for Hope: The Laboratory of Core Educational and
Counseling Competencies in the Anthropocene

University of Wrocław

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**Utopia vs. Anthropocene: *Allegro ma non troppo*
(educational and counseling skills framed by hope)**

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Anthropocene

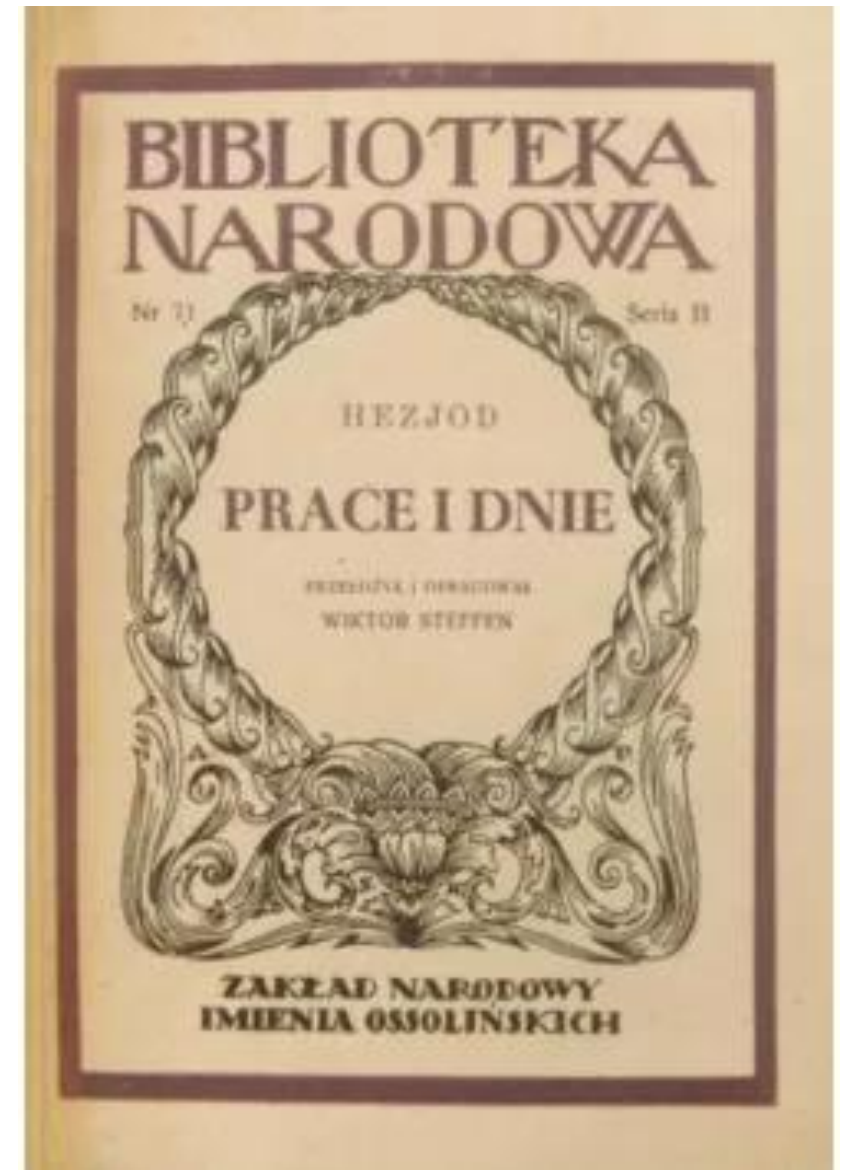
- ... describing and designating a new geological unit in which for the first time the major changes in the ecosystem **result not from natural dynamics but from** deliberate, intensive and progressive **human action**.
- Created from the Greek words *anthropos* (ἄνθρωπος), which means «**human**», and *kainos* (καινός), meaning «**new**» ...
- This notion of **the impact of humanity's passage** through Earth's time ... **has its roots practically from the dawn of human history** and the societies that have been formed.



FIRST. In *Works and Days*, the Greek poet Hesiod (8th-7th century BC) describes the five ages of humanity:

- The **Golden Age**, created by the gods (men did not have to work, they did not suffer, they did not age, and death came to them gently)
- The **Silver Age**, in which there was already violence and division.
- The **Bronze Age**, characterized by the manufacture and use of weapons.
- The **Age of Heroes**, who fought to restore justice and the primordial values.
- The **Iron Age**, with humanity condemned to work, war, suffering and moral degradation.

... almost **three thousand years ago** there was already the notion that **humanity is its own worst enemy**, and that it drags with it, in **the historical process that leads to chaos and destruction**, the planet on which it lives.



- **SECOND.** In his book *Utopia* (1516), Thomas More tells the story of Utopos, king of the Abraxas peninsula, who **ordered the isthmus of the peninsula to be cut off** in order to transform it into an independent island — the island of **Utopia**.
- Thomas More indicates that **it is possible to reverse** the path that leads humanity from primordial happiness to current suffering.
- ... **But**, after all, the island of Utopia is, as we all know, nothing more than a... utopia.

UTOPIA



THOMAS MORE

THIRD. With the industrial revolution of the 18th and 19th centuries ...

... there was a **rapid shift from traditional methods of manual production to mechanical production** ...

... the **improvement in the purchasing power** of workers, a huge population growth ...

... **pollution** to the atmosphere, cities, fields, and rivers, the spread of previously unknown **occupational diseases**, but also an innumerable variety of **objects and instruments that made people's lives easier** and even allowed for a true cultural revolution

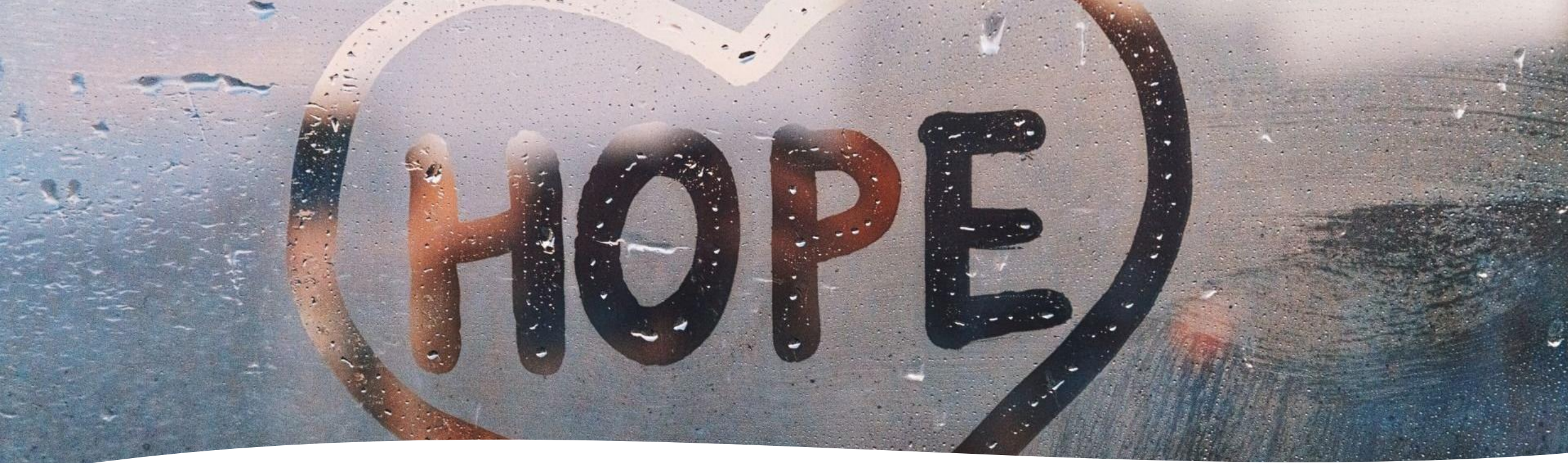
We are thus confronted with a difficult **dilemma**:

- **How to reconcile** our perception that industrialization created the means and conditions for us to enjoy most of what we appreciate and consider essential to life today, with our perception that all this may contribute, in the very short term, to the end of the ecosystem in which we live?
- Psychology ... for widespread corporate use, human resource management models based on the need to have motivated and competent workers to perform the tasks necessary to obtain the best results

BUT WHAT ABOUT HOPE?



- LD and hope encompass all the feelings that facilitate adaptation to the environment. Today, **LD without hope becomes an almost useless conceptual instrument**, the same happening to hope without LD... Hope as an adaptive response...
- A frame of feelings, that is, shifting the focus to the affective, to the rational as a secondary framework.
- Not throwing away the frames of the past, but integrating them into this possible new frame.
- A model of «peace», without walls, and what is important is that new models or paradigms born in the 21st century can contribute to the development of LD, separating definition from theory, showing that theory can be used as a dynamic alternative to definition.



Now, in the Anthropocene, resulting in part from the Industrial Revolution, **psychology and other social sciences have a duty to be on the side of those who seek a solution**, that is, who have the skills to know how to deal, as individuals, with these new challenges, just as history tells us: **in negative decisions there has always been the possibility of recovery, always a chance to recover...**