

# CLINICAL WEBINARS

## FOR HEALTH SERVICE PSYCHOLOGISTS

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TRANSLATING RESEARCH TO PRACTICE

# Today's Webinar Will Begin Promptly at 2pm ET

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## Podcasts From the National Register

*The Clinical Consult* is a podcast series—moderated by Dr. Daniel Elchert—that covers topics of direct clinical relevance to psychology practice.

***Listen at <http://bit.ly/NRpodcasts>***



### **NEW PODCAST**



**Dr. Morgan Bifano**

### **BASICS OF PEDIATRIC PSYCHOLOGY CONSULTATION**

Dr. Morgan Bifano discusses the importance of high-quality behavioral health services that meet the patient's needs and includes some of the steps taken in shifting to providing telehealth services in the wake of the pandemic.

**Did you know?** We have podcasts for your patients, too!  
Visit **[FindaPsychologist.org](http://FindaPsychologist.org)**

# Giving Psychology Away:

## How You Can Be Helpful Beyond the Therapy Office

Amanda D. Zelechowski, JD, PhD, ABPP  
Valparaiso University

Lindsay Malloy, Ph.D.  
Ontario Tech University

**Attendees Earn One Continuing Education Credit**

The National Register is approved by the American Psychological Association to sponsor continuing education for psychologists.  
The National Register maintains responsibility for this program and its content.

# Amanda D. Zelechowski, JD, PhD, ABPP



- Dr. Amanda Zelechowski is a licensed clinical and forensic psychologist and attorney, specializing in trauma. She is board certified in Clinical Child and Adolescent Psychology and has worked clinically with adults, children, and families. As an Associate Professor of Psychology at Valparaiso University, she directs the *Psychology, Law, and Trauma Lab*, where she conducts research on the impact of childhood trauma. In addition, Dr. Zelechowski provides training and consultation to numerous mental health, legal, educational, and child welfare agencies.

# Lindsay Malloy, PhD



- Dr. Lindsay Malloy is an Associate Professor of Psychology at Ontario Tech University, specializing in developmental and forensic psychology. She is the Director of the *Development, Context, and Communication Lab* and her research addresses how, why, and to whom children and teens disclose negative or traumatic experiences, as well as factors that influence children's memory, deception, and narratives. She frequently provides expert testimony and consultation related to children's communication about and memory of difficult events.

# Disclosures/Conflicts of Interest

- The presenters are co-founders of Pandemic Parenting, LLC, which provides free webinars, resources, and information.
- Though Dr. Zelechowski and Dr. Malloy donate their time to Pandemic Parenting efforts, they solicit donations, contributions, and sponsorships in order to adequately compensate their support team.



# Overview

- As the COVID-19 pandemic forges on, you see daily headlines about rapid and global decline in mental health and well-being. You quickly transformed your clinical practice to try and meet your clients' needs, but you are stretched to capacity and recognize that there are nowhere near enough mental health professionals to address the demand. Using ***Pandemic Parenting*** as an example, this webinar will highlight a variety of strategies for giving psychology away to expand your reach and find feasible ways to share information and clinical tools with those who need them most.

# Learning Objectives

1. Explain the increasing need for accurate, timely, and accessible dissemination of psychological science.
2. Identify several ways to more broadly share psychological knowledge and clinical tools and skills.
3. Describe ethical and practical considerations when giving psychology away.

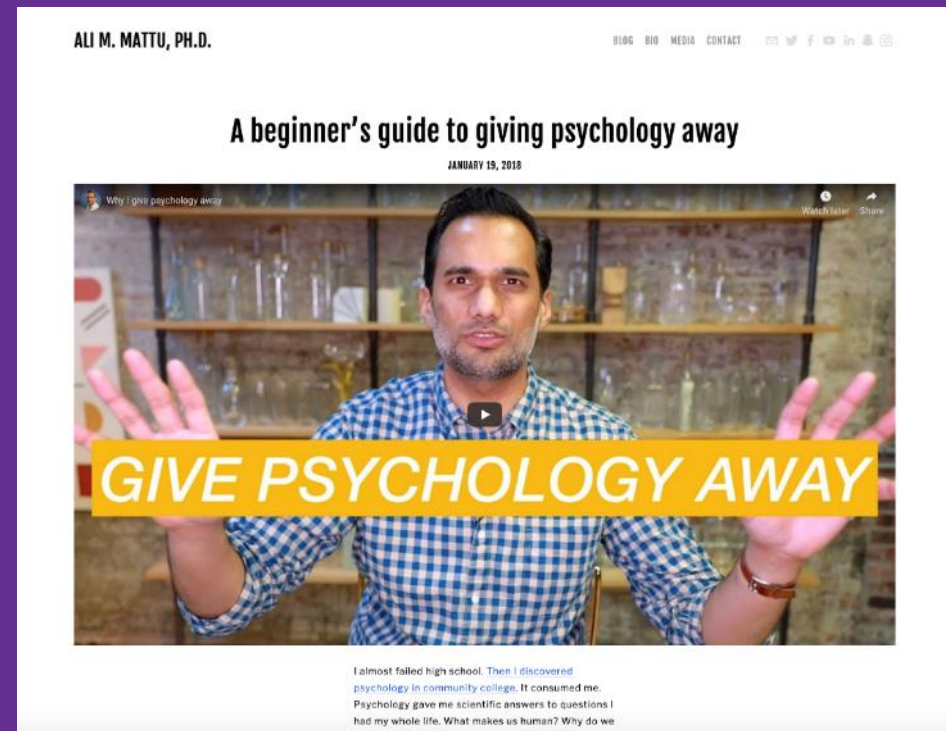


# How did you find your way to psychology?



- *“Psychology is hard to access and that’s bad for everyone.”*

- Dr. Ali Mattu



<http://alimattu.com/blog/give-psychology-away>

# “Give Psychology Away”

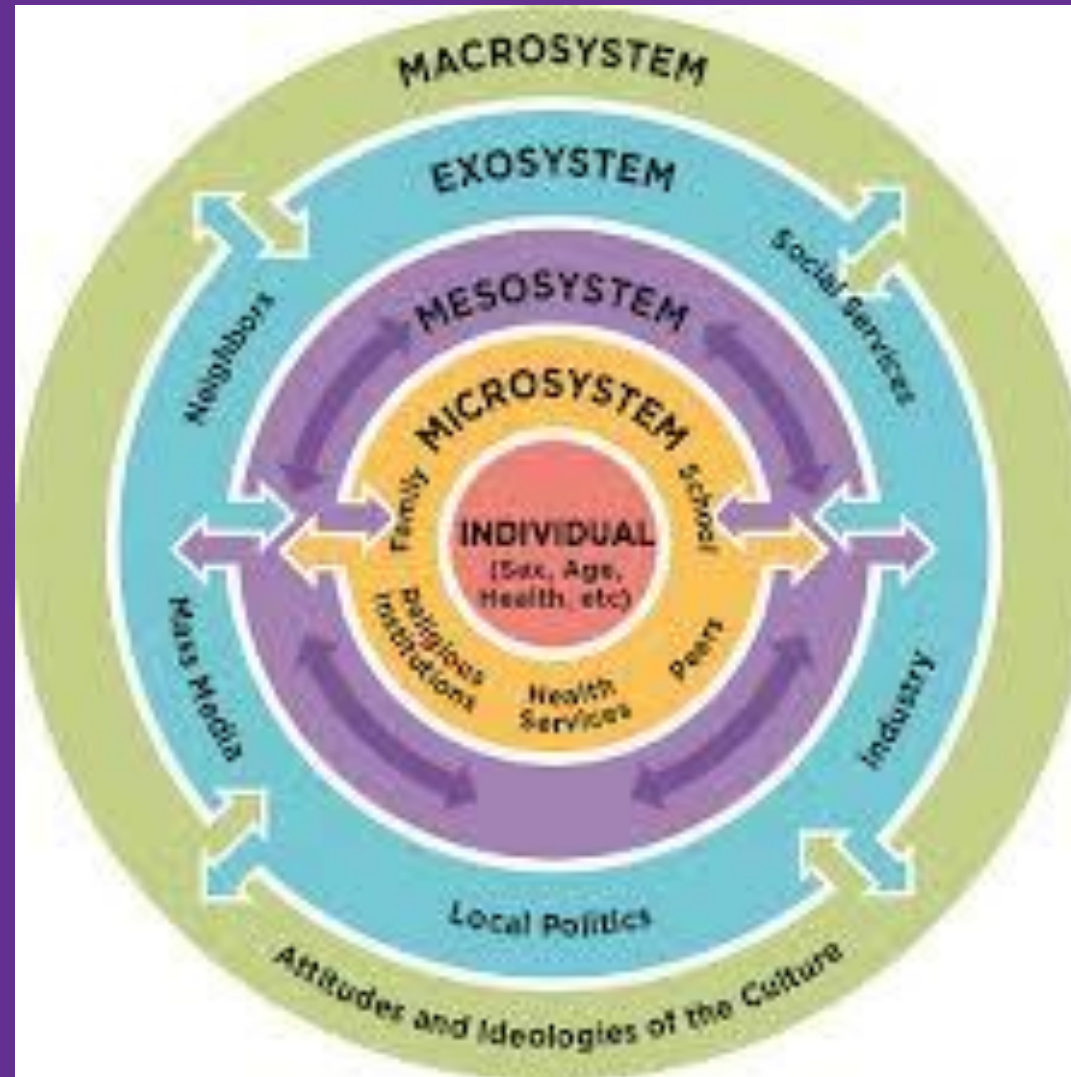
- George Miller
- 1969 APA Presidential Address
- *“I can imagine nothing that could be more relevant to human welfare, and nothing that could pose a greater challenge to the next generation of psychologists, than to discover how best to give psychology away.”*



# Okay, but how?



# Bronfenbrenner's Ecological Systems Theory



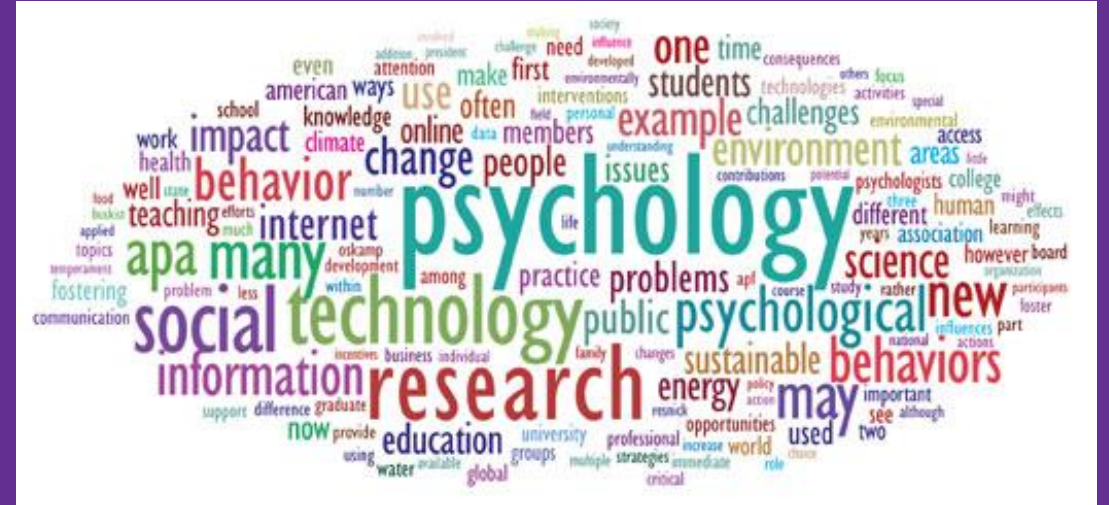


# Applying the Social Ecological Model to Knowledge Dissemination and Advocacy



# A day in the life...

- Teach
- Train
- Present
- Research
- Write
- Evaluate/assess/test
- Provide clinical intervention
- Consult
- Community outreach
- Advocate
- **Explain**



<https://www.apa.org/gradpsych/2009/11/topics>



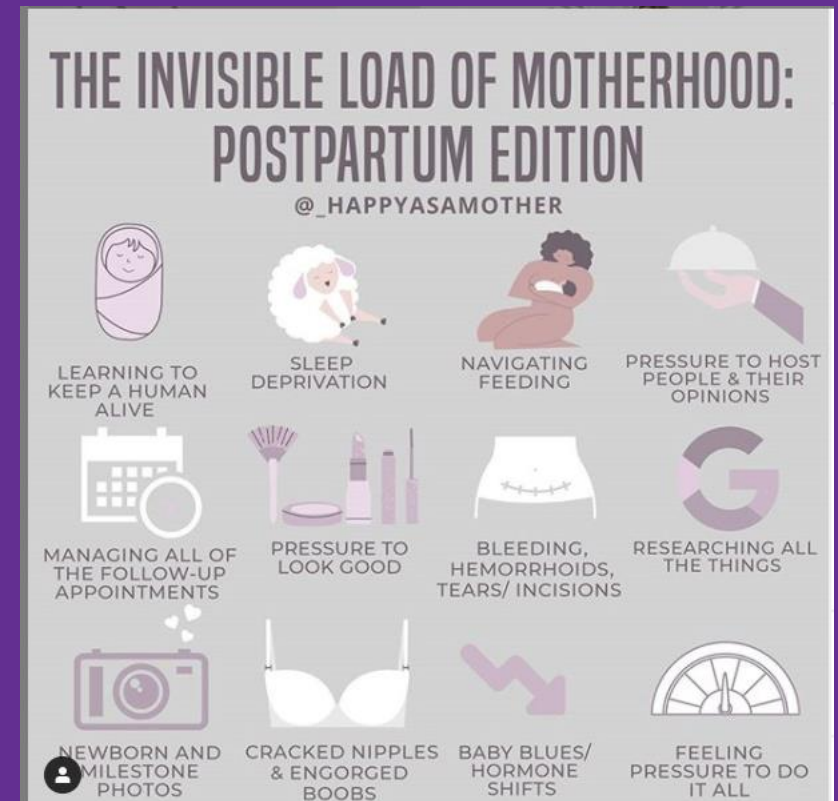
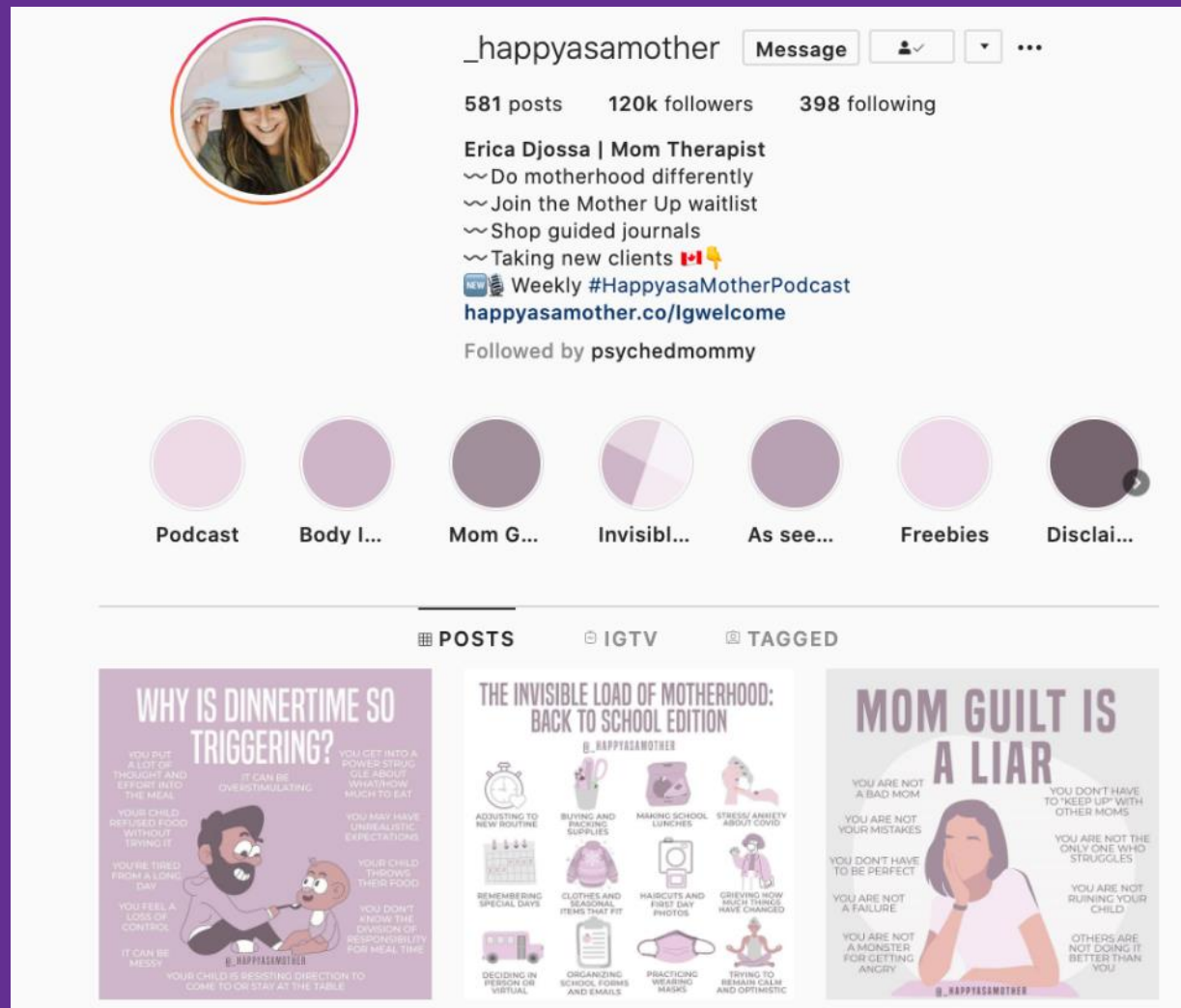




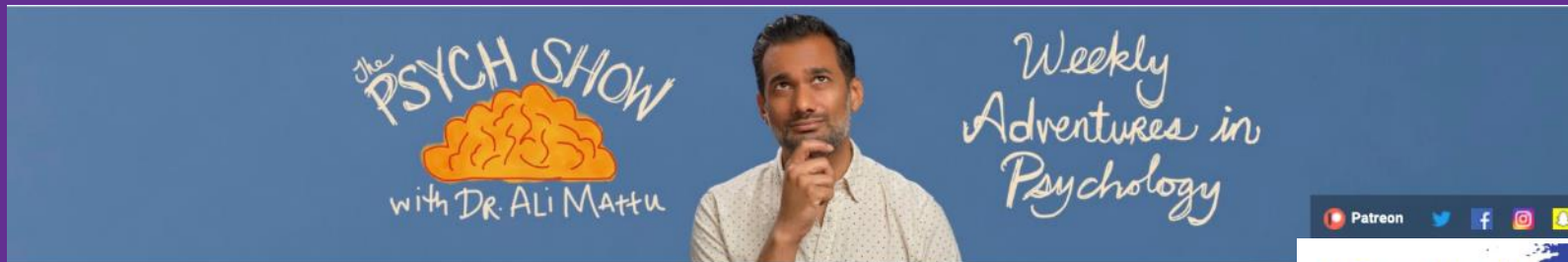
# Examples of Giving Psychology Away

- Clinical psychoeducation for the public
- Teaching students to give psychology away
- Making professional presentations more accessible
- Research and writing with non-traditional audiences in mind

# Clinical Psychoeducation for the Public



# Clinical Psychoeducation for the Public



**The Psych Show**

99.6K subscribers

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**The Psych Show with Psychologist Dr. Ali Mattu**

10,596 views • 8 months ago

Do you want to better understand your thoughts, feelings, and actions? Be a better friend, manage stress, and make healthier choices? I'm clinical psychologist Dr. Ali Mattu. I was an assistant professor at Columbia University. I've worked with Netflix, BuzzFeed, and HBO. Now I make videos about mental health and psychology that are fun and easy to understand.

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**Welcome To GetPsyched**

1,098 views • 1 year ago

Welcome to GetPsyched! If you are in any way interested in psychology then this is the channel for you! On GetPsyched we look at psychological theory and research and discuss how you can apply the principles to better your life. We also have a number of videos that cater to students where we look at study, exam and writing tips. Make sure to check out the videos, and subscribe to the channel for weekly uploads every Monday!

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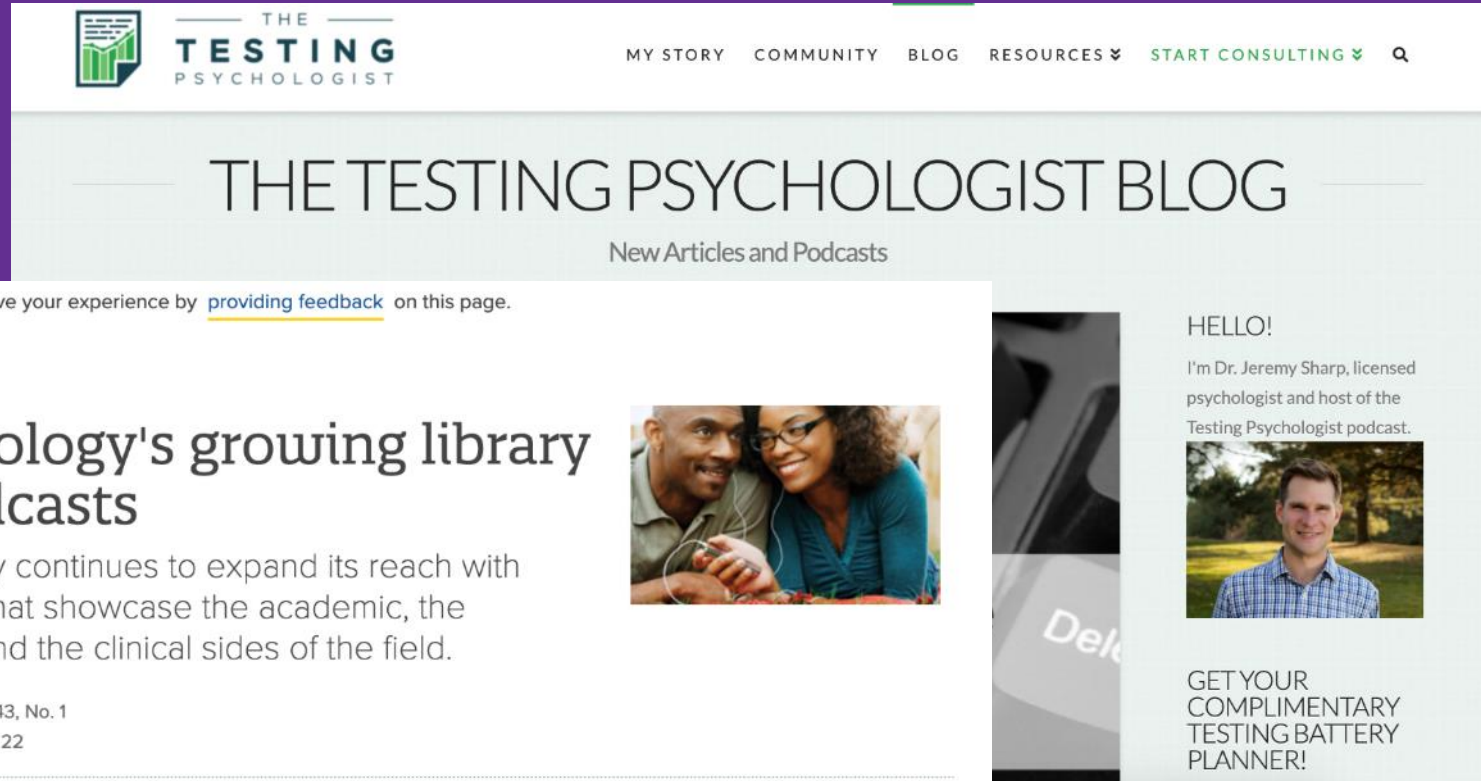


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# Clinical Psychoeducation for the Public

- Blogs
- Podcasts
- e-Newsletters
- Listservs



The screenshot shows the homepage of 'THE TESTING PSYCHOLOGIST' blog. The header includes a logo with a green bar chart icon and the text 'THE TESTING PSYCHOLOGIST'. Navigation links are: MY STORY, COMMUNITY, BLOG, RESOURCES, START CONSULTING, and a search icon. The main title is 'THE TESTING PSYCHOLOGIST BLOG' with the subtitle 'New Articles and Podcasts'. A feedback prompt says: 'Help us improve your experience by [providing feedback](#) on this page.' The featured article is 'Psychology's growing library of podcasts' by Dr. Jeremy Sharp, dated January 2012, Vol 43, No. 1. The article text states: 'Psychology continues to expand its reach with podcasts that showcase the academic, the scientific and the clinical sides of the field.' It mentions that psychology-related podcasts range from hours-long university courses to one-minute sound-bites. A quote from Scientific American is partially visible: '60-Second Mind: Each Saturday, Scientific American presents a [one-minute podcast](#) on the latest brain and behavior research. Recent topics include a study suggesting that young children tend to believe that objects in nature, such as pinecones or rocks, cannot be owned'. On the right, there is a 'HELLO!' section for Dr. Jeremy Sharp, a 'GET YOUR COMPLIMENTARY TESTING BATTERY PLANNER!' offer, and a photo of a man.



Search...

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## It's Really C

Charle Figley, the pi  
described secondar  
with compassion fatigue.

“



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# Teaching Students to Give Psychology Away



What is prison really like?

Why do people confess to crimes they didn't commit?

Why can't some victims remember what happened?

Do kids understand their rights?

**Myths vs. Realities**

**WHEN THEY SEE US**

How does racial profiling happen?

Why do so many people end up back in prison?

How should DNA evidence be used?

The 2019 Netflix miniseries, *When They See Us*, told the stories of the wrongfully convicted Central Park 5 and sparked national dialogue about the U.S. Criminal Justice System. Using film clips and interactive activities, the students in the PSY 465: Psychology & Law course will take you through aspects of each boy's journey to highlight what the psychological science has taught us about their realities.

Core Approved for 110 and 115

Tuesday, Nov. 19  
6:00-8:00pm  
Harre Union Ballroom C





## Undergraduate Developmental Psychology Course

Student-led Community Carnival with age-  
appropriate activities designed incorporating  
developmental psychology



# Science Rendezvous





# Teaching Students to Give Psychology Away

## WHO WE ARE

**Helping Give Away Psychological Science** (HGAPS pronounced as two syllables: "H-Gaps") is a student-based non-profit (501c3) that is dedicated to helping the best information about psychological science reach the people who would benefit. Our goal is to build small groups to improve the information about psychology on Wikipedia, on other online sites, and in the community. We aim to make our resources reach the level of the best college textbook on the topic and help the general public, clinicians, clients, and educators each find high quality resources quickly. We have chapters at multiple universities across the country.

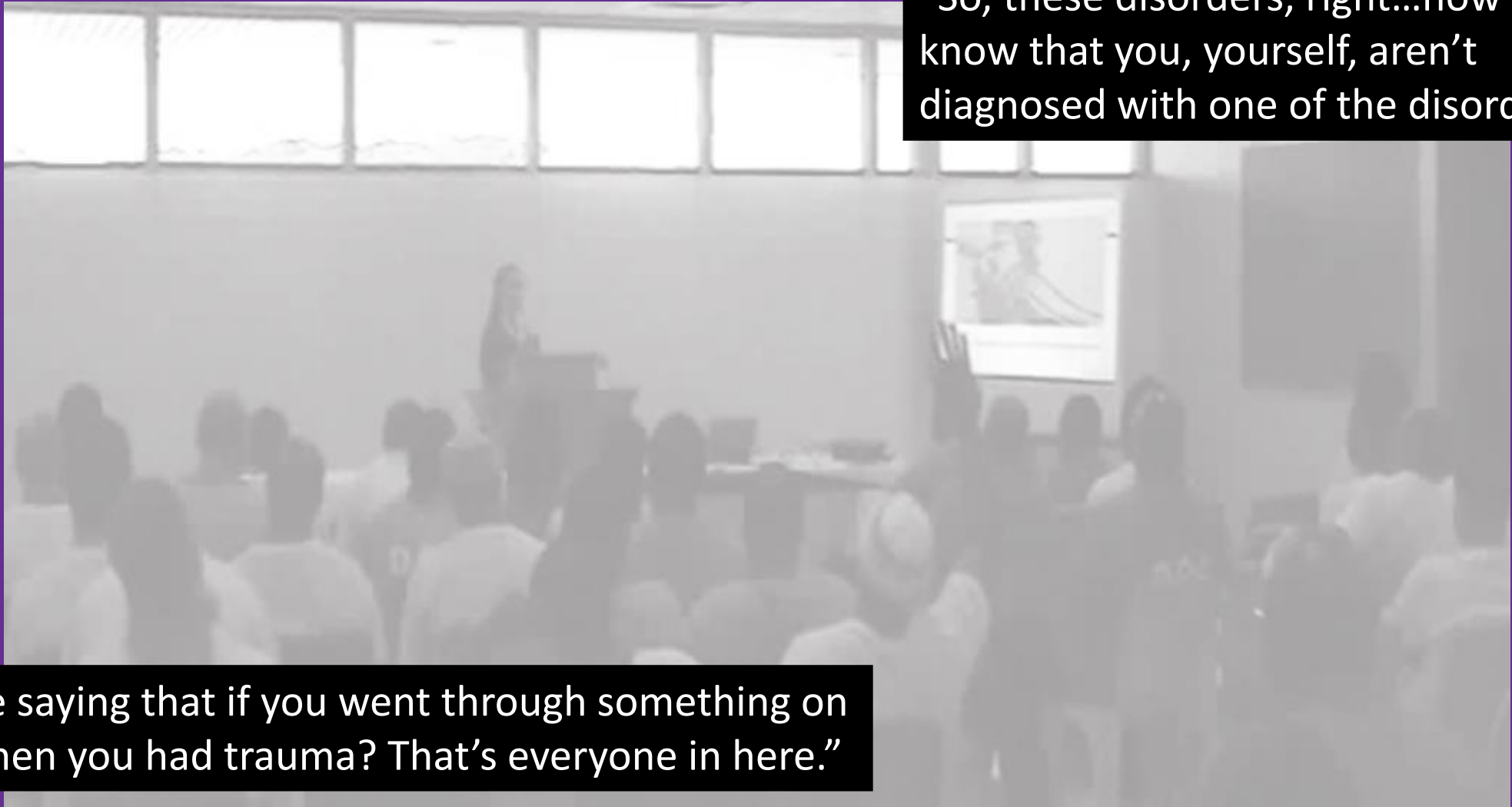


<https://www.hgaps.org/>

# Making Professional Presentations Accessible

- What is it that you want people to take away from your presentation?
- How can they use the information you provided right now?
  - Give them something valuable and useful, even if that's just a new perspective, a helpful tip, or connection to resources (Mattu, n.d.)
- Tell the story of your research
- Then, think about who this information is meant to help?
  - Find ways to give your expertise away to audiences who don't usually have access to it.

“So, these disorders, right...how do you know that you, yourself, aren’t diagnosed with one of the disorders?”



“So, you’re saying that if you went through something on that list, then you had trauma? That’s everyone in here.”

If about us, then not without us...

# American Psychology-Law Society (APA Div. 41) 2018 Dr. Eve Brank Presidential Initiative

- What do we give back to the cities we invade for conferences?
- High school & community college outreach
- Professional outreach
- Community outreach



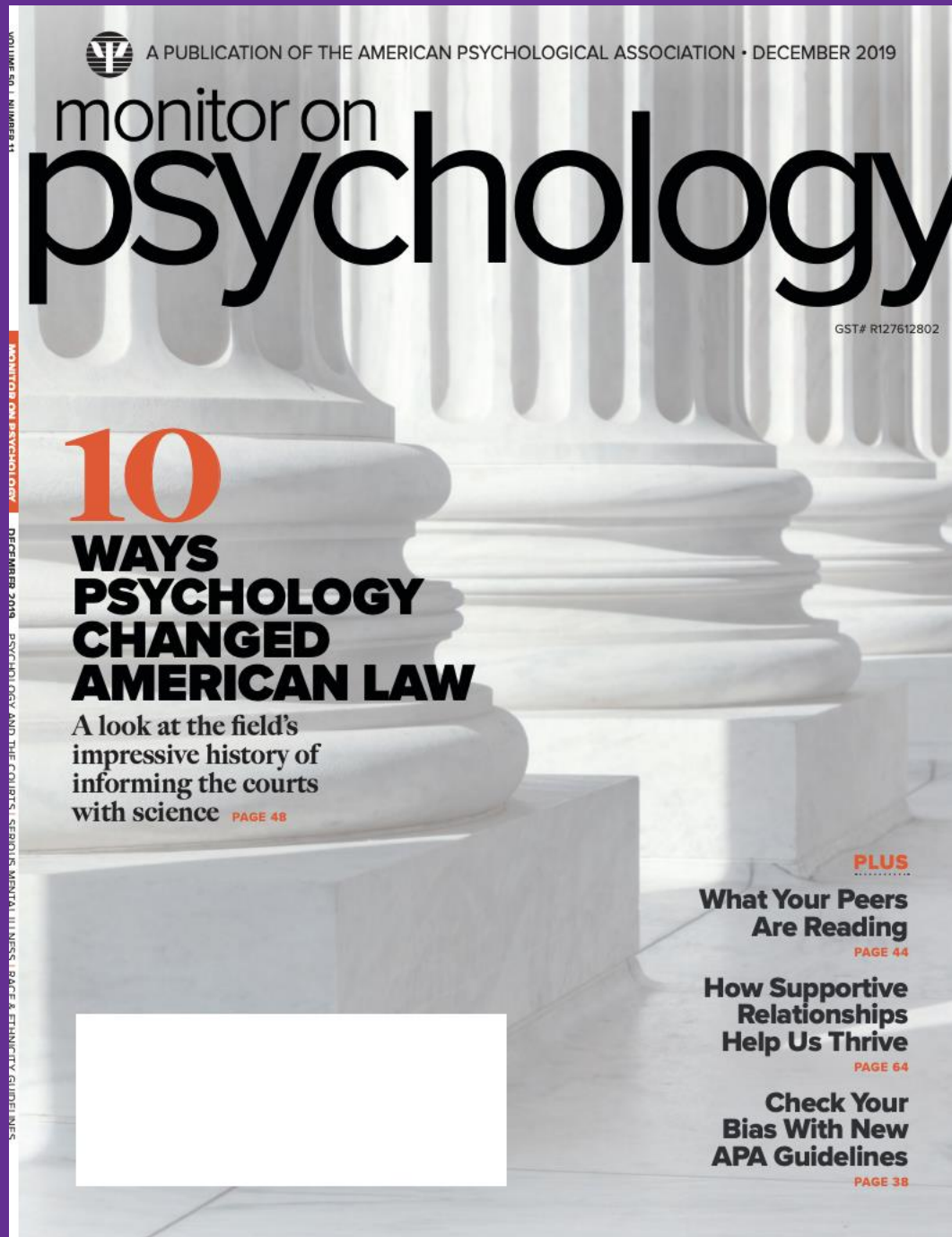
# Give Public Presentations





# Research and Writing with THE Audience in Mind

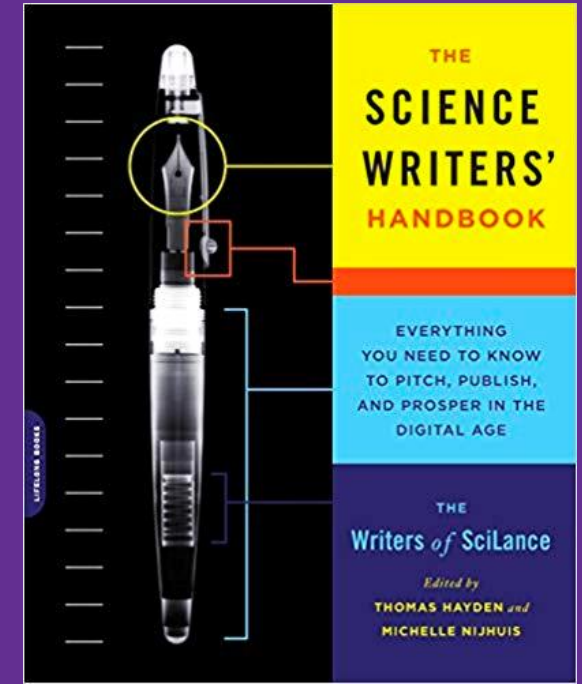
- What drives your research?
- Who is it for?
- Who gets to learn about it?
- In what ways are you disseminating the information?
- Who is it helping?



- School desegregation
- Mental health parity
- Gender discrimination at work
- Protecting psychotherapist-patient privilege
- Rights of people with mental disabilities
- Right to private sexual conduct
- Abolishment of juvenile death penalty
- False confessions
- Affirmative action
- Same-sex marriage
- Cross-race identification

# Research and Writing with THE Audience in Mind

- Translate
- Define
- Condense
- No jargon
- Don't bury the lead
- Know your audience (what do they value?)
- Find your message, find the right medium, get good at it, get feedback from non-psychologists
- You can take some risks in different platforms and formats
  - e.g., special issues, translational journals, policy-specific pieces, book chapters, white papers
  - *Psychiatric Services, Translational Issues in Psychological Science, Psychology, Public Policy, & Law*



# Combating Misperceptions, Stigma, and #FakeNews

- Learn how to talk to journalists (responsibly)
- Identify and talk about unintended consequences of policies and laws
- Submit op-eds or articles to websites, magazines, and newspapers
- Submit a guest blog to an existing psychology website
- Get involved in your local community
  - Speak at career day; mentor youth, serve on non-profit boards, etc.
- Be active on social media and disseminate quality, accurate information
- Incorporate psychology into discussions relating to current events

Consider your knowledge and expertise...who is it for?  
To whom can you give it away?



<http://www.cdc.gov/cancer/crccp/sem.htm>



# Pandemic Parenting



[www.pandemic-parent.org](http://www.pandemic-parent.org)

We're with you. We didn't sign up for 2020 either.

As two psychologists, scholars, and moms, we're here to share science-based research to help all who care for kids navigate this pandemic, together.

[About Us](#)



# Why we created Pandemic Parenting

- Quickly disseminate research results in real time, so they could be useful to parents in Remote Learning Round 2
- Translate psychological science and clinical knowledge in more accessible and efficient ways
- Encourage fellow psychologists and scholars to find ways to give psychology away

# How we created Pandemic Parenting

- Run - *literally*
- Brainstorm, but then get out of your own way
- Build a team
- Identify (and stay focused) on our goals
- Do what we're already good at or already doing – just extend it
  - Explain psychological concepts and research
  - Teach
  - Dialogue
  - Support
  - Curate resources
  - Use social media
- Fight back against imposter feelings
- Continually revisit your goals, solicit feedback, and refine your strategies

# Ethical and Practical Considerations

- Time
- Money
- Conflicts of interest
- Professional and scientific integrity
- Clinical boundaries and risk management

**I ALWAYS WONDERED  
WHY SOMEBODY DIDN'T  
DO SOMETHING ABOUT  
THAT. THEN I REALIZED  
I AM SOMEBODY.**



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# Q&A



Dr. Amanda Zelechowski



Dr. Lindsay Malloy

- Dr. Sammons will read select questions that were submitted via the Q & A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.



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PANDEMIC **PARENTING**