

December 2017

BULLETIN OF NATIONAL ACADEMY OF PSYCHOLOGY

Vol. 3, No. 2



National Academy of Psychology (NAOP), INDIA



National Academy of Psychology (India)

Towards continued development of psychology

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From the Editors:

Dear Members,

With great pleasure, we are presenting the Second Issue of the Third Volume of NAOP Bulletin. The editorial team has worked hard in last few months to design this issue. We have included a range of sections including reflections from young scholars, news about latest psychological researches, and information related to useful psychological resources along with its regular features. We hope that you would like this issue and encourage us for future volumes by providing information that could be included in this bulletin.

We offer our sincere thanks to all the contributors of reflections and to the office bearers of NAOP for their continued encouragements and support.

Editors.....

Bulletin Editors

Dr. Tushar Singh, Banaras Hindu University, Varanasi

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Message from the President



Dear Colleagues

I take immense pleasure to see that second issue of 2017 NAOΨ bulletin is being circulated to the members of National Academy of Psychology. This newsletter contains news and information that are of interest to a wide range of researchers and practitioners in the field of Psychology. It also provides official and timely information that is important for teachers, researchers and practitioners on topics such as announcement of conferences, seminars and training programmes, awards and honors, and latest happenings related to the profession of Psychology. I hope that the Bulletin will not take the form of a "monologue" wherein views are aired regarding the state of our discipline, but we also ensure that the content of the Bulletin remain relevant, fresh, and interesting. As you know that 27th Annual conference of the National Academy of Psychology is being held at IIT Kharagpur from 22nd December to 24th December 2107. We have an overwhelming response to our call for papers and nearly 500 delegates are expected to deliberate on a variety of topics in the field of Psychology, including state of art lectures, preconference workshops, symposia, and invited talks. I welcome you all to IIT Kharagpur to participate and be a part of this conference and enrich yourself with meaningful learning experiences. Finally, I hope that the structure of this Bulletin of NAOΨ will help to promote active interchange of ideas among psychology researchers. I congratulate the team for taking up the responsibility to bring out this bulletin for the benefit of the fellow researchers and practitioners.

KBL Srivastava, Ph.D.

President, National Academy of Psychology

Message from the President Elect



"The National Academy of Psychology India has been doing a yeoman's service to the science of Psychology as well as to the community for the past three decades. In addition to holding a regular annual national conference, attracting a large number of senior and young researchers and practitioners, the Academy publishes a scholarly journal and a Bulletin, and carries out several service activities. One of the important roles of the Academy should also be the identification of new or unexplored but relevant areas

where Psychology could make academic and applied contributions, and help University Departments to develop appropriate and updated curriculum in such areas. Whereas it has been long recognized that behaviour is shaped by biological, usually meant to be genetic, physiological and biochemical, and sociocultural factors, the fact that behaviour, as any other phenotype, is also a product of a long evolutionary history of a species and ecosystem-specific population responses has not been paid due attention in Psychology. Animal behaviour has been taught at many University Departments, especially in the West, however, Evolutionary Psychology has only recently emerged as a new way of looking at all psychological processes. The study of animal behaviour as well as of evolutionary psychology requires availability of biological and sociocultural diversity. India, a mega-biodiversity country with several biodiversity hot-spots, and a rich mixture of linguistic and ethnic diversity, offers a natural laboratory for study and research in animal behaviour and evolutionary psychology. It has been my own experience of over forty years that psychologists, because of their specialized training, become better observers of behaviour than most of those coming from other life sciences. We have, over the decades, shown that such research in Psychology can not only make contributions to fundamental science but also find applications in areas such as management of endangered species, both *in situ* and *ex situ* using behavioural data. I, therefore, suggest to NAOP and the academic Psychology community to pay attention to areas hitherto not included in our conventional teaching and research programs."

Mewa Singh

President Elect, National Academy of Psychology

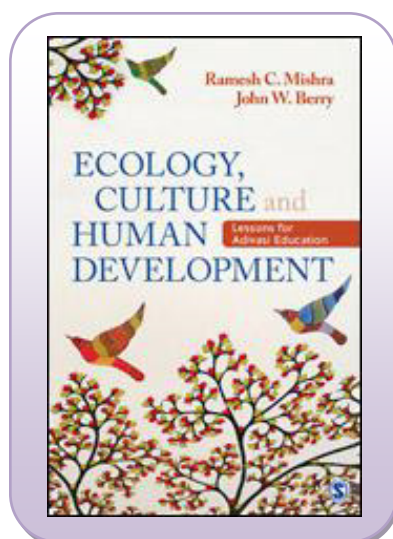
Message from the Chair, Publication Committee



“The Second Issue of the Third Volume of NAOP Bulletin is in our hand just on the eve of the 27th Annual Convention at the Indian Institute of Technology, Kharagpur. The Bulletin presents schedule of rich academic programs of the forthcoming Annual Convention. It is timely and highly informative for all of us. Editor Dr. Tushar Singh and Editorial Board members Dr. Sunil K. Verma, Dr. Vijyendra Pandey, Dr. Nidhi Singh and Ms. Alisha Chhetri have been doing excellent job in conceptualizing the Bulletin. This year they have been able to meet target of bringing out both issues. I would like to encourage the NAOP members to share news and views to enrich the Bulletin.”

Janak Pandey
Chair, NAOP Publication Committee

Latest Arrivals in Psychology



Ecology Culture and Human Development

ISBN: 9789386602596

Date of Publication: December, 2017

Authors: Ramesh Chandra Mishra & John W. Berry

Publisher: SAGE Publications Pvt. Ltd

Description of The Book: The key to the upliftment of the Adivasi community is a deep understanding of their culture, psychological resources and cognitive strengths. Ecology, Culture and Human Development: Lessons for Adivasi Education presents a comparative analysis of the cultural and cognitive dimensions of various communities in Canada, Ghana, China and India, and seeks answers from this analysis for Adivasi education. It debunks the myths of low intelligence and inferior cognitive capacity of the Adivasi community, and emphasizes the remarkable performance of Adivasi children when assessed in terms of their ecological and cultural contexts.

Extensively illustrated and containing substantive data on all relevant aspects of human development, this book is a much-desired addition to the literature on this crucial aspect of social development in India. It is a comprehensive resource that aims to contribute substantially towards mitigating the travails of the Adivasi community and ensuring their social empowerment.

JOIN NAOP: BENEFITS TO MEMBERS

- All the members will receive the issues of the journal, Psychological Studies (Springer) of the membership year(s).
- All the members receive some discount in the conference Registration Fee from the organizers of NAOP annual conferences.
- Full members have the voting rights in electing the office bearers of NAOP that is done electronically every year in the month of November or December.

SUBMIT TO NAOP BLOG

Send your blog articles (150-450 words typically but can be longer) to any topic related to psychology or closely associated disciplines by email to admin@naopindia.org with subject 'NAOP blog'. Anybody (both members and non-members) can submit articles for NAOP blog. Please send a brief bio-note about the author.

Conferences/ Seminars/ Workshops

INTERNATIONAL

❖ 2018 MICHAEL SULLIVAN DIVERSITY SCHOLARSHIP

The Michael Sullivan Diversity Scholarship Fund was created to provide financial assistance to support graduate student research projects in honor of Dr. Sullivan's work with American Psychological Association, State, Provincial, and Territorial Psychological Associations and his commitment to diversity and inclusion.

Submission Deadline: Proposals must be submitted electronically by 4:30 pm (eastern) on Friday, January 5, 2018. Proposals must be in Microsoft word or pdf format and follow the attached template. Subject line should include "Michael Sullivan Diversity Scholarship Proposal- CANDIDATE'S NAME". Send proposals to mranney@ohpsych.org <<mailto:mranney@ohpsych.org>>

❖ 32nd International Congress of Psychology (ICP)

Conference Theme: Psychology in the 21st Century: Open Mind, Societies and the World

Being Organized At: Prague, Czech Republic

Dates: 19th - 24th July, 2020

Conference

Website:

<http://www.icp2020.com/>

❖ 24th Congress of the International Association for Cross- Cultural Psychology

Conference Theme: Multiculturalism in a Global Perspective: Benefits and Challenges

Being Organized By: University of Guelph, Canada

Dates: 1st- 5th July, 2018

Conference

Website:

<https://iaccpconference.com/conference-information/>

❖ 29th International Congress of Applied Psychology

Conference Theme: Psychology: Connecting Science to Solutions

Being Organized at: Montreal, Canada

Dates: 26th- 30th June, 2018

Conference

Website:

<http://icap2018.com>

❖ 9th Conference of Asian Association of Indigenous and Cultural Psychology

Conference Theme: Promoting health, happiness and quality of life: Psychological, social and cultural perspectives

Being Organized At: Koto Kinabalu, Malaysia

Dates: July 25-27, 2018

❖ International Council of Psychologists

Theme: Human Rights, Dignity Justice

Conference Theme: Promoting health, happiness and quality of life: Psychological, social and cultural perspectives

Being Organized At: Montreal, Canada

Dates: June 2018

Conference Website: <http://icpweb.org/>

❖ **Summer School on Personality Disorders: Psychoanalytic And Other Treatment Modalities in Hungary**

Theme: Personality Disorders: Psychoanalytic and Other Treatment Modalities

Being organized by Faculty of Education and Psychology, Eötvös Loránd University

Website: <http://summerschool.elte.hu/>

NATIONAL

❖ **First National Conclave on Psychological Trauma, Child Protection, & Mental Illness (Trauma Conclave-2018)**

Being Jointly Organized By: All India Institute of Medical Sciences, New Delhi and Ministry of Women and Child Development, Government of India

Dates: 27-28 March 2018

Conference Website: www.aiims.edu/psychiatry/home.htm

❖ **International Conference on “Education for peace, Human rights and Tolerance”**

Being Organized By: Department of Education, Mizoram University

Dates: 13-14 March 2018

Conference Email: educonf18.mzu@gmail.com

❖ **53rd National 22nd International Conference of Indian Academy of Applied Psychology (IAAP)**

Being Organized By: The Department of Applied Psychology, Pondicherry University

Dates: 16th to 18th February, 2018

Conference Website: <http://www.pondiumi.edu.in/news/53rd-national-22nd-international-conference-indian-academy-applied-psychology>

❖ **Young Psychologists Competition and Undergraduate Research Conference, 2018**

Being Organized By: The Department of Psychology, Christ University, Bangalore

Date: 5 February, 2018

Conference Website: www.youngpsychologist.in

❖ **International Conference on Psychology, Health and Medicine (ICPHM 2018)**

Being Organized By: Amity Institute of Behavioural and Allied Sciences, Amity University, Jaipur

Dates: 2-4 February 2018

Conference Website: [http://www.amity.edu/jaipur/upcoming-event/52/international-conference-on-%22psychologyhealth-medicine-\(icphm-2018\)%22](http://www.amity.edu/jaipur/upcoming-event/52/international-conference-on-%22psychologyhealth-medicine-(icphm-2018)%22)

❖ **National Conference on Wellness: A Multidimensional Approach towards Sustainable Development**

Being Organized By: Department of Psychology, Kristu Jayanti College, Bangalore

Dates: 30-31 January, 2018

Conference Email:
insight@kristujayanti.com

❖ **2nd National Behaviour Based Safety (BBS) Conference**

Being Organized By: National Institute of Industrial Engineering Mumbai

Date: 19th Jan 2018

Conference Email:
2703.ketki@gmail.com

❖ **National Multidisciplinary conference on Positive Footprints :Towards a Healthy Society**

Women's College, Ghatkopar, Mumbai and Bombay Psychological Association

Dates: 12-13 January, 2018

Conference Email:
madhuri.vaidya@gmail.com

❖ **International conference on "Military Psychology: Concepts, Modern Trends and Interventions for the welfare of Indian Armed forces"**

Being Organized By: Bhonsala Military College, Nashik

Dates: 5-6 January, 2018

Conference Email:
bmc.militarypsychology@gmail.com

Faculty/ Early Career...

POSTDOCTORAL POSITIONS

❖ **Postdoctoral Fellowship in Digital Mental Health**

Northwestern University's Center for Behavioral Intervention

Technologies (CBITs; www.cbits.northwestern.edu) is seeking full-time postdoctoral fellows with a strong interest in digital mental health. This is a unique fellowship opportunity that integrates training in clinical science, human-computer interaction and design, and implementation science focused on mental health problems. To know more visit:

<http://cbits.northwestern.edu/careers/>

❖ **Postdoctoral Fellowship in Primary Care Clinical Health Psychology**

The Department of Family and Social Medicine at Montefiore Medical Center, located in the Bronx, NY, is now accepting applications for our one-year Postdoctoral Fellowship in Primary Care Clinical Health Psychology for the 2018-2019 training year. There are two fellowship positions available.

To apply please send the requested materials to Nancy Ruddy, Ph.D. at nruddy@montefiore.org

❖ **Pediatric Psychology Fellowship Program at Gundersen Health System in La Crosse, Wisconsin**

Gundersen Health System is offering a one year Pediatric Psychology Post-Doctoral Fellowship accepting one applicant for the fall of 2018. Our program aims to further develop and strengthen future clinicians' ability to assess and treat a wide variety of mental health concerns within the medical population. **Visit:** <http://www.gundersenhealth.org/medical-education/fellowship-programs/psychology/>

❖ **Adult Health and Rehabilitation Psychology Fellowship Program at Gundersen Health System in La Crosse, Wisconsin**

Gundersen Health System is offering a one-year Adult Health and Rehabilitation Psychology Post-Doctoral Fellowship accepting one applicant for the fall of 2018. Our program aims to further develop and strengthen future clinicians' ability to assess and treat a wide variety of mental health concerns within the medical population. **Visit:** <http://www.gundersenhealth.org/medical-education/fellowship-programs/psychology/>

❖ **Boston Children's Hospital Neighborhood Partnerships**

(BCHNP) Postdoctoral Training Opportunities

BCHNP will accept one full-time/40 hour postdoctoral fellow this coming year. The postdoctoral fellow will be placed in a partner school site part-time/20 hours to implement clinical services, including short-term therapy, prevention focused group work, crisis intervention, staff training, and consultation to staff and families. **For more information**, please contact Dayna McCabe, BCHNP Program Coordinator, at dayna.mccabe@childrens.harvard.edu

❖ **Cleveland Clinic Fellowship Applications for 2018-2019**

The Cleveland Clinic Post-Doctoral Health Psychology Fellowship offers specialty training in 5 major concentration areas: Bariatrics, Behavioral Sleep Medicine, Chronic Pain, Chronic Headache, and Chronic Disease/Multiple Sclerosis. **Visit:** <https://www.appic.org/About-APPIC/Universal-Psychology-Postdoctoral-Directory>

❖ **Psychology PostDoctoral Fellowships**

The Department of Psychiatry at Dartmouth-Hitchcock Medical Center anticipates openings for our APPIC accredited Psychology

Postdoctoral Fellowships in the Adult Outpatient Behavioral Medicine and Anxiety Disorders Services to begin the summer of 2018. Training focuses on science-practice integration and on empirically supported treatments with a focus on cognitive-behavioral (including third-wave cognitive behavioral) interventions. For Details Contact: Maureen.M.Ostertag@hitchcock.org

❖ **Five Postdoctoral Fellowship in Clinical Health Psychology at Geisinger**

Geisinger invites applicants for our full-time, one-year postdoctoral fellowship in adult clinical health psychology in dynamic and innovative integrated health setting. Positions are available for the academic year 2018-19, with a start date of Monday, August 6. For Details visit: <http://www.geisinger.edu>

❖ **Post-Doctoral Fellowship In Health Psychology**

Henry Ford Health System offers Postdoctoral Fellowships in Health Psychology, which prepare psychologists to practice independently in the assessment and treatment of medical patients with behavioral manifestations or etiology.

For Details Visit: <https://appicpostdoc.liasoncas.com/applicant-ux/#/login>

❖ **The APA accredited Postdoctoral Fellowship in Clinical Health Psychology**

Brooke Army Medical Center (BAMC), San Antonio Military Medical Center calls for an intensive, 2-year training program designed to develop advanced competencies and specialized skills in Clinical Health Psychology. For Details Visit: <https://www.bamc.amedd.army.mil/staff/education/allied-health/behavioral-medicine/clinical-health-psychology-fellowship>

❖ **Postdoctoral Fellowships in Health Inequities**

The University of Utah Center for Health Outcomes and Population Equity (Center for HOPE) is accepting applications for Postdoctoral Fellowships in Health Inequities (2-3 year appointments). Foci include health inequities, behavioral risk factors, and use of state of the science mobile health technologies for both assessment and intervention. For Details Visit:

<https://employment.utah.edu/salt-lake-city-ut/post-doc-res-assoc-wret/845DDDC2BF3946528A81B8B7216C49FE/job/>

JOB POSTINGS

❖ **Behavioural Health Consultant position in Ellensburg, WA**

Visit: http://cwfm.org/hr_wp/jobs/behavioral-health-consultant-3/

❖ **ASSISTANT PROFESSOR Clinical Psychology: Multicultural Perspectives in Mental Health University of South Carolina**

The Department of Psychology (<http://www.psych.sc.edu/>) invites applications for a tenure-track faculty position at the rank of Assistant Professor to begin August 16, 2018. For Details Visit: <https://uscjobs.sc.edu/>



❖ **Marriage is linked to reduced dementia risk**

Researchers from University College London have found that people who are single or widowed are at a greater risk of dementia than people who are married. The research, which is a review of 15 existing studies, is published in the *Journal of Neurology Neurosurgery & Psychiatry* on November 28th, 2017. Click on the link for more information:

<https://www.alzheimersresearchuk.org/marriage-linked-reduced-dementia-risk/>

❖ **Helpful or harmful therapist behaviours**

A study in the *Journal of Clinical Psychology* has broken new ground by asking clients to provide detailed feedback on a second-by-second basis of their experience of a recent therapy session. The clients were asked to explain their perspective on what took place. Intriguingly, the very same therapist behaviours were sometimes identified as helpful and at other times as a hindrance, showing just what a challenge it is to be a therapist.

<https://digest.bps.org.uk/2017/11/23/the-se-are-the-therapist-behaviours-that-are-helpful-or-harmful-according-to-their-clients/>

❖ The World Health Organization (WHO)

has released a new 73-page set of guidelines for "Responding to children and adolescents who have been sexually abused." The new guidelines address an important gap in providing quality and trauma-informed care to survivors by placing emphasis on the safety, wishes, autonomy of children and adolescents.

This guide recommends health care providers to:

- Provide first line support that is child or adolescent-centered and gender sensitive in response to disclosure of sexual abuse.
- Minimize additional trauma and distress while taking medical history, conducting the examination and documenting the findings.
- To know more download the guidelines in PDF format for free at:
<http://www.who.int/reproductivehealth/publications/violence/clinical-response-csa/en/>

❖ Database of Disaster Resources from British Psychological Society

This database is compiled by the British Psychological Society's Working Party on Disaster, Crisis and Trauma with the aim of helping members gain access to relevant resources in their work with those psychologically affected by disasters and other major incidents. The document might be of use to those who are responding to disasters. To download the document use this link
http://www.bps.org.uk/sites/default/files/documents/database_of_disaster_resources.pdf

❖ If stress is good for me, it's probably good for you too

A recent article published on perceptions of others' stress is published in the *Journal of Experimental Social Psychology* shows that people's stress mindset affect their judgments of others as suffering from strain. The article also shows that these biased perceptions of others' strain, affect additional downstream outcomes, namely whether the person they perceive as strained should be promoted and whether they should help him/her. Read the full paper at
<http://www.sciencedirect.com/science/article/pii/S0022103117302135>

❖ **Routledge International Handbook of Critical Positive Psychology**

This book is of interest to students, teachers, practitioners of positive psychology and to anyone who takes a critical perspective on the US-centric "happiness industry". The book is available at <https://www.amazon.com/Routledge-International-Handbook-Psychology-Handbooks/dp/1138961434> and is also available in Kindle format.

❖ **A useful set of resources for patients with Dissociative disorders, borderline personality consisting of a range of self-help guides is produced by service users and the psychology team in Cwm Taf UHB, to help people who are experiencing reactions to trauma and provide advice on managing these symptoms. These resources could be found at**

<http://cwmtaf.wales/services/mental-health/stabilisation-pack/>

❖ **THINC-it-** THINC-it is a free computerised test for individuals within the age range of 18–65 years diagnosed with *DSM-5*-defined MDD. It is found to be a reliable tool for detecting cognitive deficits in

individuals with MDD. It also demonstrated convergent validity with other cognitive tests (eg, Trail Making Test-B).

The THINC-it is a free, patient-administered, easy-to-use, fully-computerized tool presented in gamified tool, and it takes only 10 minutes to complete. Using tools like the THINC-it to evaluate cognitive function is believed to provide a more refined assessment of MDD which can help to determine why some patients are not able to functionally recover. It is also believed that having information regarding patients' cognitive performance will assist in treatment selection and refining therapeutic objectives. The THINC-it tool is available for Android, iPhone, Mac and Windows and could be downloaded free of charge at <https://thinc.progress.im>.

❖ **The role of psychologists in fighting with HIV**

This website presents a nice overview piece on the Essential Role of Psychologists in Fighting HIV written by Dr. Richard Wolitski, Director, Office of HIV/AIDS and Infectious Disease Policy, U.S. Department of Health and Human Services. The article can be accessed at:

https://www.hiv.gov/blog/what-does-our-past-tell-us-about-our-future-essential-role-psychologists-fighting-hiv?utm_source=GovDelivery&utm_medium=Oct27&utm_campaign=Psych

❖ Free E-book on Narrative Therapy

Here is a free ebook on how NT used in therapy and community work.

<https://www.ssi.sg/SSI/media/SSI-Media-Library/learning-n-development/NarrativeTherapyebook.pdf>

❖ Free E-book on "First Few Steps to Mindfulness"

This book clarifies some basic concepts about mindfulness and tries to answer how the neuroscience of it works, what attitude to approach it with, what are the pillars on which mindfulness rests. The book also provides simple ways to start mindful practice. Here is the download link: <http://mindfulspring.com/free-ebook-mindfulness/>

❖ Psychology of Aging: A Biopsychosocial Perspective

This book is edited by Brian Yochim and Erin Woodhead. This book addresses the biological underpinnings of aging, psychological components, and social aspects. It also provides wonderful teaching resources in form of PowerPoints and an Instructor's Manual with sample syllabi. Follow this link to know more about this book:

<http://www.springerpub.com/psychology-of-aging.html>

❖ Useful videos on Alzheimer's

The following two videos could be used to spread awareness about Alzheimer's disease. Here are the links: **About Alzheimer's:** <https://www.youtube.com/watch?v=EtY7sOb89sQ&feature=youtu.be>
Caring for someone with Alzheimer's: <https://www.youtube.com/watch?v=lf11bStxVHI&feature=youtu.be>

PSYCHOBLOGGERS.....

Professional Etiquette for the Integrated Care Psychologist

What are those unwritten rules that professionals seem to know about how to "play nice with others?" I call it "professional etiquette." These are social skills for the integrated care workplace that I've learned over the years or adapted from mentors and colleagues. They may not apply to every integrated care setting, but I hope they may be useful for many of you practicing in integrated care or elsewhere. To read full blog visit: <http://kashton4494.wixsite.com/ashtononapapocapp/single-post/2017/11/29/Professional-Etiquette-for-the-Integrated-Care-Psychologist>

Kathleen Ashton, Ph.D., ABPP
APAPO Committee for the Advancement of Professional Practice

How to find the right therapist?

One of the hardest things we'll ever have to do is to accept that we need help to face life's issues. Once we have made the decision to reach out and seek counseling or therapy, we want to find a therapist that we feel we can connect with — someone we feel can truly understand not only where we are, but who we are. Most importantly, we want to find someone we can trust with our innermost thoughts and feelings. Now the question arises, how a therapist can help us and the main question how to find a good therapist?

A *therapist* can help teach new skills, adjust old ones, and save an amazing amount of time and effort that could easily have been wasted trying the same old methods and expecting to somehow get great results. It makes a lot more sense to find a really good therapist, who specializes in working with the problem area, and then use their skills and expertise to assist you with getting the job done right! To read the complete article on how to find the right therapist click the link below-

<https://druzaina.wordpress.com/2017/12/02/how-to-find-the-right-therapist/>



Dr. Uzaina

Counselling
Psychologist
Psyche Vitality
Clinic. Lucknow

www.druzaina.wordpress.com

Social Rejection: The Troubled Path to Self-Discovery

This blog is about how social rejection despite being a psychologically painful and disturbing experience gives an opportunity for self-reflection, which leads the individual towards self-discovery. The article discusses how due to self-reflection, the individual rises above all the negativity and moves towards a phase in which he/she finds meaning and purpose in life. Social rejection, then, can take the individual towards self-discovery, even it is a troubled and painful path. To know more visit: <http://www.lifeandpsychology.com/2017/09/social-rejection-troubled-path-to-self.html>

The Movement Parallel to Wundtian Psychology

This blog is mainly about the significant contributions of Franz Brentano's movement 'Act Psychology', and how it was carried forward by Carl Stumpf. The article discusses that despite the widespread influence of Wundtian psychology, how Brentano, who rivalled Wundt's popularity at that time in Germany, opposed Wundt and began his 'Act psychology'. The movement opposed Wundt's elementism and reductionism, and suggested the idea of mental activity and the unity of consciousness. Act psychology was highly significant in the development of modern psychology as it had played a role in the rise of Functionalism, Gestalt psychology, Phenomenological psychology, and Humanistic psychology. To Know more Visit: <http://www.historyofpsychology.net/2017/08/the-movement-parallel-to-wundtian.html>



Dr. Saif R. Farooqi

Assistant Professor
Vivekanand College,
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www.lifeandpsychology.com;
www.historyofpsychology.net

#MeToo

The swarming stories of sexual harassment of women under the hashtag #MeToo, indicates that sexual violence still remains one of the major problems in large parts of the world.

With the increase in the number of incidents of sexual violence, there has been a mushrooming of initiatives by the psychologists to try to understand the causes and impact of various forms of sexual violence and to measure the magnitude of the problem. Psychiatrists and psychologists have played a major role in producing the literature on sexual violence against women ever since 'disease of the mind' and 'irresistible impulse' were reported as causes of sexual violence. However, most researches are based on victims and very few have been carried out on the offenders. Researches based on offenders mostly involve small samples of men that formed a part of the clinicians' patient population. Men and women, also, tend to get affected differently by the social variables due to power imbalance. This is reflected in the discriminatory attitudes towards victims of sexual violence, commonly known as rape myths. Rape myths such as 'she wanted it' and 'certain kinds of women are raped' absolve the offender and tend to shift the blame on to the victim.



Ms. Shalini Mittal

Assistant Professor
AIBAS, Amity
University
(Lucknow Campus)

Psychological researches have contributed to a better understanding of the prevalence of such issues and prejudiced attitudes. However, there still exist wide gaps in our knowledge. For instance, we are still limited in our knowledge of sexual violence against immigrants and refugee women. A significant step towards understanding sexual violence and its victims would be to paraphrase, reword and re-understand

assorted models of patriarchy, gender roles and expectations.

Furthermore, there is a paucity of studies on media portrayal of sexual violence against women. Considering the

increase in the news coverage of incidents involving sexual violence against women, psychologists must attempt to better understand the impact of media portrayal of such incidents and how objective news dissemination can be used as an effective tool to reduce the permeate problem of sexual violence against women. One of the most important ways in which psychologists can help in reducing incidents of sexual violence against women is by educating men to treat women as their equals and by providing non-threatening counseling settings, along with other forms of support to the victims. Despite the fact that sexual coercion is more common among males, however, in our efforts to combat sexual violence we must not forget that it affects male victims too.

Why is Gender Gap So Overrated in Psychology?

“The difference between male and female is something that everybody knows and nobody knows”

—John Money (1987, p. 13)

From my graduation days, I have always noticed that gender is one of the most preferred demographic variables of psychology students. From clinical psychology to Cognition, it seems that psychologists do not get closure out of their research until and unless they calculate a test of significant mean difference between genders. If no null hypothesis is falsified, we often expect that 'gender' difference would save us. And then, at the interpretation, we would talk about how women are light years away from males. From the beginning of human history, people felt fascinated by gender difference. But, gradually, the focus has been shifted towards examining who is better rather than knowing how these two genders are similar.

I feel ashamed and wonderstruck to see how, psychologists, who raise their voices against stereotyping rarely forget to include gender as a variable in their models. By doing this, they have surely reinforced the existing trend of focusing on 'deficiency' rather than on 'similarity'.

The gender gap is even more overrated when it comes to cognition, especially, mathematics and science. Halpern (2012), in her book asked, “Is it simply too dangerous to even ask about sex differences in cognition?”. No, it would surely not be harmful to ask about the difference if we would not unintentionally promote any hierarchical structure and decide cognition is superior than empathy at the end.

Moreover, focusing on similarity rather than on difference is more positive an approach and does not have the risk of creating a difference which never existed.

Looking at the studies on natural/biological gender differences in mathematics, we failed to reach a solved equation that says females are significantly lower in either natural talent or performance in mathematics compared to males. Keller & Menmon (2009), in their fMRI based study, could only find that males and females have different activation areas, implying different strategies for solving mathematical problems. However, there is no indication that men are naturally more

‘talented’ in science and mathematics than women. Such overemphasis of psychologists on gender difference somehow endorse the gender stereotype in academics and

society.

Way back in 1974, Maccoby and Jacklin, via their rigorous and exhaustive meta-analysis, discarded the gender difference notion. Echoing this work, Hyde and Plant, in 1995, have proposed a gender similarity hypothesis. Later, Hyde (2005), could find that males and females only differ in motor performance such as throwing velocity and throwing distance.

Drawing conclusion regarding differences in natural talent from performance is erroneous since no performance is uncontaminated from environmental input, i.e, a single girl, writing a math examination with a group of sixty boys, would certainly be impacted by the stereotype threat and therefore, her performance would be different from a girl in a all-girls group (Schmader & Johns, 2003). The impacts of identity salience, solo status, gender stigma consciousness, and stereotype threat are most of the time ignored while drawing a conclusion.



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When research articles reveal significant gender difference for a particular psychological variable, readers conclude it to be a natural, unchangeable, and universal difference between males and females. They don't consider the importance of practice, environment, or other psychosocial variable. This gradually forms a stereotype in the human mind which affects the overall self-esteem, self-concept, and performance of girls and boys in a particular field.

Stigma requires a power structure (Link & Phelan, 2001) to manifest itself. Gender, especially in cultures with less egalitarianism, serves as a basis for the hierarchical system to nourish stigma and stereotype. By giving the gender gap so much of weight, we, psychologists are unnecessarily worsening the existing gendered system. We need to talk about how to move beyond and battle against the barriers between groups, classes, and communities.

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Marginalization and Inequality

Today we are fighting inequality, we are striving to make a society where everyone enjoys equal opportunity. Equality based on gender, caste, religion, skin colour and yet many more. But the main question is, can equality exist in a society where marginalization is so rampant? Marginalization is the exclusion of an individual or a group from social participation. It is different from inequality, but at the same time interrelated. Those marginalized are inevitably treated unequally in the society. They are deprived of many basic amenities enjoyed by the other sections

of the society. Marginalization breeds stereotypes. People of the other sections of the society regard the marginalized group as belonging to the outgroup and start developing stereotypical notions. Marginalization thus becomes a form of social oppression. Powerful people have been, from long oppressing those below them.

For dealing with the problem of marginalization, we have to understand that the problem is not purely social. It is deeply rooted in human psychology and the process of categorization. Human brains are

hardwired to process information in an easy, effortless manner. Every day we come across hundreds of information where a detailed processing would require much of our time and effort. So to save us from this tiresome routine, one way that our brain adopts is categorization. It would be very tiresome for our brain to treat every information in a unique fashion and thus categorization becomes inevitable. Through the process of categorization, the world becomes much simpler for us to deal with but at the same time makes us vulnerable to stereotyping. As soon as we start categorizing individuals into ingroup and outgroup based on their caste, creed, gender, religion etc., we make us vulnerable to marginalization. Now clearly whichever group enjoys relative dominance takes power into their hands and eventually, the other group becomes socially deprived, resulting in marginalization. Many marginalized groups have been historically deprived of even their basic rights. For a long time and in many parts of India even today, there are sections of people who are treated unequally just on the basis of their birth. Marginalization in any form is very harmful to the society.



But what indeed might be the most harmful effect marginalization is stereotype threat. Negative stereotype about the marginalized groups often threaten the marginalized group members into performing poorly and thus indeed confirming as well as reinforcing the stereotype. This kind of confirmation might be detrimental to their overall well being.

Moreover, those groups who have been historically marginalized and exposed to constant stereotype threats are expected to perform at par with the non-marginalized group only by trying to uplift them just over a few generations.

In the words of Aristotle, “The worst form of equality is to make unequal things equal” and this is exactly what we are trying to do today.

We are directly trying to cure the problem of inequality without going deep down into the underlying complexities that categorization, marginalization and stereotyping has knitted. Without opening these underlying knots, achieving equality is arduous. According to Theresa May “You can't solve a problem as complex as inequality in one legal clause”.

Are Indian organizations ready for Positive Psychology?

Most individuals spend more than half of their lives at work. Can we really expect just a few bursts of vacation time between work schedules to help individuals cope with hassles and recover from burnout? There is a need to tap into aspects that promote healthy and fully functioning working styles such that employees do not feel the need to recover from work but rather experience it as enjoyable and perhaps, even energizing. Research in the area of positive

organizational psychology paves the road to the above. It can help create work environments where employees can thrive. Such research will only be possible when organizations are open to exploring newer domains of psychological science. My experience so far has taught me that organizations typically become more open to adopting research based methods only after techniques become a fad as these have more success stories to back them.

This contributes to delaying the process of progress towards healthier living. Having contacted numerous organizations in different sectors like IT, textile, banks, and aviation to take research on positive psychology forward; it became amply clear that lack of awareness and caution towards new untested ideas hindered acceptability. Only few expressed interest, and even fewer wanted to take the project further. Adding to the complexity of this challenging situation is the human tendency to prefer experienced

professionals over researchers at the beginning of their academic careers. Many times the Human Resource departments do not allow access to conversations with higher management

who might be interested in taking a research project forward. This is surprising as these individuals are expected to understand the importance of continuous development of the organization's human capital. Such reservations may be attributed to the fundamental criticisms of positive psychology, which reduces the topics of happiness and well-being to common sense and are seen as old wine in a new bottle. The preoccupation with studying stress and burnout has perhaps overshadowed the pre-eminence of positive aspects of life.

But nearly two decades of research provides powerful evidence that positive psychology

makes a difference. Multiple investigations have demonstrated that psychological capital, flow, character strengths of leadership, and gratitude among others, contribute to the well-being of employees. These findings have also been linked to profitability for the overall organization. Many theoretical publications have shed light on how the domain of positive psychology may contribute to various aspects within organizations. For these theorizations to see practical applicability, organizations need

to be more open to accepting new ideas of science. This would not only make them the first to attempt novel psychological innovations but also reveal to the employees that the organization cares for them. Perhaps we should take

inspiration from Chanda Kochhar, MD and CEO of ICICI bank, who took up the mantle of enabling work-life balance in her organization.

To sum it up, research in positive organizational psychology is ready to gear up to challenge of well-being. And perhaps with passage of time, organizations would be open to newer forms of science that can assist in both employee well-being and organizational profitability. While the preceding decade has seen advancements in application of positive psychology to education, will the next decade be the time for positive organizational psychology?



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Members are requested to share their comments/ suggestions and information related to their activities/ achievements for inclusion in the bulletin to Dr. Tushar Singh at tusharsinghalld@gmail.com.

OUR NEXT CONVENTION



DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES
INDIAN INSTITUTE OF TECHNOLOGY, KHARAGPUR



27th Annual Conference Of
NATIONAL ACADEMY OF PSYCHOLOGY (NAP), 2017

Theme: Psychology of Millennials
22nd – 24th December, 2017

OVERVIEW OF THE CONFERENCE PROGRAM

21 st DECEMBER 2017				List of Abbreviations	
Pre Conference Workshops (Minimum no of participants for Each Workshop : 05)				LS	Law School
TITLE OF WORKSHOPS	RESOURCE PERSONS	VENUE	TIME	JCB	Sir J C Bose Laboratory Complex (First Floor)
Health Promotion for Excellence: Substance Addiction & Its Affect on Organizations	GS Kaloia, National Drug Dependence Treatment Centre, AIIMS New Delhi	LS 1	9:30-13:30	Gargi	Gargi Auditorium
Introduction to Discriminant function analysis (DFA)	Debdulal Dutta Roy, Psychology Research Unit, Indian Statistical Institute, Kolkata	LS 2	9:30-13:30	Maitri	Maitri Auditorium
Grounded Theory Method in Psychology	Kumar Ravi Priya, Department of Humanities and Social Sciences, IIT Kanpur	JCB 1	9:30-17:00	Track 1	Advances in Positive Psychology
Structural Equation Modeling (SEM)	Damodar Suar, Department of Humanities and Social Sciences, IIT Kharagpur	Psychology lab	9:30-17:00	Track 2	Clinical and Mental Health
Phenomenological Approach to Qualitative Research	Pooja Purang, Department of Humanities and Social Sciences, IIT Bombay	LS 3	9:30-13:30	Track 3	Cognitive Psychology
Effective Management of Borderline Personality Disorder	Amita Puri, Consultant Clinical Psychologist, Clinical Hypnotherapist and Pranik Healer International Affiliate, American Psychological Association	LS 4	10:00-13:00	Track 4	Social Psychology
Case Teaching	Pavan Kumar Balivada & Surajit Ghosh Dastidar, IMT Hyderabad	JCB 3	9:30-13:30	Track 5	Consumer Psychology
Psychotherapy skills for university setting	Naveen Grover, Department of Clinical Psychology, IHBAS Delhi	LS 1	14:30-17:30	Track 6	Developmental Psychology
Use of Gender Analysis in Psychological Research	Sadhana Natu, Dept. of Psychology, Modern College Ganeshkhind, Savitribai Phule Pune University	LS 2	14:30-17:30	Track 7	Educational Psychology
Psychology Education and Teaching (PET) Social Psychology	Urmi N. Biswas, Department of Psychology, The MS University of Baroda	LS 3	14:30-17:30	Track 8	Organizational Behaviour
				Track 9	Psychological Assessment
				Track 10	Psychology and Technology
				Track 11	Social Issues and Development

STATE OF THE ART LECTURES: DECEMBER 22nd, 2017

Timing	Speaker	Title	Chair	Venue
11:30-12:15	Prof. Janak Pandey	Full Cycle Social Psychology for India: How to Overcome Road-Blocks?	Prof. Lilavati Krishnan	Kalidas Auditorium
12:15-13:00	Prof. A. K. Mohanty	Languages as Cognitive Resource	Prof. Roman Taraban	Kalidas Auditorium
16:00-16:45	Prof. Roman Taraban	How to Discover what Millennials are Thinking?	Prof. DPS Bhawuk	Law School Auditorium
16:45: 17:30	Prof. Manas Kumar Mandal	Nudging Human Behaviour	Prof. Mewa Singh	Law School Auditorium

STATE OF THE ART LECTURES: DECEMBER 23rd, 2017

Timing	Speaker	Title	Chair	Venue
11:30-12:15	Prof. R. C. Mishra	Spatial Language and Encoding in an Eco-Cultural Perspective	Prof. Manas K Mandal	Law School Auditorium
16:00-16:45	Prof. Dharm Prakash Sharma Bhawuk	Positive Indigenous Psychology: Perspectives from the Bhagvat-Gita	Prof. R C Tripathi	Law School Auditorium
16:45: 17:30	Prof. Lilavati Krishnan	Prosociality in India revisited	Prof. Giriswar Mishra	Law School Auditorium

AWARD SESSIONS: DECEMBER 24th, 2017

Time	Title	Venue
11:30-13:00	Duraganand Sinha Best Dissertation Session	Gargi
	NAOP Best Paper Session	Maitri
	Emerging Psychologist Program Session	LS 5

SCIENTIFIC SESSIONS: DECEMBER 24th, 2017

Day 1: 22nd December 2017		
TIMING	EVENT	VENUE
08:00-09:00	Breakfast	Vikramshila Foyer
09:30-11:05	INAUGURATION AND PRESIDENTIAL ADDRESS	KALIDAS AUDITORIUM
11:05-11:30	Tea and Snacks	
11:30-12:15	State-of-the-art lecture – Prof. Janak Pandey	Kalidas Auditorium
12:15-13:00	State-of-the-art lecture – Prof. A. K. Mohanty	Kalidas Auditorium
11:30-13:00	Symposium 4	Gargi
	Symposium 5	Maitri
	Track 1 – Session 1	LS 1
	Track 1 – Session 2	LS 2
	Track 2 – Session 1	LS 3
	Track 2 – Session 2	LS 4
	Track 2 – Session 3	JCB 1
	Track 3 – Session 1	JCB 2
	Track 6 – Session 1: Poster Presentation	LS Foyer
	Track 1 – Session 3: Poster Presentation	LS Foyer
13:00-14:00	Lunch	Vikramshila Foyer
14:00-15:30	Symposium 6	Kalidas Auditorium
	Track 3 – Session 2	LS 1
	Track 6 – Session 2	LS 2
	Track 7 – Session 1	LS 3
	Track 8 – Session 1	JCB 1
	Track 8 – Session 2	JCB 2
	Track 2 – Session 4: Poster Presentation	LS Foyer
	Track 8 – Session 3: Poster Presentation	LS Foyer
15:30-16:00	Tea and Snacks	
16:00-17:30	State-of-the-art lecture – Prof. Roman Taraban	LS Auditorium
	State-of-the-art lecture – Prof. Manas Kumar Mandal	LS Auditorium
	Symposium 1	Kalidas Auditorium
	Symposium 3	Gargi
	Symposium 7	Maitri
	Track 9 – Session 1	LS 1
	Track 11 – Session 1	LS 2
	Track 11 – Session 2	LS 3
	Track 4 – Session 1	LS 4
	Track 1 – Session 4	JCB 1
	Track 2 – Session 5	JCB 2
	Track 3 – Session 3	JCB 3
18:00 - 19:30	Cultural Programme	Kalidas Auditorium
20:00—21:00	Dinner	Vikramshila Foyer

Day 2: 23rd December 2017

TIMING	EVENT	VENUE
9:30-11:00	Symposium 9	Gargi
	Symposium 12	Maitri
	Track 2 – Session 6	LS 1
	Track 2 – Session 7	LS 2
	Track 2 – Session 8	LS 3
	Track 3 – Session 4	LS 4
	Track 3 – Session 5	JCB 1
	Track 6 – Session 3	JCB 2
	Track 3 – Session 6: Poster Presentation	LS Foyer
	Track 7 – Session 2: Poster Presentation	LS Foyer
11:00-11:30	Tea and Snacks	
11:00 -11:45	State-of-the-art lecture – Prof. R.C. Mishra	LS Auditorium
11:30-13:00	Durgamanda Sinha Memorial Lecture	Kalidas Auditorium
13:00-14:00	Lunch	Vikramshila Foyer
14:00-15:30	Symposium 8	Gargi
	Symposium 13	Maitri
	Track 7 – Session 3	LS 1
	Track 8 – Session 4	LS 2
	Track 8 – Session 5	LS 3
	Track 8 – Session 6	LS 4
	Track 10 – Session 1	JCB 1
	Track 11 – Session 3	JCB 2
	Track 8 – Session 7: Poster Presentation	LS Foyer
	Track 10 – Session 2: Poster Presentation ⁴	LS Foyer
15:30-16:00	Tea and Snacks	
16:00-17:30	State-of-the-art lecture – Prof. Dharm Prakash Sharma Bhawuk	LS Auditorium
	State-of-the-art lecture – Prof. Lilavati Krishnan	LS Auditorium
	Symposium 10	Gargi
	Symposium 14	Maitri
	Track 4 – Session 2	LS 1
	Track 4 – Session 3	LS 2
	Track 1 – Session 5	LS 3
	Track 2 – Session 9	LS 4
	Track 2 – Session 10	JCB 1
	Track 2 – Session 11	JCB 2
	Track 5 – Session 1	JCB 3
19:30-21:00	Gala Dinner	Vikramshila Foyer

Day 3: 24th December 2017

TIMING	EVENT	VENUE
9:30-11:00	Symposium 2	Gargi
	Symposium 11	Maitri
	Track 2 – Session 12	LS 1
	Track 3 – Session 7	LS 2
	Track 5 – Session 2	LS 3
	Track 7 – Session 4	LS 4
	Track 8 – Session 8	JCB 1
	Track 8 – Session 9	JCB 2
	Track 6 – Session 3	JCB 3
	Track 2 – Session 13A: Poster Presentation	LS Foyer
	Track 2 – Session 13B: Poster Presentation	LS Foyer
11:00-11:30	Tea and Snacks	
11:30-13:00	Durganand Sinha Best Dissertation Session	Gargi
	NAOP Best Paper Session	Maitri
	Emerging Psychologist Program Session	LS 5
	Track 8 – Session 10	LS 1

	Track 8 – Session 11	LS 2
	Track 9 – Session 2	LS 3
	Track 10 – Session 3	LS 4
	Track 11 – Session 4	JCB 1
	Track 4 – Session 4	JCB 2
	Track 4 – Session 5	JCB 3
	Track 4 – Session 6: Poster Presentation	LS Foyer
	Track 11 – Session 5A: Poster Presentation	LS Foyer
	Track 11 – Session 5B: Poster Presentation	LS Foyer
13:00-14:00	Lunch	Vikramshila Foyer
15:00-17:00	VALEDICTORY SESSION	LS AUDITORIUM

For complete conference program visit:

<http://www.naopiitkgp2017.com/pdf/27th%20NAOPSCIENTIFIC%20PROGRAM%20AGENDA.pdf>

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