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What's a psychiatrist to do? An APA ethics panel at the Annual Meeting considered various dilemmas, including possible conflicts between physicians' obligations to individual patients and their ...

Expert Panel Ponders What It Takes To Be an Ethical Psychiatrist

Jeff Blume, a licensed psychologist based in Beverly Hills who has worked with creative talent in Hollywood for 30 years, spoke with THR about bullying in the entertainment world, how to address ...

Industry Psychologist Explains Why

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Hollywood Bosses Are So Mean

In life, you're either heading into a storm, going through a storm or coming out of a storm." The pandemic brought that old saying to the forefront, said Rachel Jackson, Excelsior Health manager of ...

Tips for being an ally during Mental Health Awareness Month

Ultimately, people experiencing imposter syndrome are unable to internalize their own success and worth.

Imposter syndrome can derail your career but there's a way to beat it, says occupational psychologist

To say entrepreneurship was unpopular where I grew up is an understatement. In today's world — where business owners share the spotlight with Hollywood celebrities and pop artists — this may be ...

In the USSR, 'Entrepreneur' Was a Dirty Word. I Didn't Realize My Mom

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Was One.

Julie Smith, a clinical psychologist from the UK, explains three warning signs that you're becoming burned out.

A Psychologist Wants You to Watch Out For 3 Telltale Signs You're Headed Toward Burnout

If you're leaving out two-thirds of who people are, how can you possibly be able to effectively address their mental health?" ...

I'm A Woman Of Color. Why Do I Ignore That When It Comes To My Mental Health?

"I wish I'd had the courage to live a life true to myself, not the life others expected ... Carla Marie Manly, PhD, clinical psychologist "When we are young, the world seems vast and filled ...

'I'm a Psychologist, and Here's How To Protect Yourself Against the 5 Biggest Regrets People Have at the End of Their Lives'

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A Tavistock whistleblower whose detailed report raised concerns about the treatment children with gender identity struggles received at the London gender clinic recently detailed the various ways the ...

Former Tavistock psychiatrist explains why he blew the whistle on gender clinic

EarnUp co-founder Matthew Cooper resigned as CEO due to his struggles with mental health. Here's how he got himself to a place where he's doing "really well." ...

'I want to help other people that are in pain': Inside a CEO's battle with mental health

Perlman, MD, as the irritants he encounters transform him into a pearl of a psychiatrist to his patients, colleagues, and society. Such irritants, big and small, include the stigma of psychiatry, the ...

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Rearview: A Psychiatrist Reflects on Practice and Advocacy in a Time of Healthcare System Change

Because ostensibly, the happier and healthier people are, the more inspired and interested in their work they'll be. According to Gallup, which has tracked employee well-being and engagement levels ...

The 'Well-Being-Engagement Paradox' Explains Why You Suddenly Can't Focus on Work as Pandemic Restrictions Loosen

Advisors need to think about what kind of archetype they want to represent in the minds of clients or prospective clients," says Ben Dattner, an organizational psychologist and human resources ...

In a virtual world, advisors need to curate their digital personas

I HELD my breath as I stepped onto the scales, willing my pounding heart to slow as I watched the dial spring to life.

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“You’re a healthy weight, on the lower end of it, but you look healthy to ...

I was eating less than a TODDLER but doctors said I wasn’t skinny enough to tick the anorexia box

As a psychologist and Chief Behavioral Officer ... There’s no shame in being scared, but fear becomes problematic when it paralyzes us or stands in our way. Even just thinking about something ...

A Psychologist's Fear-Fighting Tips for Investors

Vogel, PhD, a social psychologist who studies social media and its effects on well-being, says that while ... you may find yourself upleveling your time-management skills, completing work that ...

‘I’m a Psychologist, and These Are the Benefits of Taking a Social Media Fast’

For the relatively few psychiatrists and

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other mental health professionals who took up arms, the bludgeon readily at hand was psychiatric diagnosis and a self-proclaimed "duty to warn." ...

Psychology Today

He said that while not many men would like her being the size and shape that she ... Australia NSW and a clinical and counselling psychologist specialising in couple and family work.

Gaslighting: what's healthy and what's not? A psychologist explains

Being kinder to yourself might be one way to improve your sex life. Perhaps you've experienced low sexual desire, difficulty staying aroused, or unwanted pain during sex. Even if these problems ...

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