

REPORT

WEBINAR ON

“THE CHANGING LANDSCAPE OF PSYCHOLOGICAL CAREERS”

The Department of Psychology, Vimala College, Thrissur organised a webinar on “The Changing Landscape of Psychological Careers” on 28th September, 2021 at 2:30pm. The webinar was compered by Ms. Parvathy Viswanath, Research Scholar and Teaching Assistant at Christ (Deemed to be University) Bangalore, India. After the welcome speech by Powel Pius, the webinar commenced with the resource person’s address on the emerging trends in psychology. She gave a detailed synopsis on psychology and its various branches like clinical psychology, military psychology, sports psychology, performance psychology etc. and briefed about the scope of each branch as a discipline. It was a very lively and interactive session wherein the doubts and queries of participants were addressed by the resource person.

The webinar mainly focused on the emerging advancements in the field of psychology. For instance, technological influence in psychology by way of mental health apps help psychologists to monitor the progress of their clients closely. Virtual human interaction (VR) creates educational simulators of conditions like Schizophrenia and various phobias and it facilitates people who experience it to undertake an empathetic approach towards those suffering

from these in reality. Psychology works along with technology and improves communication among clients through tele-counselling and digital therapies.

UX Psychology focuses on improving people's interactions with almost any product or service with the aid of consumer analysis. Progress also takes place in research and psychometrics by undertaking big data psychology and online experiments which in turn help in scale development and interdisciplinary research.

The host also guided the participants on how psychology can be put to use in various fields and help them to work more effectively and efficiently. For example, under health psychology, psychologists work closely with medical teams to improve patients' compliance with medication and lifestyle changes. Under sports psychology, psychologists help sportspersons to maintain good mental health and relieve their stress. Likewise, under military psychology, psychologists play a vital role in the selection process by evaluating the mental health of a candidate during recruitment, assessment and treatment of mental and emotional issues.

The one hour webinar was very enriching and informative as it highlighted the scope of various disciplines of psychology that the students can explore and pursue as their careers.

The webinar emphasized that psychology is a very promising multi-disciplinary field of study which opens up a wide range of opportunities to the aspirants due to the increasing focus on mental health and well-being. All the participants were awarded e-certificates for active participation in the webinar. The webinar concluded with a vote of thanks by Hannah George.

Report by: Sandra Anil (Bsc. Psychology First Sem.)