

Welcome to the latest Psychology newsletter

September 2020

In this month's newsletter, you'll find the regular updates on our activities, from learning and teaching achievements, new grants and publications, to the conferences and outreach events we've been part of.

To keep up to date with the latest news from the team as it happens, follow us on Twitter [@HWPsych](#) or find us on [Facebook](#).

Links: [Social Sciences](#) | [Psychology](#) | [Twitter](#) | [Facebook](#)

The newsletter displays best on tablets (PDF attached also).



Follow our updates on Twitter [@HWPsych](#)

Welcome, and welcome back!

It's that time of year again when we welcome the new students joining our undergraduate and postgraduate programmes for the first time, and welcome back our returning students too. We've been delighted to hear about everyone taking part in the various induction events earlier this month across our campuses in Edinburgh, Dubai and Malaysia, and then getting into their new courses.

We're also pleased to introduce our newest students to our monthly newsletters, with regular features on our latest learning and teaching activities, research and engagement events, "Meet the team" and "Student voice". With "Student voice", we include regular input from our students. Each month is different, so if you have something you'd like to share in a future newsletter, get in touch.

We know that the coming semester will be quite different for all of us, both students and staff. As the weeks progress, it's more important than ever to keep in contact if you have any questions or concerns. Every student will have a direct contact in their Personal Tutor, but if you're not sure how to get in touch, remember you can always any of your lecturers for guidance too.

For now, good luck for the year ahead!

Forthcoming events

Research Seminars/Events

- Given the current situation, many of our events/activities have moved online for the new academic year. Check our social media channels for regular updates ([Facebook](#) and [Twitter](#)).

The International Psychology Conference Dubai
- 3 October (online), register at <https://www.psychologygcc.com/>

The Psychological Impact of Covid- 19: How senior executives are impacted by lockdown
- Webinar, 9 October (online), register [here](#)

Latest publications



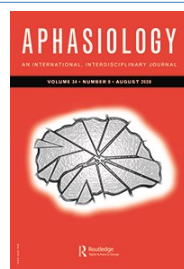
Our latest publications are listed here, but you can find a full list via the [Heriot-Watt Research Portal](#).

Garraffa, M. & Fyndanis, V. (2020) Linguistic theory and aphasia: an overview. *Aphasiology*, 34:8, 905-926. [doi: 10.1080/02687038.2020.1770196](https://doi.org/10.1080/02687038.2020.1770196)

Grajfoner, D. (2020). Coaching and Coaching Psychology in the Workplace: Analytical Perspectives and Development in Theory and Practice. *Slovenian Journal of Psychotherapy Kairos*, 14, 11-27.

Grajfoner, D. & Darrenshoori, M. (2020). A Novel Exploration of The Effect of Parental Divorce Early in Life on Stress-Coping Ability, Resilience and Mental Health in University Students. *Slovenian Journal of Psychotherapy Kairos*, 14, 31-57.

Each new paper is accompanied by a brief and accessible summary. Just search #HWPsychResearch on Twitter, or look in the "Our latest research" album on our Facebook



In the news

The Scotsman: [Rugby legend's School for CEOs highlights burn-out fears for leaders](#)

insider.co.uk: [Senior business leaders at risk of lockdown burnout - research shows](#)

The Carnegie Trust: [Developing novel memory-related markers of healthy ageing and Alzheimer's disease](#)

Research updates and funding

Garraffa, M. (2020-21). Reading in Gaelic for all. Project extension (£37,000).

Conferences and outreach activities



While our face-to-face Psychology Research Seminars and other events have been postponed, many more activities are appearing online. Event details for the next activities are above, and check our social media channels for fuller details and updates (including [Facebook](#)).

At the start of October, for example, colleagues are hosting the International Psychology Conference Dubai. Cakil Agnew and Kirin Hilliar based at our Dubai campus are part of the organising committee, joined by recent MSc Business Psychology graduate Madeleine Harling and representatives of other organizations in the region. The theme this year is "Social Identity: Co-existence in a Changing World" and the conference is fully online and free to attend! The programme is available at <https://www.psychologygcc.com/>, which also includes details of registering for the conference.

Earlier this month, Mioara Cristea was involved in the launch of a new report in collaboration with the School for CEOs, looking at the effect of recent changes in how we are working on burnout. You can read more in the links to the news coverage above, or join a webinar on the topic, "The Psychological Impact of Covid-19: How senior executives are impacted by lockdown", on 9 October (register [here](#)).

The team regularly present at national and international conferences and at a range of public engagement events. A selection of the most recent include:

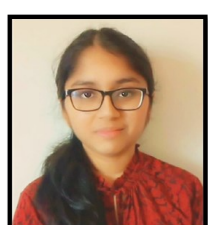
Grajfoner, D. (2020). The Effect of Dog Assisted Activities and Visitation Programmes on Wellbeing, Mood and Anxiety of University Students. 29th international ISAZ Conference, International Society for Anthrozoology, University of Liverpool, 3rd-5th September 2020, Liverpool, UK.

Stephen, J. & Grajfoner, D. (2020). At-Risk Youth and Equine Assisted Activities: Effects on Self-Awareness, Confidence, Trust, Mental Health, Friendships and Understanding Emotions. 29th international ISAZ Conference, International Society for Anthrozoology, University of Liverpool, 3rd-5th September 2020, Liverpool, UK.

Lawrie, S., Chan, S. & Gow, A. J. (2020). Health and Wellbeing. Panel discussion as part of the Royal Society of Edinburgh's Curious, online, 26th August.

Gow, A. J. (2020). What Keeps Us Sharp? Presentation at Dementia Friendly East Lothian, online, 25th August.

Student voice



In "Student voice", we hear from our students. Every contribution is different, so if you have something you'd like to share, get in touch with [Alan Gow](#). This month we're hearing from Sanjana Makesh, a 3rd Year Psychology Student at Heriot-Watt University, Dubai, about developing her skills through recent internships.

By Sanjana Makesh:

The year 2020 has been a tough year and the last few months have presented various challenges for all of us. However, learning helps you to adapt to unexpected changes. Starting from March 2020, I engaged myself in different MOOCs in various e-learning platforms.

After a while, I started applying for internships to get real-world experience that enables me to put everything I have learned into practice. Last month, I came across the Emotional Wellness Platform where I write weekly articles related to mental health and wellbeing. This platform is driven by the philosophy that 'Mind is part of the body'.

In the meantime, I got an internship as a research assistant at Grip Your Life! (Habit Formation Community Framework) and I thank Dr Kirin Hilliar for encouraging me to apply for this internship. Here, I interact with research team members on various departments like parenting, intellectual development, emotional management etc, along with brainstorming ideas on research procedures and documenting findings which are taken to the next level of research.

So far, these experiences have taught me to empathize with people and care about their mental wellbeing. We can continue to grow, learn, and spread emotional wellness in all spheres of life.

You can read some of Sanjana's WEQIP posts at: <https://weqip.com/workplace-stress-during-covid-19/>, <https://weqip.com/myths-about-the-field-of-psychology/>, <https://weqip.com/psychiatrist-psychologist-or-counselor-whats-the-difference/>, <https://weqip.com/benefits-of-hobbies-beyond-passing-time/>, <https://weqip.com/sharenting-a-harmful-parenting-trend/> or via [Instagram](#) or [Facebook](#).