

Monitor on Psychology

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Music and the Mind

Music is an extraordinary feature of the human species. It is universal—found in nearly every culture and society—yet wildly diverse. In all its intricacy, music is a mirror of the brain itself, and it has its own implications for cognition, emotion, and identity.



We Are What We Eat

Psychologists are furthering our understanding of the connection between nutrition and mental health and expanding clinical interventions.



Transforming Cellblocks Into Psychology Classrooms

Psychologists are teaching in-prison college programs and finding renewed purpose in their work.



School Psychologists Adapt to Increased Immigration Enforcement

Recent shifts have introduced new operational responsibilities for psychologists working in K–12 settings, from assessment, service delivery, and school-wide supports to maintaining compliance with applicable laws and policies.



AI in the Therapist's Office: Uptake Increases, Caution Persists

The *2025 Practitioner Pulse Survey* reveals a growing ease with AI for practice management alongside ongoing privacy concerns, while clinician capacity shows signs of post-pandemic stabilization.

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Employers in Psychology are Hiring

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In Brief

Research includes: Spending time with a partner may boost a person's emotional and physiological states; Receiving praise may make us feel good, but not all praise is informative or useful; Watching videos with inspirational stories may have stress-relieving effects on par with listening to guided meditations; Awe may foster a sense of connection that leads people to feel more alignment between their individual identity and that of a larger group; Participants with higher levels of internalized racism tended to report higher levels of psychological and physical stress, engage in more health-compromising behaviors, and have worse mental and physical health; and more.

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More articles

Continuing Education: Fresh Thinking on Trauma Assessment

A new set of APA guidelines helps psychologists understand how to comprehensively and humanely assess trauma reactions in patients and those being evaluated in forensic and other contexts.

Deep Cutbacks and Restructuring at the VA Are Diminishing Care

It is an important time for psychologists to rally in support of high-quality care for veterans and to protect the VA's future.

Datapoint: Lagging Perceptions of the Relevance of the Psychology Major to Jobs

Psychology is everywhere, but psychology majors do not see how their jobs use psychology knowledge.

Conversation: 5 Questions for Peter Coleman

The Columbia University social-organizational psychologist explains how reducing political polarization requires complex and systemic solutions.

Judicial Notebook: Jury Selection in the Black Lives Matter Era

Prospective jurors can be excluded from trial participation because of their attitudes toward.

Career: How to Spot Red Flags in Mental Health Apps

Tools that aren't evidence based, lack privacy protections, and lure users into more time online can do more harm than good.

By the Numbers: LGBTQ+ Young People Face Large Increases in Depression, Anxiety, Suicidal Thinking

Fortunately, help-seeking among these youth is also on the rise, though many say they lack access to or can't afford mental health services.

Psychologists in the News

Sir Simon Baron-Cohen, PhD, Vivian Gadsden, PhD, Edre Gentner, PhD, Tamika Harrel, PhD, Teri Kirby, PhD, Julian F. Thayer, PhD, Santiba Campbell, PhD.

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