

Six Things Psychologists Are Talking About ...

November 19, 2024

ADVOCACY



1. Election Raises the Stakes for Psychology Advocacy

Following the 2024 election, APA Services will step up its focus on protecting access to psychological services and funding. A key priority will be renewing the 2017 tax cuts that are set to expire at the end of 2025. Paying for the cuts will likely lead to deep reductions in discretionary

spending, including cuts to research, education, and health programs. While this poses significant challenges, APA Services and its members will continue to advance its advocacy priorities. These priorities, grounded in psychological science, include expanding access to psychological services, integrated health care, and programs that promote health equity and human rights, address population health, and protect investments in the psychology workforce, research, and education. Read more from APA Services on state level legislative activity and actions to take now.

SPEAKING OF PSYCHOLOGY



2. Why Are Some Kids Shy?

U.S. culture tends to prize being bold and outgoing, making the world harder to navigate for kids who are shy. **Koraly Pérez-Edgar, PhD**, joined APA's *Speaking of Psychology* podcast to talk about temperament in young children, how shyness develops from babyhood on, the difference between shyness and introversion, how parents and other caregivers can best support shy kids, and recognizing the advantages of a shy temperament.

HIGH DEMANDS



3. Is Being Busy Good for People With ADHD?

People with attention-deficit/hyperactivity disorder (ADHD) “seem to do best when there’s an urgent deadline or when the stakes are high,” said **Margaret Sibley, PhD**, a professor at the University of Washington School of Medicine, in a *New York Times* article. This may play into Sibley’s recent research findings that periods of higher responsibilities and obligations may be associated with periods of milder ADHD.

TOUGH TALK



4. How To Have Hard Conversations With Your Kid About Quitting

In an NPR article, experts advise how to navigate when your child wants to quit an extracurricular activity. **Vanessa Lapointe, PhD**, a child psychologist and parenting coach, notes, “A lot of times our intentions get muddled by our own desires.” If your child’s confession of a desire to quit hits you hard, it might be best to first unpack your own feelings. Children might also struggle to fully articulate their experience so observe your child, ask questions, and make them feel heard. You might discover there are issues you can help fix, or an alternative approach that better fits your child’s needs, such as taking a short break from the activity.

EMOTIONAL TEARS



5. Why Humans Cry

Humans are the only species that cry emotional tears—how did that response develop evolutionarily? In a *New York Times* article, researchers share how helplessness leads to tears, why some people cry more than others, and the benefits of a good cry.

FEELING HOPELESS?



6. The Case Against Cynicism

Though understandable in the face of injustice, cynicism does more harm than good—cynics suffer poor mental and physical health, and social mistrust increases crime, polarization, and disease. Hopeful skepticism, on the other hand, encourages an open mind, acknowledging we don't know the future yet believing we can make a difference. **Jamil Zaki, PhD**, a professor of psychology at Stanford University and director of the Stanford Social Neuroscience Lab, spoke with CNN about replacing cynicism with hopeful skepticism.

[Amplify Your Work at APA 2025](#)

Bring your work to a global audience at APA 2025, August 7–9, in Denver, CO. [Submit a proposal](#) to present a session or poster and reach an audience that is invested in staying on the cutting edge of psychology. Proposals are due January 8.



They may not be crying because of their depression.

It may be Pseudobulbar Affect (PBA).

Screen for PBA

©Otsuka America Pharmaceutical, Inc. All rights reserved. July 2023 18US23EUP0036

PAID WEBINAR PROMOTION

Power to the Private Practice: Finding Your Best Path to Private Practice

December 5

REGISTER FOR FREE

PAID FOR BY 





APA MEMBERS

Find freedom from the stress of student loan debt.

Schedule a Free Consultation

Laurel Road and Gradfin are brands of KeyBank N.A.




 **APA IN ACTION**

APA keeps policymakers informed on psychological science.

FIND OUT HOW

Paid Webinar Promotion

Assessing & Treating First Episode Psychosis to Improve Functional Outcomes In this free webinar paid for by McLean Hospital, learn how early detection and individualized care can improve outcomes for patients with first-episode psychosis. Experts will discuss evidence-based interventions, family support, and coordinated care strategies. [Register](#) to join us on December 6.



MORE CHATTER

Psychologists We're Talking About ...

Annie Pezalla, PhD, an assistant professor of developmental psychology and family studies at Macalester College in Minnesota, and **Janine Domingues, PhD**, senior director of professional training, school, and community programs at the Child Mind Institute, were featured in a *US News* article on [the role of positive affirmations in K–12 learning](#), where uplifting statements from parents, focused on progress and perseverance, can boost student confidence, and academic performance. They discuss encouraging students to write down affirmations and attach them to goals that allow them to take ownership of their learning.

Colleen Campbell, PhD, a clinical psychologist and executive coach in California, **Elnur Gajiev, PsyD**, a psychologist, coach, and consultant in Hawaii and New York, and **Pamela Sheffler, PhD**, an assistant professor of psychology at Landmark College in Vermont were featured in a *Women's Health* article about [how to develop a growth mindset](#). They advise noticing when a fixed mindset is taking hold and working to reframe, replacing your inner critic with curiosity, and identifying why you care about your goal. Other effective strategies include surrounding yourself with growth-minded people, embracing failure, and channeling your inner child to tap into your “beginner’s mind.”

Jade Wu, PhD, a behavioral sleep medicine psychologist and author of the book *Hello Sleep* was a guest on NPR’s *Short Wave* show to discuss [getting enough sleep while traveling for the holidays](#) and how to prepare for a flight across time zones. “We need sleep like we need water,” said Wu.

What are you talking about?

Email us at SixThings@apa.org
to let us know who or what you’d like to see in upcoming issues.

“Six Things Psychologists Are Talking About ...” is a twice-a-month e-newsletter offering the latest on psychology trends, new research, and much more. It’s free and anyone can subscribe. [Pass it on.](#)

Join APA and help guide the future of psychology.
[Start your membership today.](#)



 [American Psychological Association](#)

© American Psychological Association
750 First Street, NE, Washington, DC 20002

[Unsubscribe](#) | [Manage your email preferences](#)

Member Update

NEWS AND MORE FROM APA

Join APA and help guide the future of psychology.

[Start your membership today.](#)



2026 Advocacy Priorities

APA's advocacy focuses on evidence-based policies, robust federal and state advocacy, and coalition partnerships to advance psychology's impact.

[READ MORE ►](#)

JOINT STATEMENT

Psychological Impact of Racism

The American Psychological Association and American Psychiatric Association remain committed to combating racism in all its forms.

[Read more ►](#)



PSYCHOTHERAPY

Practice Mechanics for Well-Being

Investing time in cybersecurity, marketing, and long-term planning is both smart business and good for your mental health.

[Read more ▶](#)

Spread the Word, Share the Benefits.

Refer new members to APA and get rewarded for helping psychology thrive.

[REFER A MEMBER](#)

ADVERTISEMENT

TheraNest
by Ensora Health

50% off
for 3 months.

Try it now

ADVERTISEMENT

APA
AMERICAN PROFESSIONAL AGENCY, INC.

TRUSTED COVERAGE
FOR PSYCHOLOGISTS

20% Off Professional
Liability Coverage for
APA Members

800.421.6694

AmericanProfessional.com

FROM APA COMMUNITY

Exciting Updates Are Live

We've refreshed the APA Community experience to make it easier to find the conversations, resources, and updates that matter most to you.

[Read more ▶](#)

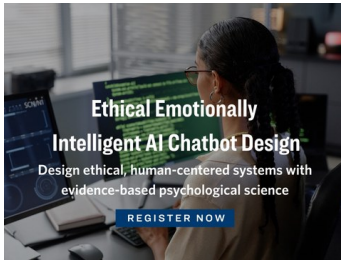


NEW APA GUIDELINES

Expanding Role in Prescribing Medication

Modern psychology increasingly involves medication conversations, regardless of prescribing authority.

[Read more ▶](#)



TRAINING

Ethical AI Chatbot Design

Learn how to design AI that is ethical, emotionally intelligent, and built for real-world impact.

[Read more ►](#)

ADVERTISEMENT

PAID WEBINAR PROMOTION

Supporting Families Impacted By Self-Harm

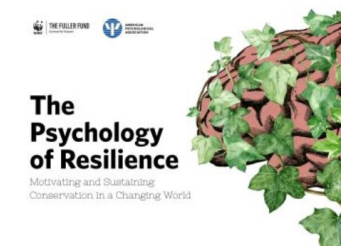
April 23

REGISTER FOR FREE

PAID FOR BY
Mass General Brigham
McLean

ADVERTISEMENT

Practice management software with AI inside.



WWF/APA WEBINAR

Psychology of Resilience

Join global experts as they explore strategies that motivate and sustain conservation in a changing world.

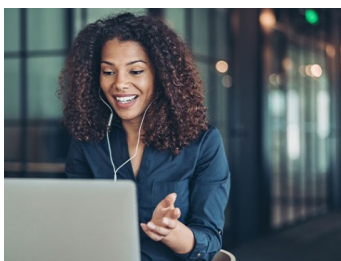
[Read more ►](#)

RESEARCH

Grandparenting Is Good for the Brain

Helping care for grandchildren may protect against cognitive decline in older adults, according to research published by APA.

[Read more ►](#)



FREE WEBINAR

Essential Science Conversation

How to strengthen team science in a changing research landscape.

[Read more ►](#)

CLOSING SOON

Add Your Comments to APA's Revised MLA

The public comment period for APA's proposed Model Licensing Act revisions closes March 3. Add your comments today.

[Read more ►](#)

YOUR EXCLUSIVE NETWORK

APA Community

Connect with fellow members, share your work, and access psychology resources.

[LOG IN OR ACTIVATE YOUR PROFILE](#)

Connect with a division that helps you grow:

Society for the Psychological Study of Culture, Ethnicity and Race

Promoting public welfare through research and application of ethnic minority studies and encouraging networking among psychologists

Society of Psychological Hypnosis

Educating the profession and the public about hypnosis, developing clinical interventions and research methods, and evaluating suggestion-based approaches to treatment

Rehabilitation Psychology

Educating the public and developing high standards for psychologists interested in the psychological aspects of disability and rehabilitation

Society for Military Psychology

Encouraging research and the application of psychology to military problems and personnel



PsycCareers

The most robust source of psychology jobs in the nation.

See who's hiring, set up job alerts, and upload your resume/CV to become searchable by our wide network of employers.

[BROWSE OPEN JOBS](#)



Practice *Update*

Promoting and supporting practicing psychologists

December 12, 2025

To subscribe, visit apaservices.org/practice/update. To view this email as a web page, [click here](#).

We're powering down until the new year: This is our last issue of *Practice Update* for 2025, and we'll be back on January 9. In the meantime, visit the [APA/APA Services Response Center](#) often for timely updates and resources on federal policy relevant to psychologists. We are grateful for your readership and all the thoughtful feedback—see you in 2026.



POPULATION HEALTH

A New Pathway for Reimbursement of Supervised Doctoral Psychology Trainees

Washington State has created a new credential—the Licensed Psychological Associate—for psychological trainees (practicum students, interns, and postdocs) actively accruing hours toward licensure under supervision as part of a doctoral program or participating in a postdoctoral experience. When the credential becomes effective on January 1, these trainees will be able to deliver reimbursable behavioral

health services under licensed supervision through Medicaid and commercial insurance. The credential is the result of an ongoing partnership between APA Services and the Washington State Psychological Association and will significantly expand the state's behavioral health workforce. [Read the full story.](#)



PRACTICE MANAGEMENT

APA's Guidance for the Evaluation of AI Scribes

This brand-new free resource helps clinicians determine whether an AI scribe for clinical documentation could aid clinical settings and how to select a high-quality tool that complies with ethical standards and privacy laws. [Read the full guidance.](#)



PRODUCT SPOTLIGHT

Paid for by Upheal

UphealOS is here


Are you satisfied with your EHR?

UphealOS is the operating system for private-pay therapists. Replace your EHR, billing, notes, scheduling, forms, and telehealth with one connected system. Built by therapists and powered by AI, to help you work faster and focus on clients.

ADVERTISEMENT

Practice management software with AI inside.

"It's



Try it Free


ADVERTISEMENT

THE FRAUD FALLOUT

9-CE On-Demand Training Series

CE THROUGH:
NBCC | APA | ASWB

6 MODULES



Mental Health. For Life.

ADVOCACY FOR PRACTITIONERS

Florida Moves to Restrict AI-Delivered Therapy

Following recent meetings between APA representatives and Florida Governor Ron DeSantis—a dialogue initiated after recent congressional testimony on the harms of AI chatbots—DeSantis has announced a new proposal for an Artificial Intelligence Bill of Rights for the state. The proposal seeks to “prohibit entities from providing ‘licensed’ therapy or mental health counseling through artificial intelligence,” a restriction that also extends to using AI to imitate licensed professionals. This provision is a direct result of our advocacy efforts to ensure patient safety and protect psychological practice. APA Services staff will continue to monitor this legislation as it moves through the Florida state legislature. [Learn more about the proposal.](#)



GENEROSITY

What Happens in Your Brain When You Give a Gift?

The most recent issue of APA's *Psychology for a Better You* newsletter is live and free for anyone on LinkedIn. In step with the season, this month's issue delves into psychological research on why generosity feels so good—and why it sometimes causes stress. [Read the full issue](#) for insights on why gifting can tilt toward stress or joy, and strategies to fuel optimism and boost well-being.

How satisfied are you with *Practice Update*?

[Extremely dissatisfied](#)

[Somewhat dissatisfied](#)

[Neither satisfied nor dissatisfied](#)

[Somewhat satisfied](#)

[Extremely satisfied](#)

Note Designer

Write Better Notes. Faster.

Trusted by thousands of your colleagues for over a decade!

Advancing "Ethical AI" for Professional Integrity

Affordable, Customizable, Comprehensive & Secure

✓ **Free Demo**
no credit card required

Try Now!

AI-Powered Notes

Always Available-
Always Optional



Heard

APA MEMBER SPECIAL OFFER

Be ready for tax season

Get up to 30% off annual plans and save over \$600!

Book free consult

EXPIRES 12.31.2025

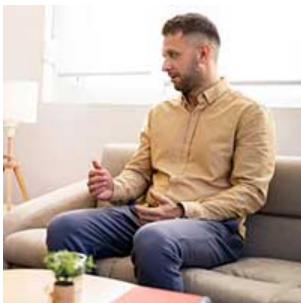




MEDICARE

CMS Releases Updated Guidance on Telehealth Claims

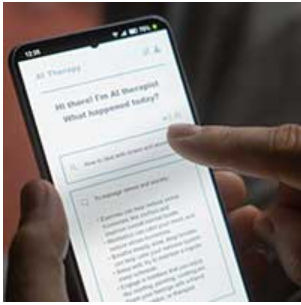
The Centers for Medicare and Medicaid Services (CMS) has released updated guidance to practitioners on the status of Medicare claims for services furnished by telehealth. The guidance incorporates policies from Congress' restoration of the telehealth flexibilities, which temporarily lapsed during the government shutdown. The guidance also incorporates new CMS policies from the October 31 release of the Medicare Physician Fee Schedule Final Rule for Calendar Year 2026. Learn more. A full analysis of the Physician Fee Schedule Final Rule will be available in January.



YEAR IN REVIEW

Psychologists Increase Uptake of AI Tools, But Cautions Persist

The APA 2025 Practitioner Pulse Survey reveals a growing ease with AI for practice management alongside ongoing privacy misgivings. Aside from AI, clinician reports indicate that the mental health crisis isn't over. Nearly half (45%) saw an increase in the severity of their patients' symptoms. Clinician capacity appears to be stabilizing postpandemic, with plateaus or declines in burnout rates, waitlist length, and the ability of providers to meet patient demand. Read the full story.



TECH

New Funding Opportunity to Study AI and Mental Health

OpenAI has announced a \$2 million grant program to support independent research on the intersection between AI and mental health. As the public increasingly is turning to AI for emotional support, there is a critical need for scientific research to help guide AI development and safety guardrails. OpenAI is seeking research focused on the potential risks and benefits of AI within the context of mental health to help guide the development of a safer AI ecosystem. [Get the details.](#)

RURAL HEALTH

Call for Public Comments: Resolution on Prioritizing the Behavioral Health Needs of Rural Communities

APA's Committee on Rural Health and the Council of Representatives Rural Health Caucus are requesting comments for a proposed resolution addressing the urgent behavioral health needs of rural communities across the United States. Constructive comments are welcome, including recommendations and concerns about how the resolution can best reflect the needs and priorities of rural communities as APA advances stronger advocacy, telehealth, school-based, and community-based mental health solutions for rural America. Feedback is due January 8 to allow time for the resolution to be further revised as needed in preparation for the February Council of Representatives meeting. [Add your comments.](#)

QUICK STUDY

New findings to power your work

A meta-analysis of 79 randomized trials showed that depression and anxiety apps have a relatively high uptake rate of 92.4%, but a modest adherence rate of 61.8%, according to a study in *JAMA Psychiatry*. Adherence was higher in trials that included personalization features (69.3%), symptom monitoring tools (66.9%), recommended-use instructions (67.4%), or cognitive behavioral therapy-based content (66.5%). Posttest attrition rates were 18.6%, with follow-up attrition rising to 28.4%. Factors that reduced attrition included reminders, human contact, and the absence of gamification features.

Veterans with posttraumatic headache (PTH) are at higher risk of suicidal ideation and attempts compared with veterans with headache-free traumatic brain injury (TBI), according to a study in *Lancet Regional Health Americas*. Veterans with PTH were at 1.45 times higher risk of suicidal ideation and 1.66 times higher risk of suicide attempts compared with matched controls with headache-free TBI. There was no significant difference in risk of suicide death in veterans with PTH compared to those with TBI without headache.

When we forgive others for a past offense, we experience less intensity in our negative feelings about the event, suggests research in the *Journal of Experimental Psychology: General*. In two online studies, 452 participants recalled real-life personal offenses they had either forgiven or not. They completed questionnaires about the recall of the event, to which the researchers assigned a vividness score. Participants who had forgiven the person who wronged them reported less negative affect when remembering the event.

About a quarter of U.S. service members and veterans who start psychotherapy for posttraumatic stress disorder quit before they finish treatment. But not all therapies are equal in their appeal, with some effective approaches reporting the highest dropout rates, according to research published in *Psychological Trauma: Theory, Research, Practice, and Policy*. In a meta-analysis of 181 studies covering 232 PTSD treatments and more than 124,000 military participants, researchers found an average of 25.6% of veterans and service members dropped out before finishing the recommended course of treatment for all PTSD therapies. However, rates differed significantly among the therapies. [Read the press release](#).

DID YOU KNOW?

APA opens each new year with a full scan of psychology's biggest trends and shifts—look for our 2026 Trends Report in early January. In case you missed it, here is [last year's trends report](#).

Practice Update covers the latest news and trends relevant to the broad range of practicing psychologists. [Share with a colleague](#) and follow APA on [Instagram](#) and [LinkedIn](#). Send feedback to pracupnewslet@apa.org.

APA Membership

Get the help you need to succeed in today's challenging environment. [Start your membership today](#).



PsycCareers

PSYCHOLOGY JOBS AND RESOURCES

NEUROPSYCHOLOGICAL PRACTICE FOR SALE IN CHARLESTON SOUTH CAROLINA , SHELDON LEVIN PH.D LLC, Mount Pleasant, South Carolina

Clinical Psychologist performing Psychological Evaluations , Grandis Evaluation Center, PC, North Carolina

[MORE](#)



AMERICAN
PSYCHOLOGICAL
ASSOCIATION
SERVICES, INC.

© APA Services, Inc.

750 First Street, NE, Washington, DC 20002

apaservices.org/practice

APA Services, Inc. is a legally separate companion organization to the American Psychological Association (APA). APA Services, Inc. supports advocacy and psychologists' economic and marketplace interests in ways that APA cannot. For more information, visit www.apaservices.org.

[Unsubscribe](#) | [Manage your email preferences](#)

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



Science *Spotlight*

Research, news, and opportunities in psychological science

MARCH 19, 2026

[View this email in your web browser.](#)

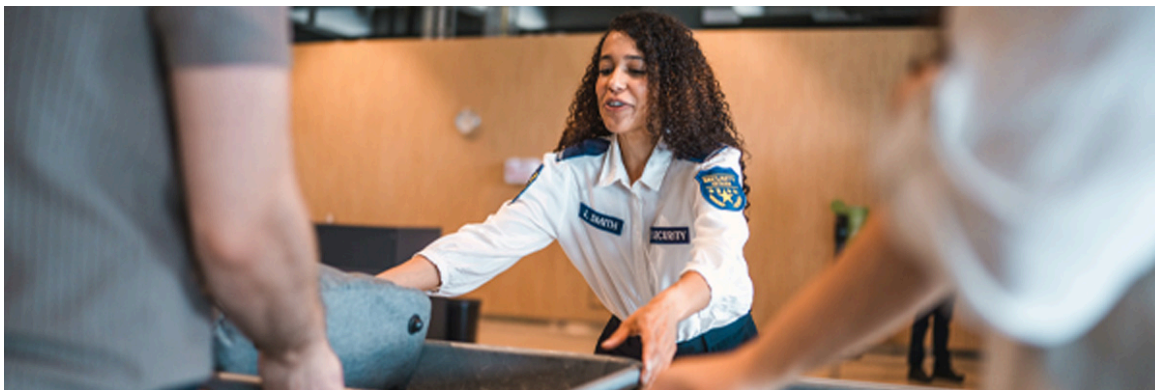
In This Issue

Team-based science is becoming essential to solving complex problems, and researchers must be able to collaborate across disciplines, methods, and cultures. Join next Tuesday's **[Essential Science Conversation](#)** (March 24, free of charge) to build those skills and strengthen your capacity for resilient, high-performing scientific teamwork. The momentum continues with back-to-back **[Science Training Sessions](#)** on sources of validity evidence, April 16 and April 28. Check *Need to Know* for these and more opportunities for psychological scientists.

Enjoying *Science Spotlight*? Forward this email to colleagues or students so they can **[subscribe today.](#)**

New Research

This week's research highlights how self-pacing can improve performance, how narrative shapes public opinion, how outlooks influence long-term health, and how personality patterns help explain counterproductive behavior.



Self-paced work improves performance

Runhan Yang and Aaron S. Benjamin, *Journal of Experimental Psychology: Learning, Memory, and Cognition*

Research has indicated that letting people set their own pace in attention-demanding tasks can enhance performance. In two experiments where participants identified targets among different numbers of distractors, self-pacing increased target strength (i.e., improved target discriminability) and reduced noise (i.e., decreased target variability). These benefits appear to reflect, in part, participants recognizing that more distractors made the task more difficult and adjusting their timing accordingly. The findings suggest giving people more control over pacing—for example allowing them to modulate workflow and breaks—might improve their performance.

[**Read more.**](#)

Why eponymous legislation wins public support

Krystia Reed, et al., *Psychology, Public Policy, and Law*

How do victim stories affect public support for legislation? Measuring sympathy, emotional reactions, and reasoning across three experiments, researchers found that participants consistently favored bills that included a victim's name and narrative over otherwise identical versions. The story,

not merely the name, appeared to boost approval. The findings raise concerns that emotionally driven support can elevate ineffective or even harmful policy proposals, underscoring the need for legislators to prioritize evidence-based policy over persuasive narratives. [Read more.](#)

Health and energy outlook predict health outcomes

Morgan K. Taylor and Margie E. Lachman, *Psychology and Aging*

Research has shown that older adults who rate their health and energy more positively have better long-term outcomes, but why? Drawing on 20-year data from the Midlife in the United States study, researchers found that optimistic outlooks predicted slower progression of health limitations, with especially strong benefits for adults with lower education. Health-promoting behaviors partly explained these links. Although outlook didn't predict changes in chronic conditions, a positive energy outlook modestly reduced mortality risk. Results suggest that strengthening health and energy beliefs earlier in life may support healthier aging. [Read more.](#)

Personality profiles in counterproductive behavior

Michael P. Wilmot et al., *Journal of Applied Psychology*

Why do some people engage in counterproductive behavior across work and life? Researchers synthesized over 1,200 studies with more than 850,000 participants and linked such behaviors to patterns of Big Five traits that reflect "personality malfunction," or problematic configurations rather than single traits. Cluster analyses revealed recurring profiles that may represent forms of counterproductive behavior, aligning closely with the externalizing spectrum of psychopathology and pointing toward a broader taxonomy and new avenues for research and practice. [Read more.](#)

[More snapshots of peer-reviewed studies in psychological science /](#)

[See all APA journals](#)

ADVERTISEMENT

ADVERTISEMENT

AN APA WEBINAR SERIES

Essential Science Conversations

A dialogue about psychological science

VIEW ON DEMAND

AMERICAN PSYCHOLOGICAL ASSOCIATION

APA Community

Take APA Community wherever you go and stay connected

FREE MOBILE APP

AVAILABLE ON

GET IT ON Google Play

Download on the App Store

Need to Know

Register for free trainings and events

- **March 24:** Strengthening Team Science in a Changing Research Landscape (APA Essential Science Conversation)
- **March 24:** Adaptability (third seminar in Psychology of Resilience series cohosted by World Wildlife Fund and APA)
- **April 16:** Psychological Instruments: A Primer on Sources of Validity Evidence (APA Science Training Session)
- **April 22:** A First Introduction to Cognitive Modeling (APA Science Training Session)
- **April 23:** Virtual Q&A session with Psi Chi for students considering graduate study in psychology (Psi Chi and APA)
- **April 28:** Motivating Community Stewardship (fourth seminar in Psychology of Resilience series)
- **April 28:** What Scale Is Best? Understanding Sources of Validity Evidence for Depression Management (APA Science Training Session)

Apply or nominate for opportunities and awards

- **March 31:** Raymond D. Fowler Award for Outstanding Contributions to APA
- **April 1:** 100 Psychologists Rising (APA presidential initiative)
- **April 3:** Eric and Wendy Schmidt Awards for Excellence in Science Communications

- **April 15:** American Psychological Foundation professional development awards for high school psychology teachers
- **June 1:** APA Awards for Distinguished Scientific Early Career Contributions to Psychology.

Provide feedback

- **April 8:** The National Institutes of Health seeks community feedback on the next Agency-Wide Strategic Plan. Input from researchers, stakeholders, and the public is essential to ensure transparency and advance the principles of gold standard science. Weigh in during a webinar on April 8 (2:30–3:30 pm ET).

Career



Step into leadership in psychological science

Help identify and inspire tomorrow's research leaders by judging psychological science projects at the 2026 Regeneron International Science and Engineering Fair, the world's largest high school science competition. Virtual judges are needed to review 35-40 projects online in early May. If you're a PhD/MD (or equivalent), an advanced grad student (4+ years research experience or within one year of dissertation defense), or a professional with 6+ years of relevant experience, email Science@apa.org by March 26 to participate. Looking for other ways to lead? Explore APA's full catalog of [student leadership positions](#) for opportunities to advance the field, build your network, and strengthen psychological science from the inside out.

Deep Dive



New frontiers in learning and brain health across the aging lifespan

Older adults can achieve memory and attention performance on par with young adults—a finding helping to rewrite assumptions about cognitive decline. New research shows that multi-skill learning in supportive settings doesn't just slow aging's effects on the brain; it can reverse them. The most effective interventions target real-world skills like using tablets for online banking and medication management, or navigating Uber and Google Maps to access community resources. A Finnish study of people at higher risk of dementia found significant gains in psychomotor control, executive function, and complex memory after targeted training. Interventions now span in-person classes, digital coaching, and virtual-reality experiences, with strong engagement and early evidence for reduced loneliness and better everyday functioning. Emerging directions: scalable digital tools, equity-focused programs for underserved older adults, and AI-enabled personalization to help individuals maintain lifestyle changes and protect brain health.

[Read the full story.](#) / [Listen to a podcast with featured researcher Rachel Wu.](#)

Word for Word

“ If you really want to understand human cognition, you have to look at the whole gamut of processes from the most basic to the most complex. And among the very top, I would place the arts, including music.”

[Robert Zatorre, PhD, in “Music and the mind,” March 2026 *Monitor on Psychology*](#)

And Finally

Psychologists including 185 APA members and staff representing 46 states and territories recently advocated on Capitol Hill to strengthen funding for the National Institutes of Health and the National Science Foundation, among other key legislative priorities. **See photos from the third annual Council Hill Day event.**

How satisfied are you with *Science Spotlight*?

Extremely dissatisfied

Somewhat dissatisfied

Neither satisfied nor dissatisfied

Somewhat satisfied

Extremely satisfied

Have feedback on this newsletter or ideas for future coverage?
Drop us a note at science@apa.org. [See highlights of recent issues and subscribe.](#)

APA Membership

Get exclusive benefits and support the advancement of psychological science. [Start your membership today.](#)



AMERICAN PSYCHOLOGICAL ASSOCIATION
SERVICES, INC.

PsycCareers

The most robust source of psychology jobs in the nation.

[BROWSE OPEN JOBS](#)



APA's *Science Spotlight* is a biweekly e-newsletter highlighting new findings from psychological science and their implications for addressing real-world challenges and advancing society and the field. It's free and anyone can subscribe. If you know someone who might enjoy *Science Spotlight*, please [pass it on](#).

© American Psychological Association
[Science Directorate](#)
750 First Street, NE
Washington, DC 20002

Read more about APA's science priorities [here](#).

[Unsubscribe](#) | [Manage your email preferences](#)

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.