



**Press release -  
Friday 26 March 2021**

## **Psychological Society of Ireland's New Podcast Series Explores COVID, Autism, Men's Mental Health, and Trauma**

- **Vicky Phelan, Prof. Luke O'Neill, Damien Dempsey and Adam Harris each join a psychologist to discuss specific areas over the four-part series**
- **Contributions and insights from expert and lived-experience viewpoints highlight important role psychology plays in our daily lives**

Following last year's successful podcast series, the Psychological Society of Ireland (PSI) is delighted to launch their 2021 offering. The new series sees a PSI Chartered Psychologist joined by a different expert from various socio/scientific disciplines in each episode of the four-part series. Aimed at a public audience, the podcast series aims to educate and raise public awareness of psychology and the areas discussed in each episode.

First up is PSI's **Prof. Brian Hughes** who is joined by **Prof. Luke O'Neill** as they discuss '**From Lockdowns to Vaccines: Where are we with COVID?**'. Brian Hughes, Professor of Psychology at NUI Galway, is a specialist in stress psychophysiology, health psychology, the public understanding of psychology and science, and the psychology of social issues. This episode sees Prof. Hughes and Luke O'Neill, Professor of Biochemistry in the School of Biochemistry and Immunology at Trinity College Dublin, discuss, and sometimes debate, circumstances surrounding the pandemic, vaccine hesitancy and where we currently stand, as a nation, in the fight against COVID-19.

The second instalment in the 2021 PSI podcast series coincides with World Autism Awareness Day and sees PSI's **Ruth Connolly** and **Adam Harris**, CEO of Ireland's national Autism charity AsIAM, explore '**Autism Awareness and Autism Acceptance**'. As chair of the Society's Special Interest Group in Autism and Principal Psychology Manager at the Muirlosa Foundation, Ruth's insight into Autism complements Adam's lived experience of Asperger's Syndrome as they discuss

society's understanding of Autism, stereotypes and myths, and the media portrayal of autistic people.

In the third episode of the series, singer songwriter **Damien Dempsey** and PSI's **Dr Damien Lowry** explore men's mental health in '**Waxing Lyrical About Male Mental Health**'. Lowry, a Senior Counselling Psychologist who has worked in hospital psychology for over 16 years, and Dempsey discuss mental health problems and their links to social issues, as well as the mental health tones portrayed in Dempsey's lyrics and how psychology helps people heal from depression.

The series closes out with cervical cancer campaigner **Vicky Phelan**, who was named in BBC's list of the top 100 influential and inspirational women in 2018, joining PSI's **Dr Anne Kehoe** as they discuss trauma, in this case a terminal cervical cancer diagnosis. '**The Trauma of Cervical Cancer**' sees Vicky and Anne discuss the psychological impact that such a devastating cancer has on a woman, on her relationship with her partner/spouse, and on how women view themselves following a cervical cancer diagnosis.

The four-part Psychological Society of Ireland podcast series launches on Friday 26 March with a new episode being released each Friday over a four-week period.

- **26 March: 'From Lockdowns to Vaccines: Where are we with COVID?'**
- **02 April: 'Autism Awareness and Autism Acceptance'**
- **09 April: 'Waxing Lyrical About Male Mental Health'**
- **16 April: 'The Trauma of Cervical Cancer'**

**Shane Kelly, CEO of the PSI says:** "*The PSI podcast series gives an exciting and engaging insight into many areas of interest. The four episodes present expert psychologists in conversation with leading high-profile experts, be they from scientific or lived-experience fields, exploring the human condition.*"

**The PSI podcasts are available at [www.psychologicalsociety.ie](http://www.psychologicalsociety.ie) and on all main audio platforms.**

You can also find out more about The Psychological Society of Ireland via their e- and social media platforms -

- [www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)
- [Twitter](#) - @PsychSocIreland
- [Facebook](#) - @PsychSocIreland
- [LinkedIn](#) – The Psychological Society of Ireland
- [YouTube](#) – PsychSocIreland

**ENDS.**

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- You will find the podcasts [here](#) from Friday 26 March 2021 - <https://www.psychologicalsociety.ie/footer/Podcasts> - and on the main audio platforms.
- The Psychological Society of Ireland (PSI), with circa 3,800 members, is the professional body for psychology and psychologists in Ireland.
- The members of the PSI, which is an independently governed, registered charity, have helped shape and develop psychology as a science in Ireland since the Society's founding in 1970, and their work and commitment has given Irish psychology a voice and standing on the European and global stage.
- The PSI is committed to maintaining the high standards of practice in psychology that have been set by its members since the founding of the Society and also to exploring new and innovative ways of furthering psychology as an applied science.