



Press release – Thursday 21 May 2020

Psychological Society of Ireland (PSI) launches new podcast series to mark 50th anniversary

- **‘Coping with Lockdown’ is first in a series of episodes covering range of topics particularly relevant during COVID-19 pandemic**
- **Contributions and insights from experts highlight important role psychology plays in our daily lives**

A new podcast series highlighting the important role psychology plays in our daily lives has been unveiled by The Psychological Society of Ireland (PSI), the professional body for psychology and psychologists in Ireland.

The podcast series, which has been produced to mark the 50th anniversary of the Society, promotes the discipline of psychology, with each episode featuring professionals who have a wealth of experience in their chosen area. While applicable to everyday life, the topics discussed are also particularly relevant during the COVID-19 pandemic, including:

- Coping with Lockdown
- Anxiety in Children
- Social Media and Children
- Managing Suicidal Behaviour in Young People
- Emotional Intelligence and Stress
- What is Mindfulness?
- Problems with the Weight Loss Industry

The experts and contributors featured include:

- **Mark Smyth, President of the Psychological Society of Ireland** and a Chartered Senior Clinical Psychologist specialising in working with young people with mental health difficulties
- **Dr Damien Lowry, PSI Chartered Counselling Psychologist** working in both the hospital and private practice settings

- **Dr Anne Kehoe, PSI member and a Senior Clinical Psychologist** working for Children's Health Ireland at Connolly Hospital
- **Dr Eva Doherty, PSI Associate Fellow and Chartered Clinical Psychologist** based at the Royal College of Surgeons in Ireland (RCSI)
- **Dr Vincent Mc Darby, PSI Chartered Clinical and Health Psychologist** working in both the hospital and private practice settings

The PSI is delighted to have experts from outside the discipline of psychology contribute to some of the podcasts in the series:

- **Professor Brendan Kelly, Professor of Psychiatry at Trinity College Dublin,** Consultant Psychiatrist at Tallaght University Hospital, Dublin, and Visiting Full Professor at University College Dublin, joins Dr Damien Lowry in discussing Mindfulness
- **Ian Power, CEO of SpunOut.ie,** Ireland's youth information website by young people, for young people, contributes to Dr Anne Kehoe's podcast on managing suicidal behaviour
- **Róisín Gowan, a Registered Clinical Specialist Dietitian** in Ireland's biggest national maternity hospital, joins Dr Vincent Mc Darby in discussing the weight loss industry

Shane Kelly, CEO of the Psychological Society of Ireland (PSI), says the podcast will help to spread the message about psychology in an innovative and accessible way: *"This series will have a particular resonance for listeners as we all deal with the many challenges being presented by the COVID-19 pandemic. The insights provided by the contributors to the podcasts, including psychologists, psychiatrists, and other experts, will make for interesting and sometimes challenging listening. There is something in this podcast series for everyone."*

"We are very proud to be launching this podcast series as we celebrate our Society's 50th anniversary. The PSI was established during a time when psychology as a subject and a profession was in its infancy in Ireland. Our members have helped shape and develop psychology as a science in Ireland and their work and commitment has given Irish psychology a voice, which has benefitted our society as a whole."

Founded in 1970, the Psychological Society of Ireland (PSI) has grown from an initial 17 members to almost 3,000 members. Since its creation, the members of the PSI, which is an independently governed, registered charity, have helped shape and develop psychology as a science in Ireland 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.

The first episode of the PSI podcast - Coping with Lockdown - is now available and the remaining episodes will be released every Thursday.

You will find the podcast here - <https://www.psychologicalsociety.ie/footer/Podcasts> - and on all of the main audio platforms

You can also find out more about The Psychological Society of Ireland here:

www.psychologicalsociety.ie

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