Hello and welcome to the @APADivision38 #ThisIsHealthPsych Twitter Chat! In honor of 3/8, we're highlighting #HealthPsychology in action, with a particular focus on students and trainees.

Please introduce yourself! I'm Claire, a postdoctoral fellow @MoffittNews Cancer Center.

I'm a clinician and researcher with a particular focus on the emotional impact of cancer diagnosis and treatment. #ThisIsHealthPsych

Please welcome my special guests: @zbuttphd, @tifftaft, @geealexandra1, and @jessnaft! #ThisIsHealthPsych

That's so interesting! One of my good friends has a chronic digestive disease, and we talk all the time about the psychosocial impact it has on her life. #ThisIsHealthPsych
Hello all! Alex Gee, clinical psychologist at the University of Cincinnati. I work with our university’s heart, liver, kidney and bone marrow transplant programs. #ThisIsHealthPsych

Hi all! I'm Jessica, 4th year Clinical Psychology Doctoral Student. Excited to talk about my favorite topic: health psychology! #ThisIsHealthPsych

Clinical and Research interests: psychosocial aspects of chronic medical conditions. #ThisIsHealthPsych

Also membership co-chair and chair-elect of @APADivision38 student advisory council! Get to work with amazing trainees like @DrClaireC #ThisIsHealthPsych

Hi, I'm Zee. I'm a faculty member at @NUFeinbergMed. And Pres-Elect for @APADivision38, #ThisIsHealthPsych

Don’t forget to use the hashtag #ThisIsHealthPsych to follow along and join the conversation!
Q1. Let's dive right in. For those people outside the #HealthPsych world, it can be a mystery how to break in! So how do you go about becoming a #HealthPsychologist?

ThisIsHealthPsych

4 replies 0 retweets 3 likes

Claire Conley @DrClaireC Mar 8

A1. Start early! For me, undergrad was the start of my career in #HealthPsych. For students who might be considering a career in #HealthPsych, particularly (a clinical one), I highly recommend @mitchprinstein's book The Portable Mentor!

https://www.springer.com/us/book/9781461439936 ...

#ThisIsHealthPsych

1 reply 2 retweets 6 likes

Zeeshan Butt @zbuttphd Mar 8

Replying to @DrClaireC

Hard to distill this one into tweet-friendly bites, but have you seen all the great info here?: https://societyforhealthpsychology.org/councils-committees/education-training-council/ ...? #ThisIsHealthPsych

1 reply 1 retweet 8 likes

Claire Conley @DrClaireC Mar 8

Replying to @zbuttphd

Such a great resource! #ThisIsHealthPsych

0 replies 0 retweets 2 likes
Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @DrClaireC
A1: There are dedicated graduate programs with #HealthPsych concentrations & faculty working in the field. So looking into these programs is a good place to start! #ThisIsHealthPsych
0 replies 0 retweets 3 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A1: We often get undergraduates or even high school students interested in health psych come shadow us for the day or volunteer over the summer to work on some #HealthPsych research projects #ThisIsHealthPsych
0 replies 0 retweets 5 likes

alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC
#ThisIsHealthPsych A1. My journey began during graduate school with health-focused practicum and a great Psychology of Older Adults course. Loved the intersection of health, coping with illness and behavior change. Pursued a health psych internship and the rest is history!
1 reply 0 retweets 5 likes

Claire Conley @DrClaireC Mar 8
Replying to @geealexandra1
Yes! Internship is often thought of as a generalist experience, but it can be a great time to get experience in #HealthPsych too! #ThisIsHealthPsych
0 replies 0 retweets 4 likes

alexandra gee @geealexandra1 Mar 8
#ThisIsHealthPsych A1. Shoutout to Tulane University School of Medicine! I completed a great Adult Behavioral Medicine focused internship there, with generalist opportunities as well 🤸
0 replies 0 retweets 3 likes
Dr Tiffany Taft @DrTiffTaft Mar 8
Replies to @DrClaireC
A1: I did an internship at a VA in Chicago with a dedicated #HealthPsych track. But I also got excellent generalist training. Highly recommend the VA for training #ThisIsHealthPsych
2 replies 1 retweet 11 likes

Claire Conley @DrClaireC Mar 8
Replies to @DrTiffTaft
SAME! Proud graduate of the @ClevelandVAMC internship here 🤔 #ThisIsHealthPsych
0 replies 0 retweets 2 likes

Zeeshan Butt @zbuttphd Mar 8
Replies to @DrTiffTaft
I'm a HUGE advocate for generalist training. I think folks who want to go into health psychology can only benefit from having a strong clinical foundation, even if not focused on medical patients. #ThisIsHealthPsych
0 replies 0 retweets 2 likes

Claire Conley @DrClaireC Mar 8
Replies to @zbuttphd @DrTiffTaft
When I was working in primary care, 90% of what I did was treat depression and anxiety. Generalist skills are a solid foundation for #HealthPsych, even if you think you're a specialist only! #ThisIsHealthPsych
0 replies 2 retweets 4 likes

alexandra gee @geeealexandra1 Mar 8
Replies to @DrClaireC
A1. There are opportunities for more broadly focused health psych work (integrated care) as well as very specialized work (cardiac psychology, oncology, GI). The field only continues to evolve! #ThisIsHealthPsych
0 replies 0 retweets 6 likes
A1. And sometimes you have to carve out these experiences from what you have available, i.e. asking for and clients with chronic illness or medical issues to be funneled your way in practica and other training experiences. #ThisIsHealthPsych

Jessica N @jessnaft Mar 8
As a health psychology trainee-I took a health psychology class @GVSU during my sophomore year and fell in love with the field. Had no idea that there was a field that combined psychology and the medical aspects of chronic illness. #ThisIsHealthPsych

Claire Conley @DrClaireC Mar 8
That's so funny! Similar story - I chose to major in psychology because I didn't fall asleep reading the textbook! 😊 #ThisIsHealthPsych

Dr Tiffany Taft @DrTiffTaft Mar 8
In undergrad I thought I wanted to be an FBI profiler and read way too much about serial killers and antisocial PD. Not all paths are straight…. #ThisIsHealthPsych

Jessica N @jessnaft Mar 8
A1-When applying to graduate programs, I looked at accredited clinical psych programs on @APA website. Knew I was interested in both health psych clinical and research training. Looked at labs conducting research I was interested in #ThisIsHealthPsych

Jessica N @jessnaft Mar 8
A1-During the process I reached out to @GVSUalum that applied to clinical psych programs in the past. Also talked to my advisors, which was very helpful. #ThisisHealthpsych
Jessica N @jessnaft Mar 8
A1-@APADivision38 has great resources for undergraduate students interested in applying to graduate programs. https://societyforhealthpsychology.org/councils-committees/student-council/grad-student-training-resources/ … #thisishealthpsych
0 replies 0 retweets 3 likes

Claire Conley @DrClaireC Mar 8
Q2. #HealthPsychologists do a lot of different things! Their responsibilities can include a mix of clinical work, research, teaching, supervising/mentoring, administration, advocacy and more! What does a day in YOUR #HealthPsych life look like? #ThisIsHealthPsych

Q2. What does a day in the life of a health psychologist look like?

4 replies 0 retweets 8 likes

Zeeshan Butt @zbutphd Mar 8
Replying to @DrClaireC
A2. This is absolutely the best day to ask this question! Take a look all over Twitter (and even other social media) for the #ThisIsHealthPsych hashtag. You’ll get a glimpse into the rich and varied lives of health psychologists all around the country.
1 reply 0 retweets 6 likes
Zeeshan Butt @zbuttphd Mar 8
Replying to @zbuttphd @DrClaireC
Zeeshan Butt Retweeted @zbuttphd
Here's mine from earlier today! #ThisIsHealthPsych

Zeeshan Butt @zbuttphd
Gearing up for my first Twitter chat, prepping slides for a talk at
the Korean Transplant Society, responding to a media request,
cosigning clinical notes, and outlining two papers that need written
before having lunch with a friend. #ThisIsHealthPsych
@APADivision38 @APAHCnews

1 reply 0 retweets 4 likes

Claire Conley @DrClaireC Mar 8
Replying to @zbuttphd
Awesome to see "responding to a media request" on there! 👍
#ThisIsHealthPsych
0 replies 0 retweets 3 likes

Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A2-Great question! My schedule changes daily. Some days clinical work, research, etc.
#ThisIsHealthPsych
3 replies 0 retweets 3 likes

Jessica N @jessnaft Mar 8
A2-One day a week I am on campus for meetings, class, research, and also supervise a
first year doctoral student. #Thisishealthpsych
1 reply 0 retweets 5 likes

Claire Conley @DrClaireC Mar 8
Replying to @jessnaft
Hooray for developing those supervision skills! I didn't have the opportunity to do
that in grad school, and I'm super jealous!! #ThisIsHealthPsych
0 replies 0 retweets 3 likes
Jessica N @jessnaft Mar 8
A2-Two days a week I’m at a local academic medical center working mostly with patients with chronic pain in the outpatient clinic and also seeing patients for short term interventions in the primary care clinic. #Thisishealthpsych
0 replies 0 retweets 3 likes

Jessica N @jessnaft Mar 8
A2-One day a week I work with @DrTiffTaft at her private practice. There I work with patients that have gastrointestinal disorders, inflammatory bowel disease, etc. Common treatment modalities used there are CBT and gut-directed hypnosis. #Thisishealthpsych #gastropsych
2 replies 0 retweets 7 likes

Jessica N @jessnaft Mar 8
A2-Other day-usually working on my dissertation, working on @APADivision38 student council tasks, etc. #Thisishealthpsych
0 replies 0 retweets 4 likes

Jessica N @jessnaft Mar 8
A2-One of my favorite aspects of being a health psychology trainee is the diversity in each day. #Thisishealthpsych
0 replies 0 retweets 2 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A2: I split my time between research, supervising grad students, and seeing patients in a private practice that I own. I have 3 employees in my group and 1 practicum student. @jessnaft you might know her. #ThisIsHealthPsych
2 replies 0 retweets 8 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A2: I only see patients living with chronic medical illness, mostly digestive diseases but also cancer, MS, lupus, etc. I speak at conferences on #GastroPsych and run the @RomeGastroPsych twitter account with a few other peeps. #ThisIsHealthPsych
0 replies 0 retweets 10 likes
Dr Tiffany Taft @DrTiffTaft Mar 8
A2: On the research side, grant writing to get NIH funding, implementing a large scale program project grant with @GuadagnoliLivia and @alyse_bedell, reviewing #HealthPsych manuscripts, writing my own papers, attending faculty meetings, running lab meetings. #ThisIsHealthPsych
1 reply 0 retweets 7 likes

Claire Conley @DrClaireC Mar 8
Replying to @DrTiffTaft @GuadagnoliLivia @alyse_bedell
Oh gosh, I can't believe I forgot grant writing! 🤦 My R03 is eating up my life right now... #ThisIsHealthPsych
1 reply 0 retweets 3 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @DrClaireC @GuadagnoliLivia @alyse_bedell
I’m contemplating an R21 with another one planned for 2020. It’s such a mix of things this grant writing, but I’ve come to really like it. Grantsmanship is a skill that has to be honed over time for sure #ThisIsHealthPsych
1 reply 0 retweets 2 likes

Claire Conley @DrClaireC Mar 8
Replying to @DrTiffTaft @GuadagnoliLivia @alyse_bedell
Grant writing really is a skill to develop in and of itself. Fortunately my postdoc at @MoffittResearch has a dedicated grant writing seminar for the behavioral oncology trainees! 🙌🏼🙌🏼🙌🏼 #ThisIsHealthPsych
0 replies 0 retweets 4 likes

alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC #ThisIsHealthPsych A2. As a transplant psychologist - pre-transplant evaluations, inpatient and outpatient treatment for depression, anxiety, etc. Multidisciplinary meetings, supervision, family meetings, and all kinds of exciting discussions about health and behavior change.
0 replies 1 retweet 5 likes
A2. Days can be very unpredictable and “on the fly”. It is great work for those who appreciate some variety in setting, presenting concerns, and weekly schedule! #ThisIsHealthPsych
1 reply 0 retweets 4 likes

I love this about #HealthPsych! I thrive on variety. #ThisIsHealthPsych
1 reply 0 retweets 3 likes

It’s the best career to distract from work….with other, different work. #ThisIsHealthPsych
1 reply 0 retweets 3 likes

That and emails…. #Thisishealthpsych
0 replies 0 retweets 4 likes

Q3. There are a lot of misconceptions about psychology in general (“Can you read my mind?!”) 😳 and about #HealthPsych, too! What is something YOU wish more people knew about #HealthPsych? #ThisIsHealthPsych

4 replies 1 retweet 3 likes
Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @DrClaireC
Wait, I can’t read minds???
*throws away degree, stomps off*
#ThisIsHealthPsych
0 replies 0 retweets 13 likes

Zeeshan Butt @zbuttphd Mar 8
Replying to @DrClaireC
A3. I wish we did a better job educating people that health psychology is just as much about advocating for patients and families as it is for helping to assess, understand, and treat their symptoms. #ThisIsHealthPsych
0 replies 0 retweets 7 likes

Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A3-I wish people knew more about health psychology in general. There are so many opportunities for health psychologists in primary care, women’s health, gastrointestinal, weight management, transplant, diabetes clinics, etc. #ThisIsHealthPsych
0 replies 0 retweets 6 likes

Jessica N @jessnaft Mar 8
A3-We have come a long way, but I wish there was more recognition on the connection between physical and mental health. #thisishealthpsych
1 reply 0 retweets 8 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A3: Almost every time I tell people what I do there’s
1) Initial pause followed by “wait, that’s a thing?”
2) “That’s so cool!”
3) “Can I refer my friend/family member?”
#ThisIsHealthPsych
2 replies 0 retweets 14 likes
alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC
A3. I hope that the patients and medical partners continue to learn about what we do, the utility of having health psychologists on the team (improved health outcomes, quality of life, provider education). It is our job to show our value and get that word out!
#ThisIsHealthPsych
1 reply 1 retweet 7 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @geealexandra1
This x 1000 #ThisIsHealthPsych
0 replies 0 retweets 4 likes

Emmanuel Silva De Sousa @EmmanuelJSilva Mar 8
Replying to @geealexandra1 @DrClaireC
This is an incredible response and couldn't be more important for others to see! We need to show others the amazing work that Health Psychologists due and just how much we can truly impact patients lives and bring value to medical teams! #ThisIsHealthPsych
0 replies 0 retweets 9 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A3: When I speak at medical conferences outside of my academic bubble, MDs, NPs, RNs, etc. are mostly unaware there are health psychologists, let alone health psychologists specializing in digestive disease. Let alone having an organization: @RomeGastroPsych #ThisIsHealthPsych
1 reply 5 retweets 19 likes

Claire Conley @DrClaireC Mar 8
A3. I wish that people knew that health behaviors CAN be changed, and we have DECADES of research to back it up! #ThisIsHealthPsych /1
2 replies 1 retweet 8 likes

Claire Conley @DrClaireC Mar 8
I'm attending #SBM2019 this weekend, and @BehavioralMed president @DrSherryPagoto is leading the way in communicating that message to the masses! #ThisIsHealthPsych /2
0 replies 1 retweet 8 likes
Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A3-For trainees—It’s a really exciting time to be a clinical health psychology trainee! Training in integrated care settings is becoming more common. Future of healthcare. #ThisisHealthPsych
1 reply 1 retweet 6 likes

Emmanuel Silva De Sousa @Emmanuel JSilva Mar 8
Replying to @jessnaft
This is definitely one of the main things I want to focus on as I continue my journey in the #healthpsych field! It’s sooo important! #thisishealthpsych
0 replies 0 retweets 5 likes

Jessica N @jessnaft Mar 8
Replying to @jessnaft @DrClaireC
A3-As a trainee, create your own path in becoming a clinical health psychologist! Fortunate to be in an area with a variety of settings that offer opportunities for students (ex. VAs, Academic medical centers, private practice, community mental health, etc). #thisishealthpsych
0 replies 0 retweets 6 likes

Dr Kristine Diaz @drkristinediaz Mar 8
Replying to @jessnaft
If you are in an academic health center or wish to end up working in one, please consider @APAHCnews #ThisisHealthPsych
0 replies 2 retweets 9 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
A3: I wish health psychologists were more directly involved in medical student training from the start. Teach them early about the value of integrated care and how to develop a partnership with health psychologists in the community #ThisIsHealthPsych
4 replies 3 retweets 48 likes

Claire Conley @DrClaireC Mar 8
Replying to @DrTiffTaft
If I could like this more than once, I would. #ThisIsHealthPsych
0 replies 0 retweets 1 like
@geealexandra1 Mar 8
Replying to @DrTiffTaft
Yes! Start the training/work together during residency programs...moving forward it will be a natural collaboration in any clinic/medical setting.
#ThisIsHealthPsych
0 replies 0 retweets 5 likes

@jessnaft Mar 8
Replying to @DrTiffTaft
Yes! Training in integrated care and interprofessional teams is starting to become more common in med school training. #Thisishealthpsych
0 replies 0 retweets 5 likes

@DrTiffTaft Mar 8
A3: (Shameless plug) I also wish every person working with patients with digestive disease would go to the @RomeGastroPsych website and register in the provider database: https://romegipsych.org/ #ThisIsHealthPsych
0 replies 3 retweets 14 likes

@DrClaireC Mar 8
Q4. I don’t know about you, but I definitely struggle with #ImposterSyndrome at times! It can be hard to recognize when I’m doing well as a #HealthPsych trainee. Help me out – what are some characteristics of successful trainees in #HealthPsych? #ThisIsHealthPsych
4 replies 0 retweets 4 likes
Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A4-We all struggle with imposter syndrome. Support from colleagues, talking about accomplishments in addition to failures is helpful. Also made a folder in my email for "accomplishment emails." #ThisIsHealthPsych
1 reply 0 retweets 5 likes

alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC
#ThisIsHealthPsych A4. Flexibility, willingness to learn (specifically about health and medical issues), assertiveness, quick thinking, diplomacy, all important and for trainees in this subspecialty.
1 reply 0 retweets 7 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
Q4: I'm a big proponent of not taking oneself too seriously, having a sense of humor, learning social and workplace politics, and don't take things too personally. Focus on what you enjoy, learn to say no if you're stretched to the max #ThisIsHealthPsych
1 reply 0 retweets 14 likes

alexandra gee @geealexandra1 Mar 8
A4. I second @DrTiffTaft Balance and an ability to set the work down and take care of yourself is huge when working with medically ill and complex patients #ThisIsHealthPsych
0 replies 0 retweets 4 likes

Jessica N @jessnaft Mar 8
Replying to @geealexandra1
A4-Self-care is so important and great skill to learn early on in training #ThisIsHealthPsych
1 reply 0 retweets 4 likes

Claire Conley @DrClaireC Mar 8
Replying to @jessnaft
Yes! Our latest #SFHP student newsletter had some self-care tips included! Check in out at https://societyforhealthpsychology.org/wp-content/uploads/2019/02/SfHP-Student-Newsletter_Vol4-Issue2-Winter2019-FINAL.pdf … #ThisIsHealthPsych
0 replies 1 retweet 6 likes
Not taking things too personally is HUGE! We get so much criticism (constructive and otherwise) and deal with a lot of rejection in this field. If I took every rejection/criticism personally, I think I would have burned out a long time ago. 

#ThisIsHealthPsych

A4. I think successful #HealthPsych trainees often have a passion for what they do. They're internally motivated, and persistent! Being okay with delayed gratification goes a long way in grad school. 

#ThisIsHealthPsych

Delayed gratification for sure! In manuscript prep and publication. And grant writing. And promotion. And…. 

#ThisIsHealthPsych

A4-Successful trainees network early on in their schooling, attend conferences, seek out leadership positions

#Thisishealthpsych

A4. I've had the great privilege of working with several health psychology trainees. What has impressed me by all of them is their openness to new information while remaining critical thinkers. 

#ThisIsHealthPsych
In my specialty, transplant psychology, we don't have a huge evidence base on which to base our assessment and intervention work, but we can think flexibly to chart out reasonable courses of action based on what's known in other areas. #ThisIsHealthPsych

There's an aspect of creativity there too, I think! #ThisIsHealthPsych

A4-Trainees that are willing to speak up and advocate for themselves and their patients is so important! Successful trainees also engage in self-care. #Thisishealthpsych

A4: Set boundaries to maintain your personal life and identity. Don't respond to emails too quickly unless it's really necessary. Take yourself offline in the evening and weekend frequently. Check your cognitive distortions ;) #ThisisHealthPsych

I'm teaching myself not to check my email when I'm out of the office! It's hard to break that Pavlovian conditioning of the cell phone "ding"! #ThisIsHealthPsych

I hear you! I turned off all notifications for email on my phone. For me it was the little red dot. I cannot have little red dots! #ThisIsHealthPsych
Dr Tiffany Taft @DrTiffTaft Mar 8
A4: I should add an asterisk to my replies - I'm 43 and I've learned the hard way to do these things. Being older helps you not care so much. #ThisIsHealthPsych
2 replies 0 retweets 6 likes

Zeeshan Butt @zbuttphd Mar 8
Replying to @DrTiffTaft
46 and still learning some of this! But much of what gets most of us stirred up doesn't need to. And for the love of Pete, laugh more. #ThisIsHealthPsych
0 replies 0 retweets 6 likes

Claire Conley @DrClaireC Mar 8
Q5. For our last question, let's look to the future! What should today's trainees in #HealthPsych be doing to be tomorrow's leaders in the field? #ThisIsHealthPsych
6 replies 0 retweets 5 likes

Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A5-For undergrads interested in health psychology, reach out to a health psychologist and shadow! One of the best experiences was shadowing @DrTiffTaft in undergrad. Learned so much about research, running a private practice, clinical work. #Thisishealthpsych
0 replies 1 retweet 7 likes
Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @jessnaft
No, seriously, @jessnaft is probably the most impressive undergrad I've ever met. She lived in MI, moved to Chicago for a year to do this internship. Her resourcefulness and ambition could be bottled and sold #ThisIsHealthPsych
0 replies 0 retweets 5 likes

alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC
A5. Place yourself in medical settings, integrated care clinics, hospitals, specialty clinics, etc. Figure out of this is a setting that you enjoy, work with a variety of patient populations, alongside developing those core generalist skills. #ThisIsHealthPsych
1 reply 3 retweets 6 likes

Claire Conley @DrClaireC Mar 8
Replying to @geealexandra1
Yes, I think that's critical - you don't know if you'll like it until you try it! #ThisIsHealthPsych
0 replies 0 retweets 3 likes

Dr Kristine Diaz @drkristinediaz Mar 8
Replying to @DrClaireC
Def consider joining @APADivision38 if you are not a member, finding a tribe of like-minded individuals helps with doing this work. It has made me feel more connected to the field. Connection is critical to work-life balance. #ThisIsHealthPsych
0 replies 4 retweets 17 likes

Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A5-Become a member of professional organizations like @APADivision38
https://societyforhealthpsychology.org/join/membership-levels/ ... #Thisishealthpsych
2 replies 0 retweets 3 likes

Zeeshan Butt @zbuttphd Mar 8
Replying to @jessnaft
Even if it's not @APADivision38, absolutely find your professional home. Don't just pay dues. Or read the journal. Find out how to get involved in a way that gets YOU excited. #thisishealthpsych
1 reply 0 retweets 9 likes
Jessica N @jessnaft Mar 8
Replying to @zbuttphd
Yes! Be an active member! You get the most out of your membership by being active. #Thisishealthpsych
0 replies 0 retweets 3 likes

Zeeshan Butt @zbuttphd Mar 8
Replying to @zbuttphd @jessnaft @APADivision38
PS: it should totally be @APADivision38. Or @APAHCnews. Because I have to say that. #ThisIsHealthPsych
1 reply 0 retweets 5 likes

Jessica N @jessnaft Mar 8
A5-Get involved in your professional organizations. One of the best things I did was join the SfHP in a leadership position. Have met so many amazing colleagues. It’s been a great experience seeing how organizations run, how to advocate for the field, etc. #thisishealthpsych
2 replies 0 retweets 5 likes

alexandra gee @geealexandra1 Mar 8
A5. Seek out health psychologists around you as mentors. Learn about their paths and get their inside scoop. #ThisIsHealthPsych
0 replies 1 retweet 4 likes

Claire Conley @DrClaireC Mar 8
A5. For researchers, I think training in big data and emerging technologies is key. With wearable fitness trackers, this kind of data is the wave of the future! #ThisIsHealthPsych
0 replies 1 retweet 8 likes

Claire Conley @DrClaireC Mar 8
A5. (part 2) I also agree with @jessnaft that integrated care and interdisciplinary teams are only going to become more important. So learning to collaborate and communicate with people from other disciplines is critical! #ThisIsHealthPsych
1 reply 0 retweets 4 likes
Yes! Learn how to speak the lingo of a medical setting...this is a skill that will help you integrate into a team quickly. #ThisIsHealthPsych

And figure out what YOU can do to help your medical colleagues! When the MDs at my internship realized I could help facilitate family meetings, I started getting ALL the consults! #ThisIsHealthPsych

A5. Whether you see yourself as a clinician, researcher, educator, or in some other role as a health psychologist, I still advocate for a broad, generalist training early in one’s training. There is always time to specialize. #ThisIsHealthPsych

A5: Network, network, network! Connect with people on the Twitter. I’ve met many great leaders in #HealthPsych via social media. Including @DrSherryPagoto who I hope to meet one day in person! #ThisIsHealthPsych

A5: Another social media benefit is finding research collaborators. @LindaNguyenMD at Stanford and I met on Twitter, then had lunch at a conference, now we’re doing a joint study on #Gastroparesis. #ThisIsHealthPsych in action.

Yes! I’m meeting people here at #SBM2019 that I met on Twitter, and it’s a fabulous community!! #ThisIsHealthPsych
Jessica N @jessnaft Mar 8
Replying to @DrClaireC
A5-Enjoy being a trainee, trust the process. Practice self-care. It will work out.
#ThisIsHealthPsych
0 replies 0 retweets 6 likes

Claire Conley @DrClaireC Mar 8
We're coming to the end of our #ThisIsHealthPsych chat! Any last words of wisdom for our audience that we didn't cover in our questions? @zbuttphd @DrTiffTaft @geealexandra1 @jessnaft
3 replies 0 retweets 3 likes

alexandra gee @geealexandra1 Mar 8
Replying to @DrClaireC @zbuttphd and 2 others
#ThisIsHealthPsych This is good stuff, the work that we are doing can make an immediate impact in patients lives. Know this when you do this work every day. I feel lucky to do this work and to have such amazing colleagues in the field!
0 replies 1 retweet 6 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @DrClaireC @zbuttphd and 2 others
Step outside of your bubble(s) #ThisIsHealthPsych
0 replies 0 retweets 4 likes

Jessica N @jessnaft Mar 8
Replying to @DrClaireC @zbuttphd and 2 others
We covered a lot! If any trainees have any questions, please feel free to reach out. More than willing to discuss further. Thanks @DrClaireC for moderating and @APADivision38 for hosting! #thisishealthpsych
0 replies 0 retweets 5 likes

Claire Conley @DrClaireC Mar 8
Thank you for joining our #ThisIsHealthPsych chat! Special thanks to @zbuttphd @DrTiffTaft @geealexandra1 and @jessnaft for joining me.
1 reply 0 retweets 6 likes
Zeeshan Butt @zbuttphd Mar 8
Replying to @DrClaireC @DrTiffTaft and 2 others
If you're head's still swimming after seeing all this, consider finding one of us by phone, e-mail, or at a conf. If we don't have answers, we can direct you to folks who might. It's daunting if you don't feel connected, but it doesn't take much to initiate
#ThisIsHealthPsych
2 replies 1 retweet 5 likes

Claire Conley @DrClaireC Mar 8
Replying to @zbuttphd @DrTiffTaft and 2 others
Yes, definitely reach out! We clearly love to chat 😊 #ThisIsHealthPsych
0 replies 0 retweets 3 likes

Zeeshan Butt @zbuttphd Mar 8
Replying to @jessnaft @DrClaireC and 2 others
Best mentorship advice I've been given and live by: give everybody who asks 30 mins of your time. It's not that much and it can make a big difference. We're more of a community than we sometimes seem.
#ThisIsHealthPsych
0 replies 2 retweets 12 likes

Dr Tiffany Taft @DrTiffTaft Mar 8
Replying to @DrClaireC @zbuttphd and 2 others
Thanks so much for having me! Great chat, everyone. Hope it helped shed some light on this wonderful world of #HealthPsych #ThisIsHealthPsych
1 reply 0 retweets 4 likes