

## **#ThisIsHealthPsych Twitter Chat Transcript**



**Claire Conley** @DrClaireC Mar 8

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.

**5 replies 0 retweets 4 likes**



**Claire Conley** @DrClaireC Mar 8

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

**0 replies 0 retweets 4 likes**



**Claire Conley** @DrClaireC Mar 8

Please welcome my special guests: [@zbuttphd](#), [@tiffaft](#), [@geealexandra1](#), and [@jessnaft](#)! [#ThisIsHealthPsych](#)

**2 replies 0 retweets 1 like**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

Hi, I'm Tiffany Taft co-host of the chat today, and I'm a clinical psychologist practicing in Chicago. I split my time in private practice and as a research assistant professor at [@NUFeinbergMed](#) [#ThisIsHealthPsych](#)

**0 replies 0 retweets 5 likes**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

My specialty is psychogastroenterology, which is an emerging field working with people living with chronic digestive diseases like [#IBS](#) [#IBD](#) [#gastroparesis](#) [#GERD](#) [#coloncancer](#) [#ThisIsHealthPsych](#)

**5 replies 2 retweets 56 likes**



**Claire Conley** @DrClaireC Mar 8

Replying to [@DrTiffTaft](#)

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](#)

**0 replies 0 retweets 2 likes**



**Alexandra gee** @geealexandra1 Mar 8

Replying to @DrClaireC and 2 others

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](#)

**0 replies 0 retweets 1 like**



**Jessica N** @jessnaft Mar 8

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

**2 replies 1 retweet 14 likes**



**Jessica N** @jessnaft Mar 8

Clinical and Research interests: psychosocial aspects of chronic medical conditions. [#ThisIsHealthPsych](#)

**0 replies 0 retweets 6 likes**



**Jessica N** @jessnaft Mar 8

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

**0 replies 0 retweets 5 likes**



**Zeeshan Butt** @zbuttphd Mar 8

Replying to [@DrClaireC](#) [@tiffaft](#) and 2 others

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

**1 reply 0 retweets 4 likes**



**Claire Conley** @DrClaireC Mar 8

Don't forget to use the hashtag [#ThisIsHealthPsych](#) to follow along and join the conversation!

**0 replies 0 retweets 1 like**



**Claire Conley** @DrClaireC Mar 8

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/ ...?](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

Replying 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

Replying to [@DrTiffTaft](#)

SAME! Proud graduate of the [@ClevelandVAMC](#) internship here

 [#ThisIsHealthPsych](#)

**0 replies 0 retweets 2 likes**



**Zeeshan Butt** @zbuttphd Mar 8

Replying 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

Replying 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** @geealexandra1 Mar 8

Replying 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**



**alexandra gee** @geealexandra1 Mar 8

Replying to [@DrClaireC](#)

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](#)

**0 replies 0 retweets 4 likes**



**Jessica N** @jessnaft Mar 8

Replying to [@DrClaireC](#)

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](#)

**1 reply 0 retweets 11 likes**



**Claire Conley** @DrClaireC Mar 8

Replying to [@jessnaft](#)

That's so funny! Similar story - I chose to major in psychology because I didn't fall asleep reading the textbook! 😊 [#ThisIsHealthPsych](#)

**1 reply 0 retweets 4 likes**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

Replying to [@DrClaireC](#)

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](#)

**0 replies 0 retweets 2 likes**



**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](#)

**1 reply 0 retweets 6 likes**



**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](#)

**0 replies 0 retweets 3 likes**



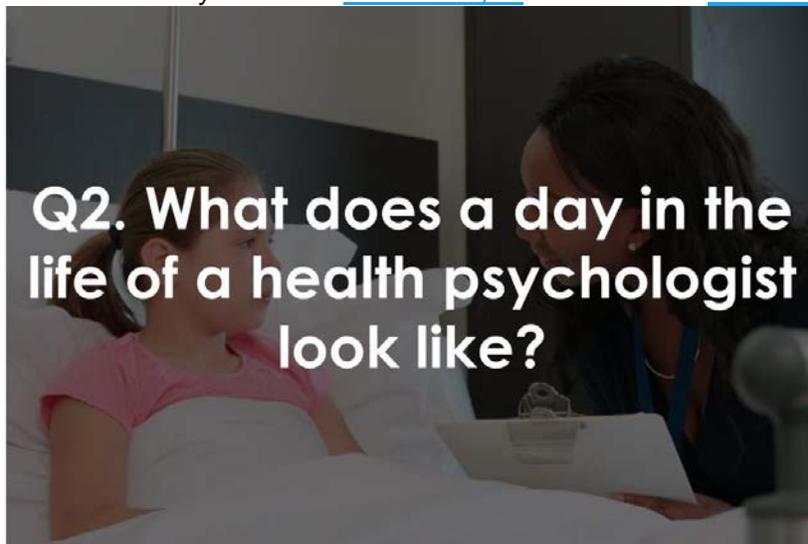
**Jessica N** @jessnaft Mar 8

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](#)



**4 replies 0 retweets 8 likes**



**Zeeshan Butt** @zbuttphd 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**



**alexandra gee** @geealexandra1 Mar 8

Replying to @DrClaireC

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



**Claire Conley** @DrClaireC Mar 8

Replying to @geealexandra1

I love this about [#HealthPsych](#)! I thrive on variety. [#ThisIsHealthPsych](#)

1 reply 0 retweets 3 likes



**Zeeshan Butt** @zbuttphd Mar 8

Replying to @DrClaireC @geealexandra1

It's the best career to distract from work....with other, different work.

[#ThisIsHealthPsych](#)

1 reply 0 retweets 3 likes



**Jessica N** @jessnaft Mar 8

Replying to @zbuttphd @DrClaireC @geealexandra1

That and emails.... [#Thisishealthpsych](#)

0 replies 0 retweets 4 likes

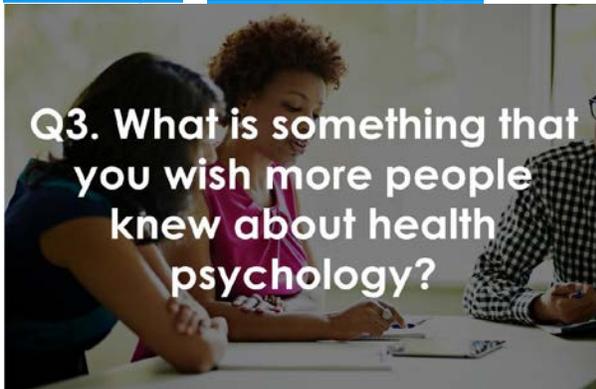


**Claire Conley** @DrClaireC Mar 8

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 the 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** @Emmanuel JSilva 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 do 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**



**alexandra gee** @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



**Jessica N** @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



**Dr Tiffany Taft** @DrTiffTaft Mar 8

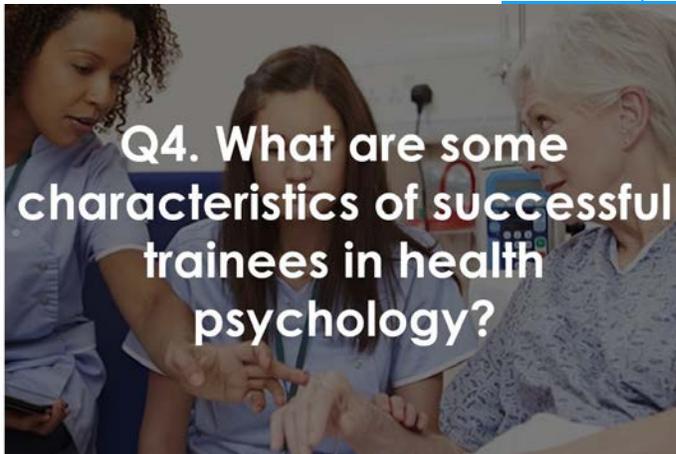
A3: (Shameless plug) I also wish every person working with patients with digestive disease would go to the [@RomeGastroPsych](#) website and register in the provider database: <https://romegipsych.org/> [#ThisIsHealthPsych](#)

0 replies 3 retweets 14 likes



**Claire Conley** @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](https://societyforhealthpsychology.org/wp-content/uploads/2019/02/SfHP-Student-Newsletter_Vol4-Issue2-Winter2019-FINAL.pdf) ... [#ThisIsHealthPsych](#)

**0 replies 1 retweet 6 likes**



**Claire Conley** @DrClaireC Mar 8

Replying to [@DrTiffTaft](#)

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](#)

**0 replies 1 retweet 5 likes**



**Claire Conley** @DrClaireC Mar 8

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](#)

**1 reply 1 retweet 4 likes**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

Replying to [@DrClaireC](#)

Delayed gratification for sure! In manuscript prep and publication. And grant writing. And promotion. And.... [#ThisIsHealthPsych](#)

**0 replies 0 retweets 3 likes**



**Jessica N** @jessnaft Mar 8

Replying to [@DrClaireC](#)

A4-Successful trainees network early on in their schooling, attend conferences, seek out leadership positions [#Thisishealthpsych](#)

**1 reply 0 retweets 3 likes**



**Zeeshan Butt** @zbuttphd Mar 8

Replying to [@DrClaireC](#)

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](#)

**1 reply 1 retweet 6 likes**



**Zeeshan Butt** @zbuttphd Mar 8

Replying to [@zbuttphd](#) [@DrClaireC](#)

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](#)

1 reply 0 retweets 7 likes



**Claire Conley** @DrClaireC Mar 8

Replying to [@zbuttphd](#)

There's an aspect of creativity there too, I think! [#ThisIsHealthPsych](#)

1 reply 0 retweets 3 likes



**Jessica N** @jessnaft Mar 8

Replying to [@geealexandra1](#) [@DrClaireC](#)

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](#)

0 replies 0 retweets 4 likes



**Dr Tiffany Taft** @DrTiffTaft Mar 8

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](#)

1 reply 2 retweets 10 likes



**Claire Conley** @DrClaireC Mar 8

Replying to [@DrTiffTaft](#)

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

1 reply 0 retweets 1 like



**Dr Tiffany Taft** @DrTiffTaft Mar 8

Replying to [@DrClaireC](#)

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](#)

1 reply 0 retweets 4 likes



**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

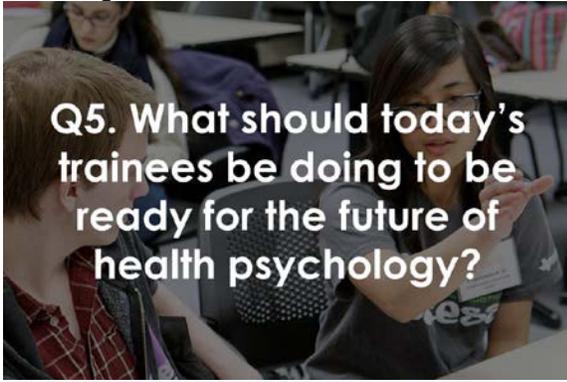
Replying to [@DrTiffTaft](#)

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/ ...](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**



**alexandra gee** @geealexandra1 Mar 8

Replying to [@DrClaireC](#) [@jessnaft](#)

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](#)

**1 reply 1 retweet 5 likes**



**Claire Conley** @DrClaireC Mar 8

Replying to [@geealexandra1](#) [@jessnaft](#)

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](#)

**0 replies 0 retweets 7 likes**



**Zeeshan Butt** @zbuttphd Mar 8

Replying to [@DrClaireC](#)

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](#)

**0 replies 1 retweet 9 likes**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

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](#)

**2 replies 0 retweets 14 likes**



**Dr Tiffany Taft** @DrTiffTaft Mar 8

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.

**2 replies 0 retweets 22 likes**



**Claire Conley** @DrClaireC Mar 8

Replying to [@DrTiffTaft](#) [@LindaNguyenMD](#)

Yes! I'm meeting people here at [#SBM2019](#) that I met on Twitter, and it's a fabulous community!! [#ThisIsHealthPsych](#)

**0 replies 0 retweets 5 likes**



**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**