



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

ESSENTIAL SCIENCE CONVERSATIONS:

ADDRESSING MENTAL HEALTH STIGMA IN CLINICAL PSYCHOLOGY (MARCH 15, 2024)

RELATED READINGS

Boyd, J. E., Zeiss, A., Reddy, S., & Skinner, S. (2016). Accomplishments of 77 VA mental health professionals with a lived experience of mental illness. *American Journal of Orthopsychiatry*, 86(6), 610. <https://doi.org/10.1037/ort0000208>

DeAngelis, T. (2024, March 8). Should psychologists disclose a mental health condition? *Monitor on Psychology*, 55(4). <https://www.apa.org/monitor/2024/06/disclose-mental-health-condition.html>

DeAngelis, T. (2024, March 8). Tackling stigma in the ranks. *Monitor on Psychology*, 55(4). <https://www.apa.org/monitor/2024/06/psychology-stigma-ranks>

Devendorf, A. R., Victor, S. E., Rottenberg, J., Miller, R., Lewis, S. P., Muehlenkamp, J. J., & Stage, D. L. (2023). Stigmatizing Our Own: Self-Relevant Research (Me-Search) Is Common but Frowned Upon in Clinical Psychological Science. *Clinical Psychological Science*, 11(6), 1122–1140. <https://doi.org/10.1177/21677026221141655>

Henderson, C., Claire Henderson, Henderson, C., Noblett, J., Parke, H. L., Clement, S., Caffrey, A., Oliver Gale-Grant, Gale-Grant, O., Schulze, B., Druss, B. G., & Thornicroft, G. (2014). Mental health-related stigma in health care and mental health-care settings. *The Lancet Psychiatry*, 1(6), 467–482. [https://doi.org/10.1016/s2215-0366\(14\)00023-6](https://doi.org/10.1016/s2215-0366(14)00023-6)

King, A. J., Brophy, L. M., Fortune, T. L., & Byrne, L. (2020). Factors Affecting Mental Health Professionals' Sharing of Their Lived Experience in the Workplace: A Scoping Review. *Psychiatric Services*, 71(10), 1047–1064. <https://doi.org/10.1176/appi.ps.201900606>

Swee, M. B., Klein, K., Murray, S., & Heimberg, R. G. (2023). A Brief Self-Compassionate Letter-Writing Intervention for Individuals with High Shame. *Mindfulness*, 14(4), 854–867. <https://doi.org/10.1007/s12671-023-02097-5>

Victor, S. E., Devendorf, A. R., Lewis, S. P., Rottenberg, J., Muehlenkamp, J. J., Stage, D. L., & Miller, R. H. (2022). Only Human: Mental-Health Difficulties Among Clinical, Counseling, and School Psychology Faculty and Trainees. *Perspectives on Psychological Science*, 17(6), 1576–1590. <https://doi.org/10.1177/17456916211071079>

Victor, S. E., Schleider, J. L., Ammerman, B. A., Bradford, D. E., Devendorf, A. R., Gruber, J., Gunaydin, L. A., Hallion, L. S., Kaufman, E. A., Lewis, S. P., & Stage, D. L. (2022). Leveraging the strengths of psychologists with lived experience of psychopathology. *Perspectives on Psychological Science*, 17(6), 1624–1632. <https://doi.org/10.1177/17456916211072826>

RELATED RESOURCES

Compassion Collective

Compassion Collective is a freely available podcast that is accessible on most streaming platforms. The podcast is geared toward hearing the perspectives of experts in mindfulness, acceptance, and

compassion-focused approaches to therapy and living with the ultimate goal of helping people develop greater compassion and self-compassion in their lives. For additional recommended trainings, readings, and resources, visit: compassion-collective.com.

Deconstructing Stigma

Deconstructing Stigma: Changing Attitudes About Mental Health is a series of larger-than-life photographs and interviews with people from across the United States and beyond who have been affected by mental illness. Learn more: deconstructingstigma.org

Swee, M. B. & Murray, S. (2022, September 7). How to cope with shame. *Psyche*.
<https://psyche.co/guides/how-to-cope-with-shame-by-understanding-where-it-comes-from>