

## **Annotated Bibliography**

### **Introduction**

The aim of this bibliography is to provide reader's with information pertaining to different aspects of the mental health field. The scope of psychology is far ranging and the purpose of this piece is to inform other's who are interested in pursuing a career within the field of mental health of what job options may be available to them. The information provided is both descriptive and evaluative in nature so that a full analysis can be made on the different facets within the professions that fall under the umbrella of psychology related careers.

### **I. Scholarly Organizations**

American Psychological Association. (2021). <https://www.apa.org/>

The American Psychological Association is an organization that aspires to aid those who are pursuing a career in psychology as well as provide support and education for those who are suffering from a mental illness. They provide a wide range of different resources for their members. Some of the opportunities of being a member include public speaking training, patient referrals, and liability insurance. Members as well as nonmembers share the ability to attend their annual convention which is located in Chicago, Illinois this year. The APA publishes multiple journals related to different subfields of psychology. The APA also serves the field of psychology as a whole. Through the support of membership dues, they provide education to the public about psychology. The APA also engages in political activism by lobbying to increase funding so that psychological science can be applied to critical issues in society. This organization advocates for those suffering from mental illness and for people that are in a career that relates to psychology.

The American Association of Psychology is a well-known organization and is considered to be of high quality and credibility. For someone that is interested in obtaining information pertaining to a career that relates to psychology the APA is a great place to start. There is a wealth of information to be found on their site ranging in everything from how to become a member to current issues in mental health. This site is useful beyond general information due to the availability of more focused topics listed on one of the website's pages. I found this source to be a great starting place for looking into different career options as well as finding more data on current trends related to mental health.

Society for Social Neuroscience. (n.d.). <https://www.s4sn.org/>

The Society for Social Neuroscience is an international nonprofit organization that establishes to use scientific thinking and research to continue learning about the connection between the mind and people's social environments. They hold an annual meeting for members. Members also have the benefit of utilizing their educational resources such as online courses, lectures, and tutorials that are aimed at educating those interested in neuroscience. The S4SN helps to publish the Journal Social Neuroscience and offers members the ability to publish articles within this journal. This organization is rather new having formed in 2010. It was established so that a wide range of disciplines could come together and share their insights and learn from another about the neural structures that create a social being.

I found this particular source to be credible based on several factors. One of the things that stood out to me was how current the entire site was. In a day and age when we are constantly learning new information about the human brain it is critical that the research be up to date. As mentioned previously this organization is relatively new having been created in 2010. They have multiple updates listed as to upcoming events and courses they are offering. Their source of the information is valid based on several other credible sources using this site as a reference for their information on neuroscience. The purpose of this source is to inform and educate which speaks to its credibility. I found this source to be relevant towards learning more about careers related to psychology because it highlights the more scientific side of what is considered to be a soft science. Psychology is often associated with talk therapy, but in reality, there are many medical based careers within this field. A source like this one provides an example of how science can be applied to better understand something as complex as the relation between the brain and human interactions.

American Association of Suicidology. (2020). <https://www.suicidology.org/>

The American Association of Suicidology was created with the intention of raising awareness about suicide in order to prevent it as well as helping those who have been affected by it. This organization holds to separate annual conferences, one aimed at healing from the loss of suicide and the other intended to educate and inform people about suicide. One of the benefits of being a member of the AAS is that they provide webinars to further education as well as discounts for additional training and certifications. They also publish a journal titled *Suicide and Life-Threatening Behavior* for their members. By publishing AAS official positions on suicide they hope to be able to change public policy related to this matter. There are many helpful links that relate to those who may be contemplating suicide as well as links for those that are interested in careers where they may confront a person who is suicidal.

After a thorough evaluation I found this source to be credible. The year listed at the bottom of the site is current. Multiple articles cited this website in their research on suicide. A professional tone was used throughout the website. There were no

advertisements. All of the pages were aimed at informing and educating and I did not feel it was opinion based. The purpose of the website fit neatly with the mission statement that was listed on the AAS's website. They hope to prevent and promote understanding about suicide as well as help those who have lost someone to suicide. This source was particularly relevant for people who wish to have a career in the mental health field that deals more with the people side of things and less with the research. I think one of the biggest issues that can present itself in a mental health related profession is if a client is exhibiting signs of lethality. The professional needs to be aware of this possibility and feel equipped to deal with it. If a person does not feel they can do this then it might be better to look into a different profession.

The Society for Child Clinical and Adolescent Psychology. (2020). <https://sccap53.org/>

The Society of Clinical Child and Adolescent Psychology is an organization designed to use psychology in order to provide the best level of care to adolescents, minors, and their families. The SCAAP sponsors multiple conferences throughout the year that relate to different topics on child and adolescent psychology. They also provide education opportunities for members to obtain credits for school through their webinars or attending conferences. They aid others education by awarding grants to students who are looking to continue their education within the field of childhood and adolescent psychology. They publish the *Journal of Clinical Child and Adolescent Psychology*, the journal of *Evidence-based Practice in Child and Adolescent Mental Health*, as well as provide a weekly newsletter for their members. Being a part of this organization provide the ability to participate in advocating for the improvement of children's mental health care. They also advocate for the advancement of the professions related to children's mental health by having seats on the APA's task force that allow them to participate in discussions so their opinions are heard within the entire mental health community.

The Society for Child Clinical and Adolescent Psychology is the 53<sup>rd</sup> division of the American Psychological Association. Since it is considered a specialized topic within the APA, I would consider it to follow the same guidelines as its broader source and therefore just as credible. This source is relevant because it highlights how specialized the field of psychology can get. It is important for those looking to begin a career in this field to realize that not only can psychology related careers be divided based on specific mental health aspects, but also on age. Treating minors can be very different than adults. This is due to legal reasons, but also how certain illnesses present themselves earlier in life. I think this is a crucial source for people to look into if they are considering treating minors in any way when it comes to mental health related professions.

## **II. Social Media Resources**

## Facebook

American Psychological Association. [@AmericanPsychologicalAssociation] Facebook.  
<https://www.facebook.com/AmericanPsychologicalAssociation>

The following information pertains to how the American Psychological Association uses Facebook. While different authors publish numerous articles and studies on this social media platform, they are all considered experts in their field. The information is geared for professionals and novices alike as long as they are able to comprehend the level at which the material is written at. The main purposes this source exists is to inform people about all things related to psychology. Various topics are covered on this site, from the latest news in psychology to providing resources for people that are looking into a career within the mental health field.

The American Psychology Association covers a very broad range of topics so it an excellent source for someone who is beginning to look into careers that will be available to those who have a degree in psychology. The field of psychology itself includes a vast range of subjects. This is why I would highly recommend looking into this site to anyone who needs to gather information regarding the field of psychology before looking into specific job options. Once a more focused interest is discovered it is easier to look into jobs related to that. The APA is a great place to dig into information based on how credible they are and the way that they use Facebook is no exception to their reliability. All of the articles posted are very current, some being only a few hours old. As mentioned previously all of the articles are written by experts which gives the website a certain amount of authority. Due to the information being put forth by such a well-known organization I would say that they data is also highly accurate. The information seems to exist solely for the purpose of educating and has no hidden biases or agendas. All of the previous reasons lead me to believe that the APA's webpage on Facebook is a credible resource.

Association for Child & Adolescent Mental Health.[ @acamh] Twitter. Retrieved January, 12, 2021, From <https://twitter.com/acamh>

The information provided in the following paragraphs is on how the Association for Child and Adolescent Mental Health uses Twitter. This source seems to be for professionals to other professionals. While it is open to the general public the topics the different articles are on, are written in way that it would be difficult for those not well educated in the field of psychology to understand. The different articles provided on this webpage are intended to encourage like minds to continue in research related to childhood and adolescent mental health. They also are designed to inform by sharing up and coming research on different topics. The matters they communicate about cover

current news, upcoming events, and available resources to other professionals in this field.

The way that the Association for Childhood and Adolescent Mental Health uses twitter makes me believe it is credible based on several factors. The purpose is to inform not sell any products. All of the information is written in an intelligent manner. The organization itself is highly accredited. I would recommend this resource to people that are looking for a job within the field of psychology that relates to minor's mental health. Even if a person is unsure if they want to focus on this aspect of mental health, this is a good place to investigate. All of the authors in the articles that are linked to this page hold degrees in related topics giving the information that is provided authority. The information is all very current and provides the latest trends and data available related to minor's mental health.

Walden University Career Services. (2021, January) YouTube Channel.

<https://www.youtube.com/user/waldencareerservices/about>

Walden University Career Services is a group of professionals that uses YouTube to advise graduate students in how to manage and locate their careers of choice. They communicate the best practices to use so that people can attain the knowledge they require for optimal performance in their place of employment. They communicate these messages so that people can build problem-solving skills, as well as informing future employees about job options related to different degrees.

I would recommend this resource to anyone looking into career choices after having obtained a degree of any sort. This webpage provides general information on employment options after college. It is sponsored by Walden University which is an accredited online school. Its accreditation speaks to its credibility. It also appears to serve the sole purpose of providing information versus selling anything. All of the videos and information was up to date and well written.

### **LinkedIn**

American Psychological Association. LinkedIn, Retrieved January 30, 2021 from

<https://www.linkedin.com/company/american-psychological-association/>

The American Psychological Association uses LinkedIn for the purpose of networking as well as providing information. The articles are written by professionals with the intent of informing the public as well as other experts interested in the latest topics within the field of psychology.

This social media platform is used by the APA in a very similar way to how they use Facebook. The biggest difference between the two is that LinkedIn provides resources for locating jobs as well as networking with other professionals. As mentioned in the previous section regarding this organization, the APA is a very well-known and credible source which gives the information provided authority. I would recommend this source for those that are interested in career options within the mental health field. It provides real job listings so that specific jobs can be looked into. It is valuable to know what job titles are of interest so that other invaluable information can be evaluated such as salary, educational requirements, and job availability.

### **III. Informational Resources**

#### **General**

Psych Central. (2021) Retrieved January 30, 2021 from <https://psychcentral.com/>

Psych Central is a website that is intended to educate people on all matters related to mental health. The content that is included on this site varies greatly, but seems to generally be focused on providing opinion pieces and as well as articles. The articles seem to be written by people who vary greatly in their level of expertise and are intended for the general public. On the surface many of the articles seemed to be geared towards informing and educating, but due to biases I noticed that many of the sources seemed to lean towards persuasion.

This source is one that I would not recommend to anyone who is looking to do scholarly research on topics related to psychology. The about page can be misleading because it claims to be one of the leading sources for topics on psychology, but the entire website as well as its content is severely lacking in credibility. As mentioned previously the authors hold all sorts of different titles from doctorates to seemingly random people offering their two cents. The content is rather disorganized and the wording is basic. Very few of the articles included references or backed up their facts with actual sources. I think that it is critical to include a non-credible source to highlight the dangers of locating information online. When I was doing research related to my critical inquiry question this was one of the first websites that continuously popped up. This is concerning because it is a terrible resource for locating information that is applicable and credible.

#### **Specific**

Appleby, D.C., Young, J., Van Kirk, J., Rudmann, J., Naufel, K. Z., Spencer, S. M., . . . Richmond A.S. (2019) The skillful psychology student: Skills you will need to succeed in the 21st-Century workplace. *Psychology Student Network*. Accessed from <https://www.apa.org/ed/precollege/psn/2019/02/skillful-student>

The article titled *The skillful psychology student: Skills you will need to succeed in the 21st-Century workplace* was featured in the Psychology Student Network's February issue. The content of this article focuses on research-based practices and commentary on how to develop the skills that are needed for jobs within the field of psychology. The authors of this article all hold a doctorate in psychology. The information is intended for psychology students to learn how to evaluate what expertise will be necessary for their career of choice.

I favored this resource for directly answering my critical inquiry question. The content of the article applies to both the proficiencies necessary for a job within the field of psychology and how to begin the process of searching for which career will be the best fit for utilizing these skills. The article has authority based on the authors' expertise and that it is featured in the Psychology Student Network which is published by the American Psychological Association. The article is very current as it was published this year. The purpose of the article is to educate and contained no biases or grammatical areas.

*Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma* special issue of journal *Traumatology*, published by the American Psychological Association, Volume 23, No. 2, June 2017

The special journal issue titled *Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma* is part of the peer-reviewed journal *Traumatology*. The content of this issue focuses on secondary trauma which can occur in many psychology related professions. It is written by experts and intended for professionals. The content is used to educate people working in a profession associated with psychology to be aware of the possibility of these negative consequences that can occur on the job.

I wanted to include this source because this is a current issue that can occur to people that work within this field. This topic is not applicable to my current stage of academic development of choosing a career based on my skills, but will be useful to remember in the future. I would highly recommend this source to those who have recently began a career within the field of psychology. This special issue as well as the journal *Traumatology* is a credible source based on several factors; the articles are all written by experts in their field, the information serves the purpose to inform and educate, and it is published by the American Psychological Association.

*Undergraduate Education in Psychology: Current Status and Future Directions* Special issue of journal *American Psychologist*, published by the American Psychological Association, Volume 71, No. 2, February-March 2016

*Undergraduate Education in Psychology: Current Status and Future Directions* is a special issue of the peer-reviewed journal *American Psychologist*. The content in this issue includes research findings and commentary as it relates to undergraduate education in psychology. The articles are all written by experts within their discipline and is intended for professionals as well as for academia purposes. The content is used to inform and educate.

This is a particularly useful resource for anyone who is at a similar stage in academic development. Many resources related to education in psychology focus on the doctorate or master's level of education. By learning about the direction of undergraduate education in psychology one can be better prepared to choose what path they will continue on after they have obtained their degree. As mentioned previously this journal issue is a part of the *American Psychologist*, which I have already commented on why this journal is a highly credible informational resource in an earlier section.