

VOLUME 2, YEAR 2022

RAMA DEVI WOMEN'S UNIVERSITY

NEWSLETTER

PSYCH BUZZ

DEPARTMENT OF PSYCHOLOGY

THEME

Editor's Note



From HOD's Desk



Penned Down



Brush Strokes



Snapshots



Events





Editor's Note

Ms. Rabeya Batul & Ms. Anjanie Agarwal

We are immensely happy to present before you the second issue of PsychBuzz, newsletter published from the Department of Psychology, R.D.W.U., Bhubaneswar. This newsletter will provide our students with a medium of creative expression and present our readers with a rendition of departmental activities

FROM HOD'S DESK

I offer my best wishes to every individual's contribution and I extend my support and motivation for all the forthcoming publications from this day onwards.
Hoping to keep this spirit alive!

MR. SUDAM SAHOO

HOD, PSYCHOLOGY



PENNED DOWN

MENTAL HEALTH IN LGBTQ+ YOUTH

Astha Das, U.G. 1st Year.

"If it starts at home and they feel supported, that's going to translate into better identity, better self-confidence. And that'll carry them through in the world." - Michael Enenbach.

A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function. Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more. Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level.

Today, Lesbian, Gay, Bisexual, Transgender and Queer/Questioning (LGBTQ+) youth are coming of age in the setting of increased LGBTQ+ rights and visibility, yet they remain vulnerable to higher rates of negative mental health outcomes, including depression, anxiety, eating disorders, self-harm, and suicide. Individuals exposed to negative reactions about their gender or sexual identity from peers, family, or society are at increased risk for psychological distress. The rates at which LGBTQ youths experience depression, anxiety, and substance abuse are increased compared with the general population and include a two-to-fourfold increased risk for suicidality (ideation and behavior).

For a parent, having an LGBTQ+ child or teen can be scary and overwhelming. Dr. Laura Kuper, currently serving on the Task Force to update the American Psychological Association's Guidelines for Psychological Practice with Transgender and Gender Diverse People, has laid out suggestions for parents on how to support the mental health of their LGBTQ+ teen/youth. Some of these strategies include:

Educating Oneself: Taking steps to educate oneself will send a powerful message to the child or teen that their parent wants to understand.

Opening the door to Communication: The teenager must know that their parents are there to listen. Parents are advised to check in with curiosity – without offering their thoughts or judgments – and put listening into practice. When youth are less concerned about other people's reactions, they are more comfortable about opening up. Listening and voicing support is powerful.

Showing Support: Parents need to keep showing support and unconditional love, even when it may be hard to understand what LGBTQ+ youth are going through. They are advised to avoid dismissive comments like "it's just a phase" and avoid encouraging children to keep their identity or relationships a secret. The adjustment to using a new name or pronoun is often difficult, but is a powerful way to demonstrate support.

Help Develop Community: Helping children develop connections with the LGBTQ+ community near their area to find support. The Queer Communities often hold events and activities that might help their teen feel a sense of belongingness.

Being Proactive at School: Finding supportive staff members and talking to them about how to make the school a safe space. Identify where to send the child for support. Learning how the school deals with bullying and what correctional actions can be taken.

Parenting can be hard at times and being the parent of an LGBTQ+ kid can be harder for a lot of reasons. But even if it takes you a long time to accept who they are, do consider your child's feelings above all Why's. Try to support them from the moment they come out to you. As that support can be the difference between having a kid who thrives or one who struggles with ongoing mental health issues.

PENNED DOWN

PTSD IN TEENS

Basundhara Panigrahi, U.G. 1st Year.

"One of the hardest things was learning that I was worth recovery." – Demi Lovato

Psychological trauma is a response to an event that a person finds highly stressful. It can result from witnessing an event that is perceived to be life-threatening or to pose the potential of serious bodily injury to self or others. Such experiences, which are often accompanied by intense fear, horror, despair and helplessness, can lead to the development of post-traumatic stress disorder or PTSD.

According to the *Substance Abuse and Mental Health Services Administration*, more than two-thirds of adolescents aged 17 and under, report having experienced a traumatic event. The *American Psychological Association* reports that "nearly all children and adolescents express some kind of distress or behavioural change in the acute phases of recovery from a traumatic event." Left untreated, this may lead to PTSD in teens. In one study, it was reported that PTSD in teens is more common than in adults.

Teens could have PTSD if they have lived through specific events like physical or sexual abuse, emotional abuse, severe neglect from parents or caregivers, domestic violence, or other violent crimes. Disasters such as floods, earthquakes, school shootings, car crashes, kidnappings, or fires might also cause PTSD. Other events that can cause PTSD are war, or even a friend or family member's suicide or untimely death.

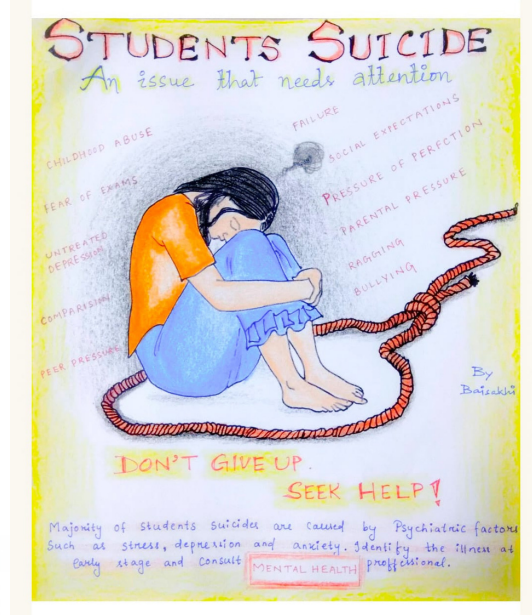
When a teenager experiences any kind of trauma, his or her psychological and emotional development is severely affected. The teen feels that he or she is unable to escape from the impact of the trauma. They might experience symptoms of PTSD such as emotional fluctuations, flashbacks of the event, loneliness, irritability and nightmares, difficulty in concentrating, emotional numbness, decline in academic performance, feelings of hopelessness, and self-harm habits like cutting and burning; suicidal thoughts and impulsivity. The individual might exhibit symptoms of avoidance such as staying away from certain places, situations and people to avoid reliving the traumatic experience, or even forgetting the experience entirely. These constant reminders of trauma make living day-to-day life a real challenge.

Psychotherapies like cognitive behavioural therapy (CBT), psychological first aid (PFA) and many others exist specifically to help teenagers who are struggling with PTSD. Medications are sometimes prescribed to help alleviate troubling symptoms in adolescents with PTSD. Research is limited regarding their use for adolescent PTSD, so medications should be used with caution and under specific guidance. While it's true that symptoms of PTSD may be particularly high in the months after a traumatic event and recede after that, teens may experience these symptoms for many years if not treated. Untreated PTSD can lead to the teenager's struggle to function well in daily life. Parents and caretakers have an important role to play in the teen's healing. Not only can they help their teen find the care that they need, but research shows that teens who have parental support are more likely to recover well when faced with PTSD.

BRUSH STROKES



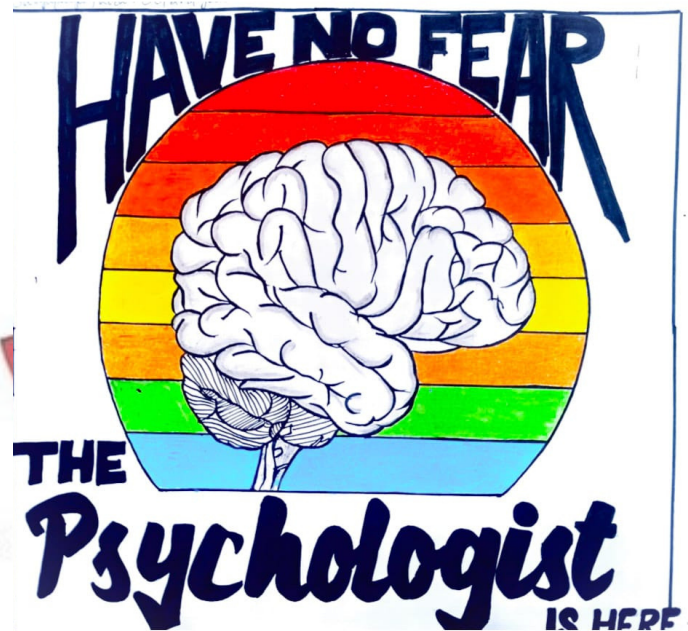
Lichi Prabha Mohapatra,
U.G. 2nd Year



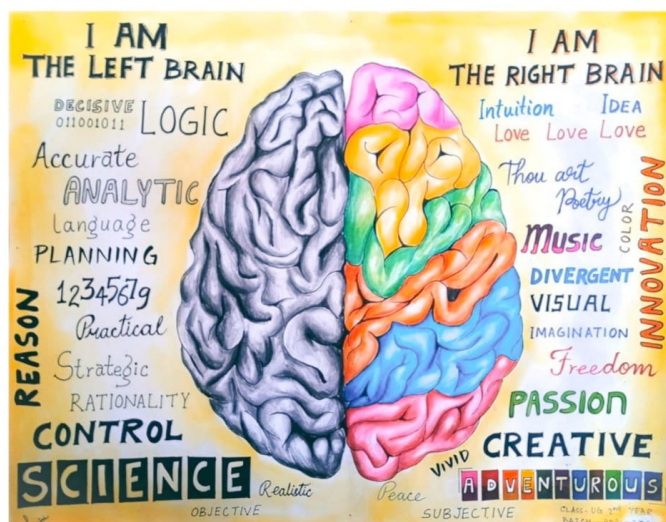
Baisakhi Barad, U.G. 1st Year



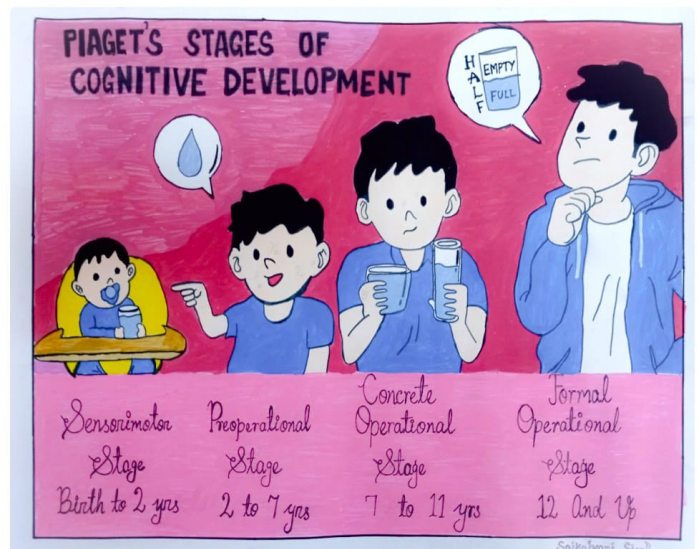
Sayoni Mohanty, U.G. 1st Year



Satyapriya Patra, U.G. 2nd Year

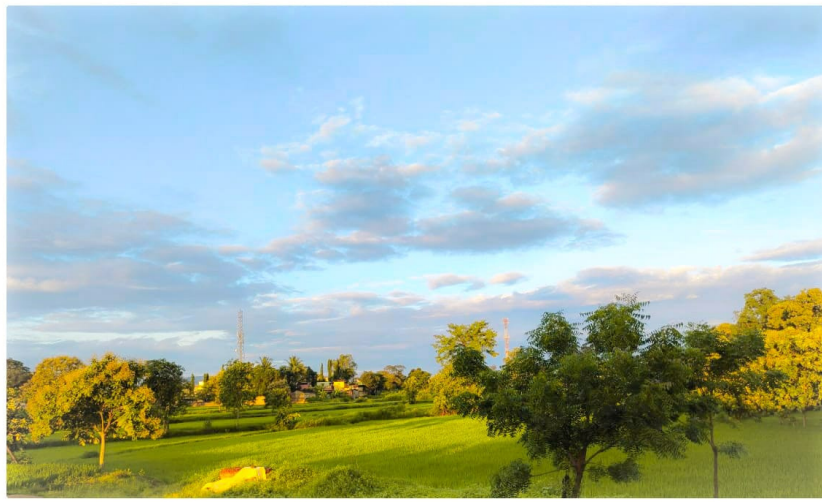


Lichiprabha Mohapatra, U.G.
2nd Year

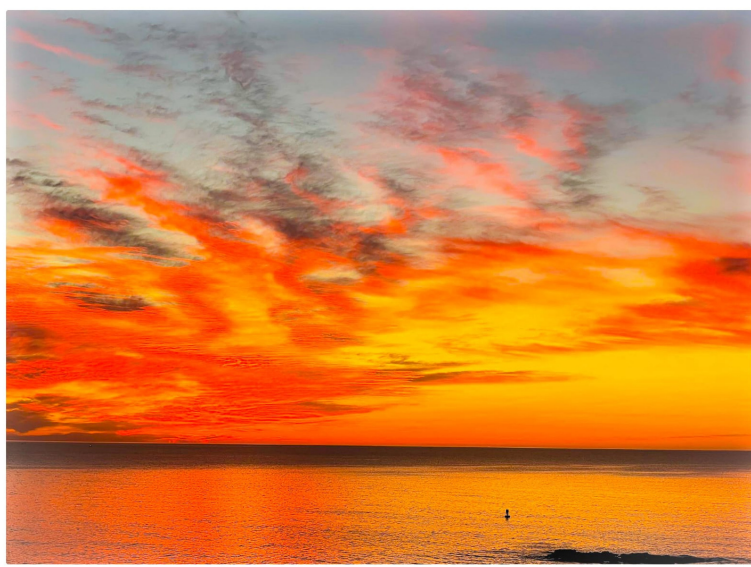
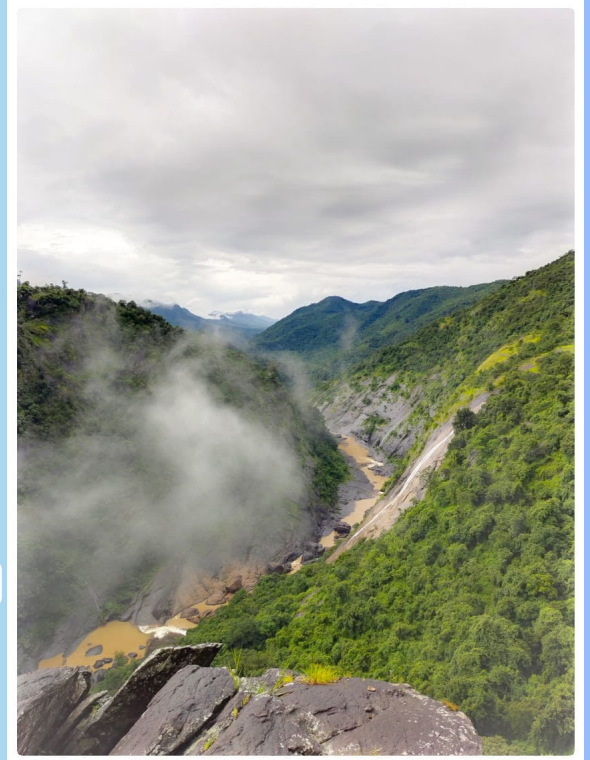


Saikalyani Singh, P.G. 2nd Year

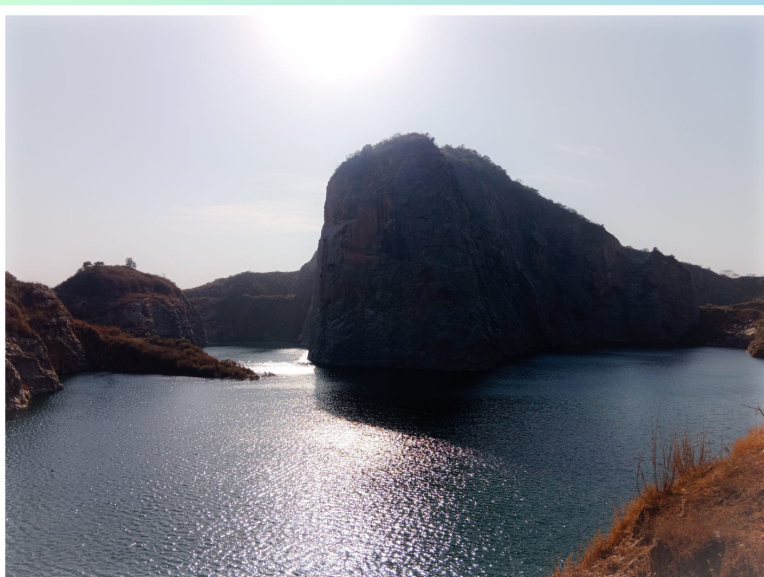
SNAPSHOTS



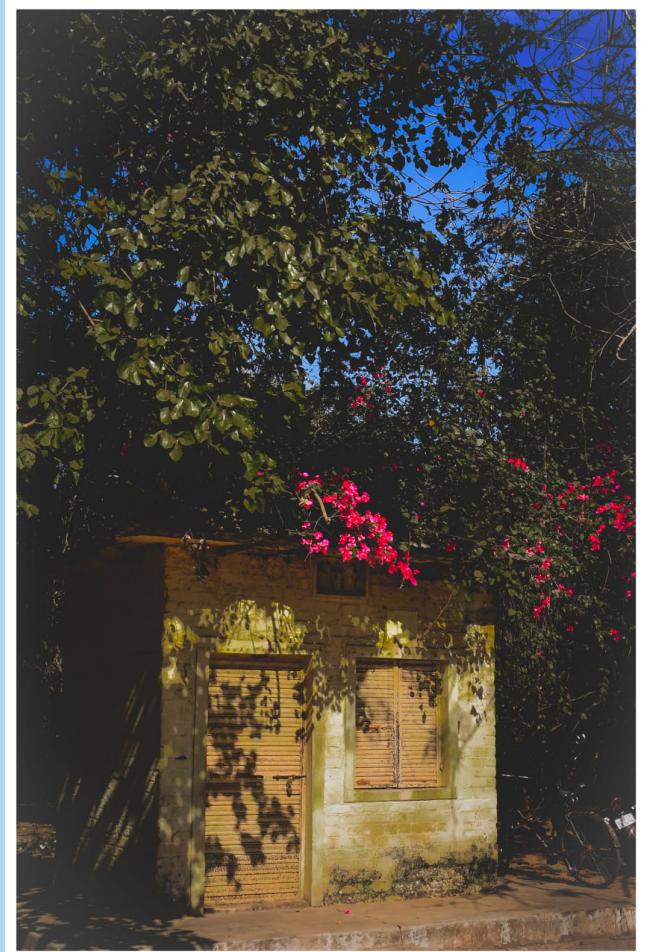
Adyasha Mahapatra, U.G. 1st Year



Sampanna Singh, U.G. 1st Year



Kajal Parida, U.G. 1st Year



Barnali Sarangi, U.G. 1st Year

EVENTS



Seminar Series:
Guest Speaker -
Dr Santa Misra

Seminar Series:
Guest Speaker -
Prof Haresh Mishra,



Seminar Series:
Guest Speaker -
Prof Sadasiba Mohapatra

EVENTS



Farewell,
U.G. Final Year,
Class of 2019-2022

INTERNSHIPS

Class of U.G. 3rd Year 2022-2023

Sl. No.	Names of Students enrolled in Internship	Name of the Organization	Duration
1.	Anchal Nayak	Coach Foundation	Sept 2021 - present
		Freightrise	Nov 2022 – Feb 2023
		Mind Cypress	Feb 2022 – Jan 2023
2.	Aranya Mishra	Ananta Resource Management	Sept 2022 – Jan 2023
3.	Sanskriti Jena	Institute of Health Sciences, Chandaka, Bhubaneswar.	June 2022 – July 2022