

**Psychology Week 2026**  
**“Psychology in Action, Everyday”**  
**Q&A from Keystone Mental Health Practitioners**

***“What area of psychological science feels especially important today, and why?”***

Answered by Jennifer Evans, PsyD  
Keystone Staff Psychologist

The area of psychological science that feels especially important today is the area of Neuroscience. This is because there are so many advances very rapidly occurring in this area right now, many of which have a direct impact on treatment. Research in this area enhances our understanding of how the brain functions so that we gear our therapy toward activating those areas of the brain that are helpful for a particular disorder or calming those areas that are already over-activated. Whether it be understanding the brain's response to trauma or knowing which areas are stimulated when a person is experiencing anxiety, or building positive thought patterns to increase feelings of confidence and decrease depression, therapeutic treatments can be selected with knowledge of how that treatment can affect brain functioning, and therefore affect the client's thoughts, feelings, and behavior. The focus of research in neuroscience has become more centered on the brain's ability to create new neural pathways (when a person learns new skills) and strengthen existing pathways that are adaptive/positive. Treatments have been developed such as neurofeedback (or neurotherapy), biofeedback, and others involving brain-computer interfaces, leading to even more positive and rapid results when administered in a therapeutic context.

***“Who in psychology inspires you, and what have you learned from them?”***

Answered by Colleen Abendroth, MSW, LCSW, RPT-S™  
Keystone Psychotherapist

The psychologist Alfred Adler is an inspiration to me. He was a visionary who broke ranks from the prevailing theorists of his time to emphasize the importance of child development, social interest, and the human need to belong. His theory inspired other psychologists to continue to build on his work after his death and develop Individual Psychology. Adler's work is largely uncredited in major psychological theories and interventions used today, including Cognitive Behavioral Therapy, Positive Psychology, and Family Systems. As a Play Therapist, I utilize Adler's theory in practicing Adlerian Play Therapy, an evidenced-based Play Therapy approach based on the tenants of Individual Psychology. Adler guides my everyday work with my clients and inspires me to learn more about Individual Psychology.

***“What is something people often do not know about psychology?”***

Answered by Lizette Smith, PhD.

Licensed Psychologist and Director of Clinical Programs

“Psychology is not just something we study. It is something we live.” This quote from the American Psychological Association underscores psychology as both a science and a tool that supports and fosters our well-being.

The science of psychology is built on rigorous research methods which gives foundation and legitimacy to its application through several forums: clinical psychology, sports psychology, neuropsychology, forensic psychology, industrial/organizational psychology, rehab psychology, engineering psychology, and experimental psychology...just to name a few. The commonality among these is that all are grounded in psychological science and knowledge to benefit society and improve lives. People may not know the critical role of research and science in psychology.

People also may not know the wide breadth of benefits to our everyday lives that come from psychology. Some recent topics include the challenges and benefits of AI Chatbots, the impact of hate and discrimination on mental health and well-being, the impact of misinformation and disinformation on our belief systems, age related processes in mental health, and the advantages of moderating political polarization. As you walk through your day, please consider the real ways in which your well-being is enriched by benefits of psychological science and its application.

***“Where are you seeing Psychology make a difference in your community right now”?***

Answered by Christi Moore, Ph.D.

Keystone Staff Psychologist

It appears as though we all are currently living in a space in which cultural acknowledgment is shifting, in that aspects and impact of some cultures' contributions to our world and experiences are feeling reduced. For example, an article from the periodical *American Psychologist* (April 2026) indicated that hundreds of state and government entities across multiple states have adopted policies that prohibit discussion of aspects of culture in school settings since 2000. The field of Psychology understands human beings to be multilayered, so the reduction and/or elimination of discussions and acknowledgments of various cultural elements can negatively impact effective communication, growth, and relationships with others. The field of Psychology continues to promote cultural competency in research, teaching, treatment, and community settings, in efforts to continue to promote healthy identity and relationships.

In addition, Psychology has been making community differences in seeing the impacts of artificial intelligence (AI) and uses of social media in so many areas of daily functioning. Psychological research has been making gains in thinking about consequences of AI use on various industries, presenting more information on why and how anxieties about AI may exist, and presenting how individuals can use AI resources in safe and helpful ways as a part of daily life. Psychological research has been informing us on the physical and mental health effects of sustained use of social media, including the effects on social isolation, how potential negative emotional states (i.e., sadness, social comparison, worry) can arise, and how we all see ourselves and our connections to others.

## **Administrative Professionals Day**

**April 22, 2026**

The title 'administrative professional' can represent several different roles. The International Association of Administrative Professionals defines administrative professionals as individuals who are responsible for administrative tasks, coordinate and support an office environment, and who are dedicated to furthering their growth in their chosen profession. Administrative professional duties are those such as office management, answering the phone, screening client needs, speaking with clients, data entry, record maintenance, and accounting and billing. Their responsibility is to keep an office running efficiently. Some assistants have skills and tasks that might be more specialized than others, particularly if they work in the legal industry, the medical industry, or education.

***“What Do you Enjoy Most About Your Admin Assistant Role;  
and What Do you Find Most Challenging about this Role  
in Keystone Mental Health Services”***

Answered by Chiai Powell, Intake Specialist

I enjoy creating a calm and supportive first experience for clients. I completely understand how important that first interaction can be for someone who already may be feeling vulnerable. I like helping people feel heard, respected, & comfortable, without feeling judged.

The most challenging part of my role is working with clients who might be in distress, feeling overwhelmed, or unsure about seeking services. I handle that by listening, staying compassionate and patient while still guiding the conversation to make sure we get what's needed for them to get proper care.

Answered by Hollie Skinner, Biller/Front Desk Receptionist

What I like best is the clients I get to greet every day when they come in for their appointments. The challenges: I find it hard saying goodbye when the clients leave our services. You become almost like a family seeing them every week -- you create a bond at the window.