

Supplemental Episode Information

"Taking Care of our
Mental Health"
with Dr. Aileen Fullchange

**MOST POPULAR:
THE PODCAST**



**Hosted by Adrienne
Trier-Bieniek, Ph.D.**

For this podcast I speak licensed psychologist Dr. Aileen Fullchange, an expert in several fields. We talk about trauma, how trauma manifests in bodies and how various intersectionalities make trauma even more complex. Some discussion is had about the COVID pandemic and the ways this has affected our cognitive abilities and also cover how race and ethnicity factor into mental health care.

Episode Notes:

- [Dr. Aileen Fullchange's website](#)
- [Information on mental health and the COVID pandemic](#)
- [Suggestions for](#) sociology of emotions

Links:

- [Link to episode on Soundcloud](#)
- [Link to episode on Apple Podcasts](#)

Relevant Terms, Topics, or Courses

- Trauma
- Sociology of emotions
- Social psychology
- Mental health
- Covid 19 Pandemic

Classroom Discussion Questions:

1. Dr. Fullchange talks about the parts of the brain which deal with trauma. What examples come to mind as you listen to this explanation?
2. Discuss an example of how society determines appropriate emotions responses to stimuli. What happens when this contract is broken?
3. What are some ways that the pandemic exposed issues with mental health and/or mental health care in our society?

4. Using the episode, define what trauma is. Then, talk about how definitions and discussions of trauma have evolved in the last twenty years.
5. Has social media helped or hurt mental health? Use an example from this episode in your answer.

Want an additional assignment that focuses on mental health and emotions? Contact me using the links below.

Most Popular- The Podcast	More info:	Email
Hosted by Dr. Adrienne Trier- Bieniek	www.adriennetrier- bieniek.com	Contact me by clicking here!