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PSYCHOLOGE-MATTERS

A DIGITAL NEWSLETTER FROM
THE DEPARTMENT OF PSYCHOLOGY AT UW-MADISON

In his recent TEDx talk, "Mental Healthcare at Our Fingertips," Professor John Curtin explores **how two emerging technological innovations, digital therapeutics and personal sensing, can address the mental health crisis** by delivering highly scalable treatment and other supports that can be precisely tailored to the specific needs of the person and their moment in time.

[Watch the full TEDxOshkosh talk.](#)



A recent study from researchers Sounak Mohanta and Yuri Saalman (right) **reveals the importance of a specific type of connection between brain cells and may also explain ketamine's promise as a treatment for depression.**

"Blocking negative predictions that are prominent in depressed patients could be how ketamine helps," Saalman says. [Read more.](#)



Alumna **Carolyn Zahn-Waxler '62** has spent more than 50 years researching children's emotional lives, focusing largely on the origins and development of empathy and caring behaviors. Her questions have laid the foundation for much of what we know now about children's early social and emotional development. [Here, Zahn-Waxler shares a brief retrospective of her research and career.](#)



Day of the Badger returns April 5-6. **This is your moment to share your Badger spirit and support the achievements of students and faculty who are changing the world.** Last year, you gave \$24,000 to hard-working psychology undergrads through scholarships and travel awards, provided summer dissertation support to grad students, and more. This year, with a **\$5,000 challenge gift for the first 50 donations**, all gifts, no matter the size, will make a real difference. [Learn more.](#)



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