



THE UNIVERSITY OF  
MELBOURNE

Melbourne School of  
Psychological Sciences

# Understanding the Mind

Psychology helps us to comprehend why we are the way we are, and why we do the things we do to illuminate our understanding and enhance our lives and the world around us.

# THE MELBOURNE SCHOOL OF PSYCHOLOGICAL SCIENCES

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The Melbourne School of Psychological Sciences fosters innovative research and educational programs that elevate the human condition and supports students and psychologists whose research, projects, and intervention programs help individuals and communities worldwide, making a global impact.

We bring together researchers from the social sciences, epidemiology and public health, preventive, clinical and primary care medicine and from basic and applied sciences to address some of the grand challenges faced by our society.

Our research program is broad, with strengths in clinical science, cognitive and behavioural neuroscience, and developmental and social psychology. We benefit from strong interdisciplinary collaborations across the University, and from a remarkable collection of hospital and research institute partners.

With our strong and growing international profile, we are uniquely positioned to respond to the major social, economic and environmental challenges of our time.

## ENGAGE

Hear firsthand from world-leading researchers and subject-matter experts speaking on topics that affect us all

We are committed to transforming the world we live in through ground-breaking research, inspiring entrepreneurship, and by providing an outstanding education that reflects the needs of our domestic and global community.

Engaging with our community is an intrinsic part of our mission. Whether you're a student, a collaborator, community member or industry partner, we seek to share and promote the use of psychological knowledge in solving major social and health problems.

Our public engagement series PsychTalks forms part of the University's efforts to contribute knowledge, thought-leadership and innovative ideas to the world.

PsychTalks showcases dynamic speakers through several community-focused events across a range of disciplines, encouraging constructive debate on issues of regional and global relevance.

## LEARN

Explore the human mind while building the skills and knowledge to provide meaningful help and support

The School's highly regarded teaching programs include accredited undergraduate majors in Arts and Science, breadth subjects for students in other degrees, and a Graduate Diploma program for graduates seeking an accelerated psychology major. We offer a large honours program and two popular Master of Psychology programs in clinical psychology and clinical neuropsychology that train our future clinical leaders. We also offer a large PhD program, which launches postgraduate students into a diversity of careers in research, academia, policy and leadership.

Whether you aspire to achieve as a clinician, a professional or an academic, you will learn to think differently and imaginatively in everything you do.

A close-up photograph of a person's hand raised in the air, palm facing forward. The hand is positioned in the center-right of the frame. The person is wearing a silver ring on the ring finger and a watch with a dark face and a metal link bracelet on their left wrist. The background is a blurred classroom or lecture hall with a whiteboard and other people out of focus.

## THE UNIVERSITY OF MELBOURNE PSYCHOLOGY CLINIC

The University of Melbourne's Psychology Clinic is a teaching clinic that provides low-cost, high-quality evidence based psychological assessment and therapy to child, adolescent and adult members of the community, including University of Melbourne staff and students. The Clinic is a component of the University's professional training program in Psychology and has been running since the 1970's. We see individuals for the following:

- depression or depressive disorders
- anxiety disorders such as social anxiety disorder or generalised anxiety disorder
- OCD
- phobias

[psychologicalsciences.unimelb.edu.au/psychology-clinic](https://psychologicalsciences.unimelb.edu.au/psychology-clinic)

# OUR RESEARCH

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What if we could inoculate future generations from this mental illness epidemic? The most exciting research in mental health today involves not only how to treat mental illness, but how to prevent it in the first place

Our world-leading research program encompasses several broad research themes, groups and hubs, all aimed at better understanding the human experience for the betterment of humanity. Our diverse research body explores a range of projects with real impact, from investigating how music's ability to trigger our deepest memories and emotions could help improve quality of life for people with dementia, or the development of phone apps to track the lives of patients with bipolar disorder to understand, monitor and even predict the sudden swings between their manic and depressive episodes.

## COMPLEX HUMAN DATA HUB

The science behind how we measure human experience and behaviour

We are in the midst of a revolution in psychological methodology. Innovations in wearable technologies and devices which connect to the internet provide us with ways of measuring the environments in which we operate, while social network data for the first time allows us to record relationships and interactions between people to get an unprecedented view of the environments in which people exist.

The Complex Human Data Hub aims to use these technologies to build a new kind of psychological science -- one that is intimately tied to the real world. We combine this rich data with sophisticated computational modelling, which enables us to better explain, predict, and influence human behaviour on multiple levels, from individuals to populations.

One goal is to produce actionable knowledge and technology for behaviour change in fields ranging from health to national security to sustainability.

[psychologicalsciences.unimelb.edu.au/our-work/chdh](https://psychologicalsciences.unimelb.edu.au/our-work/chdh)

## DECISION SCIENCE HUB

The science behind our choices

Have you ever wondered why you made certain decisions? Why you value some information sources more than others? How you control your urges or resist drugs and cigarettes? What do your pupils tell others about the decisions you make? Whether you make different decisions when you're anxious?

The researchers in the Decision Science Hub are investigating these kinds of choice processes and related cognitive and neural processes. Decision science has direct relevance to health choices and other real-world behaviours. From driving a car to judging social cues, individuals are continually making rapid judgements about their environment in order to select appropriate actions and behaviours. In many instances it is clear that poor decisions can have major negative health outcomes.

Our multidisciplinary approach is critical for addressing the complex problems that currently challenge the Australian society. We aim to partner with government and industry to translate basic research into policy and innovation at the scale necessary to ensure significant community benefits.

[psychologicalsciences.unimelb.edu.au/our-work/decision-science-hub](https://psychologicalsciences.unimelb.edu.au/our-work/decision-science-hub)

## ETHICS & WELL-BEING HUB


The science of acting well and feeling well

One of the fundamental questions of human existence is: how should one live? Drawing on theories and methods from across psychology, we study the psychological processes that drive ethics and well-being.

The Ethics & Well-being Hub seeks to develop and integrate expertise across social, personality, clinical, and developmental psychology—along with research in emotion, neuroscience, and decision making—to better understand how people make ethical decisions, how these decisions are shaped by processes within and around them, and how both of these factors impact on their quality of life and mental health.

The Hub is innovative in its goal of linking the psychological study of morality and emotion processes. In doing so, it examines how benefiting others can also benefit the self and contribute to human flourishing. Hub researchers seek to develop an understanding of how acting ethically and experiencing well-being and personal meaning are intertwined. Taking seriously the interaction of the individual and their social context, it will generate new knowledge on how individual health and welfare interacts with the social and cultural environment, and on the central importance of ethical behaviour to the 'good life'.

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## MELBOURNE CENTRE FOR BEHAVIOUR CHANGE

The science behind interventions that initiate behaviour change for the benefit of individuals and society

The physical, mental and social wellbeing of the population is central to state and national policy. Health challenges affect families from early child care through to cognitive decline in old age. For example, non-communicable and long-term (or chronic) illnesses including cardiovascular diseases, diabetes and cancers are now dominant causes of morbidity and premature mortality. Managing such challenges necessitates individual changes in knowledge, motivation and skills, social and community changes and organisational change, including changes in health care delivery systems.

The Melbourne Centre for Behaviour Change research will focus on Australia's preventable health burden. Interventions will be co-designed with at-risk members of the public, patients and healthcare professionals to prevent illness, promote health, and manage chronic conditions. Research, research-based intervention design and evaluation will be undertaken in collaboration with health care services and industry partners to ensure relevance and adoption.

[psychologicalsciences.unimelb.edu.au/research/hubs/melbourne-centre-for-behaviour-change](https://psychologicalsciences.unimelb.edu.au/research/hubs/melbourne-centre-for-behaviour-change)

## CLINICAL NEUROSCIENCE TRANSLATION GROUP

Advancing understanding and developing innovative, personalized interventions for mental and neurological disorders

The Clinical Neuroscience Translation Group builds on the school's research excellence to examine cognitive, neurobiological, genetic and psychological mechanisms underlying clinical psychological, neuropsychological, psychiatric and neurological disorders.

The team's emphasis is on using this knowledge to develop innovative, personalized and more effective interventions. Research strengths include the fields of body image and eating disorders; mood and anxiety disorders; symptom tracking; sleep mechanisms, quality and disturbance; perceptual and attentional processes; Posttraumatic Stress Disorder (PTSD); psychosis; mental health and wellbeing in later life; dementia; stroke; epilepsy; and traumatic brain injury. Focus is also given to responses to these disorders, such as mental illness stigma.

The group conducts translational research that has the ability to assess trans-diagnostic factors, making their research highly applicable and pivotal to improving healthcare initiatives and providing best-practice.

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# MAKING A DIFFERENCE

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The generosity of our donors enables us to shape the future of the psychological sciences in Australia. Your support enables us to invest in teaching and research, fund scholarships and awards to attract the best talent from Australia and overseas, improve facilities to facilitate pioneering research and deliver innovative programs that make a difference every day.

We believe that by investing in the capability of our researchers and students, we can advance human potential both now and in generations to come.

All donations, regardless of size, make a difference in helping us to create opportunities for our students, academics and the wider community.

Please get in touch to find out what your gift could mean.

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## ALUMNI

Our School has a rich history, spanning over 70 years, which means there are many alumni who we want to connect with. In order to do so, we have established the Melbourne School of Psychological Sciences Alumni Association, which we hope to build into one of the strongest and most impactful alumni communities here at the University of Melbourne. Regardless of where life takes you, we hope that your relationship with the Melbourne School of Psychological Sciences can help you continue to develop your career, continue your learning, and provide opportunities for you to contribute to the global impact of our School.

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# Understanding the Mind

## CONTACT US

We hope you will be inspired to learn more about our School and to connect with us, whether as a current, former or prospective student, as a member of the psychology profession, or as a member of the general public. Please join us at our events, engage with us on social media and get involved!

Our monthly newsletter is a great resource for keeping up to date on all of the latest news, events and developments within the School and the wider psychology profession. Sign up here:

[psychologicalsciences.unimelb.edu.au/about/school-newsletter](https://psychologicalsciences.unimelb.edu.au/about/school-newsletter)

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CRICOS Provider Code: 00116K

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