

ISCP Research Hub

Discussing Health Coaching with Dr Meg Arroll

Tuesday 23rd April 2019 at 1:30pm (GMT) - Online Meeting

We are delighted to announce our next research hub event which will look at the area of 'wellness' and health coaching.

I will be discussing this topic with Dr Meg Arroll (PhD, CPsychol, CSci, AFBPsS, FHEA, MISCPAccred). Meg is a psychologist and author who specialises in health, particularly the relationship between stress, weight and fatigue. She is a Chartered Psychologist with the British Psychological Society, an Associate Fellow of the British Psychological Society, a Chartered Scientist with the Science Council, a Fellow of the Higher Education Academy and an accredited member of the International Society for Coaching Psychology and the Royal Society of Medicine. We will be joined by Professor Stephen Palmer (ISCP President) and Dr Siobhain O'Riordan (ISCP Chair).

Who's it for?

The event is expected to be of particular interest to coaching psychologists, coaches, current and prospective researchers and those interested in the application and practice of coaching psychology with particular reference to health and wellness matters.

Booking

If you'd like to join the event to listen to the discussion and have the opportunity to ask Meg, Stephen or Siobhain questions, please email me to register your interest on sarahjaggers@isfcp.net Once your booking is confirmed you will be sent further joining instructions to our online Zoom meeting facility.

Sarah Jagers
ISCP Cambridge Research Hub Coordinator

Publications

Further details about this event will be provided shortly. In the meantime you might be interested in these selected reviewed publications:

Stone, L., & **Arroll, M.A.** (2018). Cognitive Behavioural Therapy Training in Tanzania: A Qualitative Study of Clinicians' Experiences. *The Cognitive Behavioural Therapist*.

Nakashima, T., Pyykko, I., Casselbrant, M., Megerian, C., Manzoor, N., Young, Y-H., Naganawa, S., Foster, C.A. & **Arroll, M.A.** (2016). Meniere's Disease. *Nature Reviews Disease Primers* 2(16028). [doi:10.1038/nrdp.2016.28](https://doi.org/10.1038/nrdp.2016.28)

Arroll, M.A., Attree, E.A., Cha, Y-H., Dancey, C.P. (2014). The relationship between stigma, illness intrusiveness and depression in mal de débarquement syndrome (MdDS). *Journal of Health Psychology*. doi: 10.1177/1359105314553046.

Arroll, M.A., Wilder, L. Neil, J. (2014). Nutritional interventions for the adjunctive treatment of schizophrenia: a brief review. *Nutrition Journal*, 13(91), doi:10.1186/1475-2891-13-91.

Arroll M.A., Attree, E.A., Marshall, C.L. & Dancey, C.P. (2014) Pilot study investigating the utility of a specialized online symptom management program for individuals with myalgic encephalomyelitis/chronic fatigue syndrome as compared to an online meditation program. *Psychology Research and Behavior Management*, 7, 213–221.

BOOKS

Arroll, M.A. & Atkinson, L. (2018). *The Shrinkology Solution: Discover your eating type, lose weight and keep it off – for life.* Quadrille: London.

Arroll, M.A. & Dancey, C.P. (in prep). *What's Up With Your Bladder?* Hammersmith Press: London.

Arroll, M.A. & Efiang, L. (2016). *The Menopause Maze: The Complete Guide to Conventional, Complementary and Self-Help Options.* Singing Dragon: London.

Arroll, M.A. & Dancey, C.P. (2016). *Irritable Bowel Syndrome: Navigating Your Way to Recovery.* Hammersmith Press: London.

Arroll, M.A. (2014). *Chronic Fatigue Syndrome: What You Need to Know About CFS/ME.* SPCK: London.

Arroll, M.A. & Dancey, C.P. (2014). *Invisible Illness: Coping with Misunderstood Conditions.* SPCK: London.