



Psychology Podcasts: An Evidence-Informed Listening Guide

This guide provides a curated selection of psychology-related podcasts chosen for insight, reflection, and evidence-informed discussion. Podcasts are grouped by theme to help you choose content that fits your interests or current needs.

General Mental Health & Wellbeing

Broad, accessible podcasts exploring mental health, wellbeing, and everyday psychological experiences through science, storytelling, and lived experience.

- All in the Mind (ABC Radio National)
- The Osher Günsberg Podcast
- Crappy to Happy (Cass Dunn)

Anxiety, Trauma & Emotional Regulation

Podcasts focused on anxiety, trauma-informed perspectives, and understanding emotional responses and regulation.

- Owing It: The Anxiety Podcast
- Invisibilia (archived)
- The Happiness Lab (Dr Laurie Santos)
- Ten Percent Happier (Dan Harris)

Performance, High Functioning & Human Potential

Explores mindset, motivation, resilience, creativity, and sustainable performance across work, sport, and life.

- Finding Mastery
- WorkLife with Adam Grant
- Potential Psychology Podcast
- The Psychology Podcast
- Training Peaks CoachCast
- The High Performance Podcast

Relationships, Attachment & Interpersonal Dynamics

Insights into relationships, attachment patterns, communication, and interpersonal connection.

- Where Should We Begin? (Esther Perel)
- Dear Dr Tracy (Dr Tracy Dalglish)
- Relationships Made Easy (Dr Abby Medcalf)
- Speaking of Psychology – The Science of Relationships (single episode)



Neurodiversity & Brain-Based Learning

Explores neurodivergence, learning, attention, memory, and how brains process information differently.

- The Neurodivergent Woman Podcast
- Learning Scientists Podcast
- ADHD Experts Podcast

Podcasts for Clinicians & Psychology Students

Professionally oriented podcasts exploring clinical practice, psychological theory, therapy approaches, and professional identity.

- Psychologists Off the Clock
- Speaking of Psychology (APA)
- Therapy Chat
- Understanding EMDR
- What's the Schemata?
- We All Wear It Differently (archived)
- Two Shrinks Pod (archived)
- Shrink Rap Radio (archived)

Science, Curiosity & Behaviour Storytelling

Podcasts in this category encourage critical thinking and evidence literacy by examining popular ideas, health narratives, and psychological claims. They often challenge assumptions, explore how evidence is used or misused, and support a more nuanced understanding of research and public discourse.

- Ologies (Alie Ward)
- Hidden Brain (NPR)
- Radiolab (selected episodes)

Critical Thinking, Myth-Busting & Evidence Literacy

Podcasts that examine how ideas take hold in popular culture and how evidence is presented, simplified, or misused.

- If Books Could Kill
- Maintenance Phase
- You're Wrong About

Note: Podcasts are provided for general psychoeducation and reflection only. They are not a substitute for psychological therapy or professional mental health support.