

The Landscape Nerd: Imposter Syndrome

This is most of the information I used- I do my best to account for all of the resources I come across or have incorporated into the episode. If there is more information that you would like to see added to this list- Let me know and email me thelandscape nerd@gmail.com.

In this episode, we are speaking with Myron Nelson, a therapist based in Chicago, Illinois. His work focuses on depression, race, and identity. He is here to discuss imposter syndrome, toxic work culture, and handling big issues in landscape architecture. This episode is geared toward designers and students, however, anyone struggling with depression could gain insight from this episode, no matter the discipline.

Contact our guest at <https://www.blacktietherapy.com/>

Read his blog for Psychology Today: <https://www.psychologytoday.com/us/blog/how-be-burden>

- Imposter Syndrome
 - <https://drive.google.com/file/d/1cwIDNyOkUisAbHMb19aMbsMK8XWyf3vC/view>
 - http://publishingimages.s3.amazonaws.com/eZinelImages/PracticePerfect/694/Rising_to_the_Level_of_Your_Incompetence__What.41.pdf
 - https://scholar.google.com/scholar?hl=en&as_sdt=0%2C14&q=Prevalence%2C+Predictors%2C+and+Treatment+of+Impostor+Syndrome%3A+a+Systematic+Review&btnG=
 - <https://digitalcommons.lsu.edu/cgi/viewcontent.cgi?article=1205&context=taboo>
- Culture of landscape architecture
 - https://www.researchgate.net/profile/Mary-Madden-2/publication/230713448_The_nature_and_extent_of_college_student_hazing/links/546cfa60cf2b0bc8e5397bf/The-nature-and-extent-of-college-student-hazing.pdf
 - <https://books.google.com/books?hl=en&lr=&id=L6A06KMi-28C&oi=fnd&pg=PA5&dq=hazing&ots=ijcezEj6ww&sig=zwkE73rjTKsTHGMUPh-OtyX7mNA#v=onepage&q=hazing&f=false>
 - How Toxic Workplace Environment Effects the Employee Engagement: The Mediating Role of Organizational Support and Employee Wellbeing Samma Faiz Rasool 1,2 , Mansi Wang 2,3,* , Minze Tang 2,3,* , Amir Saeed 4 and Javed Iqbal 5
 - <https://www.acmpnorcalchapter.org/changemanagement-articles>