MedCrave
Step into the World of Research

Journal of Psychology & Clinical Psychiatry

Editorial

Open Access

CrossMark

Bridging vulnerability, resilience, and bio-energetics in contemporary psychological science

Volume 17 Issue 5 - 2026

Fred P Gallo
Association for Comprehensive Energy Psychology, USA

Correspondence: Dr. Fred P Gallo, PhD, DCEP, Association for Comprehensive Energy Psychology, USA, Tel 724-346-3838

Received: November 10, 2026 | **Published:** November 10, 2026

Editorial

This issue of the *MedCrave Psychology Journal* presents a compelling cross-section of psychological inquiry, illustrating how individuals and systems adapt to acute psychological, environmental, and socioeconomic stressors across the lifespan. By synthesizing individual clinical vulnerabilities, systemic trauma recovery, neurodiversity paradigms, and community-level cognitive interventions, this issue advances our understanding of human adaptation and therapeutic resolution.

Examining individual vulnerability, **Tiffany Field** (University of Miami / Fielding Graduate University) provides a comprehensive narrative review of rejection sensitivity. Field details its severe psychological and behavioral correlates—ranging from cognitive distortions, depression, and suicidality to cyber abuse, dating violence, and addictive behaviors. Beyond identifying key developmental risk factors like child maltreatment, the review highlights neural connectivity deficits in the anterior insula and prefrontal cortex, while calling for longitudinal and intervention-focused research to move past existing cross-sectional sampling limits.

Shifting to systemic crisis, **Flora Mor** (JDC-Ashalim & Reichman University) investigates post-trauma restoration among educational psychologists following the October 7, 2023 attacks in Israel. Utilizing the *Growing Approach*, Mor frames recovery not as a static return to pre-crisis norms, but as an ongoing ecological process spanning the self, the other, and the system. This model emphasizes reclaiming professional agency, rebuilding relational continuity, and reinforcing systemic structures of trust amidst protracted geopolitical stress.

In a novel exploration of mind-body bio-energetics, **Rajalakshmi Kandaswamy** (Authentic Autism Solutions) examines how extreme heat waves unmask hidden vulnerabilities in undiagnosed autistic populations. Kandaswamy links interoceptive masking to mitochondrial energy dynamics and elevated allostatic load under environmental stress, urging public health frameworks to incorporate bio-energetic and sensory considerations into neurodiversity care.

Finally, addressing developmental resilience in vulnerable populations, **Ankita Basu et al.** (University of Calcutta) evaluate cognitive performance and behavioral challenges among children living below the poverty line in India. Using the KABC-II and CBCL-TRF, the authors identified baseline cognitive profiles and demonstrated that a targeted, structured cognitive training intervention yielded significant post-intervention gains, offering scalable evidence for mitigating socioeconomic risk.

Together, these four contributions demonstrate the vital interplay between neurobiology, somatic energy, relational holding, and structured intervention. They offer clinicians and researchers integrative models for fostering resilience across diverse clinical and cultural landscapes.

Acknowledgements

None.

Funding

None.

Conflicts of interest

Author declares that there are no conflicts of interest.

©2026 Gallo. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and build upon your work non-commercially.