

**IAAP E-News (May, 2020)**  
**Division 17**  
**Division of Professional Practice**

**May, 2020:**

**THE WORLD IN THE TIME OF COVID-19**

When we wrote last month (see April, Division 17 E-News) the COVID-19 pandemic was registering over half a million infections world-wide, with death rates of 23,000. As we write today (23.4.20), there are 2,668,646 ‘registered cases’, 186,319 ‘registered deaths’, and 730,987 ‘registered recoveries’. The size of the catastrophe and its impact is implicit in these figures.

All of us are dealing with new challenges as we face our own isolation - both personally and in relation to supporting our patients and clients - wherever we may happen to be. There have been **both positive** (see poem towards the end of this E-News) and **extremely difficult aspects** of this crisis for us all.

**ITEMS OF INTEREST / POSSIBLE ASSISTANCE:**

- **An account of ‘collaborative integrated health care’ in the time of COVID-19: “COVID-19 AT THE UNIVERSITY OF ROCHESTER MEDICAL CENTER: The Role of Psychology in Healthcare during the 2020 Pandemic”**  
By Susan H McDaniel PhD ABPP (2016 APA President)  
– [SEE LINK](#)

**BREAKING NEWS:**

**We are delighted to announce that Professor Susan McDaniel has agreed to nominate as “President Elect” of Division 17, commencing July, 2020**

- **Personal health and wellbeing:**  
The ONGOING need for self-care and looking after oneself in the midst of social distancing and isolation: For most of us, the current situation is unprecedented. We need therefore to be mindful of behaving in a way that maintains our own health and wellbeing and provides guidelines for others:
  - **Self-care advice for health providers (APA Resource):** Concrete strategies to help manage stress:  
<https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>
  - **How to make stress your friend: Kelly McGonigal**  
<https://www.youtube.com/watch?v=RcGyVTAoXEU> - postulates that the harmful effects of stress are not inevitable. “If your stress response becomes ‘seeking connection’, you create ‘stress resilience’, and access to a ‘compassionate heart’”
  - **Want to be happier? Stay in the moment: Matt Killingsworth**  
[https://www.ted.com/talks/matt\\_killingsworth\\_want\\_to\\_be\\_happier\\_stay\\_in\\_the\\_moment?language=en](https://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment?language=en) - tracks ‘mind wandering’ and how this is a cause of unhappiness
  - **PC alert to get up and move from your PC**

<https://www.howtogeek.com/322433/four-simple-timers-that-remind-you-to-take-breaks-from-your-computer/>

- **Professional Resources:**

- **NEW APA Information Hub for Practicing Psychologists in Response to COVID-19**

<https://www.apaservices.org/practice/clinic/>

- **Telehealth:**

COVID-induced universal telehealth: wrecking ball or transformation?

[https://wildhealth.net.au/covid-induced-universal-telehealth-wrecking-ball-or-transformation/?mc\\_cid=f0a85ee422&mc\\_eid=606825533d](https://wildhealth.net.au/covid-induced-universal-telehealth-wrecking-ball-or-transformation/?mc_cid=f0a85ee422&mc_eid=606825533d)

- **PBS Newshour: Relevant mental health items**

- **Pandemic brings telehealth to the forefront**

<https://www.pbs.org/newshour/show/pandemic-brings-telehealth-to-the-forefront>

The University of Mississippi and other medical groups have been pioneering the use of telemedicine to connect people living in the state's rural areas to health care. But while telemedicine has been slow to take off nationwide, the spread of COVID-19 is forcing the medical community to adapt to the pandemic. NewsHour Weekend's Mori Rothman reports as part of our series, "Chasing the Dream."

- **Why your mental health may be suffering in the COVID-19 pandemic**

<https://www.pbs.org/newshour/health/why-your-mental-health-may-be-suffering-in-the-covid-19-pandemic>

WHO has urged, telling the public to “pay attention to your own needs and feelings” during these stressful times. If you’re consuming endless amounts of news about COVID-19, that can ramp up your anxiety. Set times during the day to check in on developments, and pay attention to ...

- **5 questions about mental health during the pandemic (answered by an expert)**

<https://www.pbs.org/newshour/health/watch-live-your-questions-about-mental-health-in-the-midst-of-coronavirus-answered-by-an-expert>

The Substance Abuse and Mental Health Services Administration now has a dedicated space related to concerns about COVID-19. Being purposeful about maintaining your social connections can serve to be helpful during this time of social distancing.

- **A snapshot of the coronavirus pandemic's impact on working families**

<https://www.pbs.org/newshour/economy/a-snapshot-of-the-coronavirus-pandemics-impact-on-working-families>

The facts as part of an ongoing study of service workers in a large U.S. city

- **How the coronavirus' economic toll could also affect public health**

<https://www.pbs.org/newshour/economy/making-sense/how-the-coronavirus-economic-toll-could-also-affect-public-health>

Researchers note that social safety net programs and better access to both physical and mental health care could keep economic-related problems at bay, even if businesses in the U.S. were to remain closed for several more weeks.

- Questions about sleep, anxiety, talking to kids and more, for our series Ask Us: where we take your questions on the coronavirus to experts who can help make sense of these challenging times.

<https://www.pbs.org/newshour/show/sleep-sunlight-and-self-care-a-psychiatrists-advice-for-pandemic-mental-health>

The COVID-19 pandemic is challenging Americans physically, financially and emotionally. With the dramatic and abrupt life changes the outbreak has caused, what can we do to prioritize our mental health? Dr. Sue Varma, clinical assistant professor of psychiatry at New York University, joins Amna Nawaz to answer viewer questions about sleep, anxiety, talking to kids and more, for our series Ask Us.

### **POEM (from COVID-19 Crisis)**

And the people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.

**By a retired English teacher, Kitty O'Meara, who lives in Wisconsin.**

### **As mentioned in our last E-News (April, 2020): the following items remain relevant:**

- **The need to be aware that there will be unique problems** resulting from this crisis: e.g. traumatised medical and other health personnel, as they struggle to deal with the enormity of their task, with too little equipment and too few resources.

Here's a powerful, informative and moving interview with a doctor working on the front line in the UK:

[https://www.youtube.com/watch?v=tQD4B\\_hmdvo&feature=youtu.be&fbclid=IwAR00bxHHHV\\_U3zgup3RArQPkMsnJHbmgIqP5IUuc4e8xabYjILFVYCsxR7s](https://www.youtube.com/watch?v=tQD4B_hmdvo&feature=youtu.be&fbclid=IwAR00bxHHHV_U3zgup3RArQPkMsnJHbmgIqP5IUuc4e8xabYjILFVYCsxR7s)

- **APA Pandemic webpage:**
- <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
- **Disaster Mental Health Information:**

<https://www.apa.org/practice/programs/dmhi/index>

- **The need to adapt professionally** to these changing conditions:
  - “Doing telehealth well: adjusting your practice for COVID-19 Telehealth tips”
    - <https://www.psychology.org.au/Event/21449?view=true>
  - “Integrating eMH into COVID-19 Telehealth Consultations”  
[https://medcast.com.au/courses/320?utm\\_medium=email&utm\\_source=pa.rdot&utm\\_campaign=bdi-webinar-39](https://medcast.com.au/courses/320?utm_medium=email&utm_source=pa.rdot&utm_campaign=bdi-webinar-39)
  - American Psychological Association Telehealth Resources:
    - <https://apa.content.online/catalog/product.xhtml?eid=15132&eid=1921>
    - <https://www.apa.org/practice/programs/dmhi/research-information/telepsychology-services-checklist.pdf>
  - **Australian Psychological Society Resources:**
    - **MBS guidance for telehealth requirements**  
<http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/connectinghealthservices-secpriv>

## **INTERNATIONAL CONGRESSES / SYMPOSIA**

**Division 17: Professional Practice: continues to organise symposia at International Congresses: The International Congress of Psychology** in Prague: (July, 2020) **has been postponed** - due to the Corona virus pandemic - **until July, 2021**. The Division of Professional Practice team is committed to attending and presenting a double-symposium (already accepted) entitled: *"The role of psychology in integrated mental health care: an international perspective"*.

### ***Brief Description of the Symposium:***

The symposium will provide an overview of current progress in integrated psychological service delivery in the primary care setting in a number of western countries: USA, Australia, New Zealand, Canada, Norway and the United Kingdom. These integrated services attempt to redress the ongoing “medicalisation of unhappiness” across the western world and the sub-optimal care provided in which medication is still frequently the first (and often only) treatment of choice, leaving the crucial psychosocial dimensions of mental and general health under-treated. Integrated primary mental and general health service delivery has evolved over the past twenty years to include evidence-based psychological interventions in the primary care setting. Symposium participants will canvas progress in a number of different areas in their specific countries and provide an up-date internationally on key issues relevant to this mode of practice. All welcome to attend!

- **100<sup>th</sup> / Centennial Congress of Applied Psychology in Cancun: (December, 2020)**  
Currently going ahead – Division 17 contribution ‘pending’.

**Please contact us if you have items to share, questions to ask, ideas to put forward in relation to Division 17 activities.**

**All the best to all our Members as we face the current situation.**

**May, 2020**

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**James H. Bray, Ph.D.**

**PREVIOUS LINKS:**

- [UNITED NATIONS INTEGRATED CARE INITIATIVE](#)
- Previous Division 17 E-News Bulletins:**
- [April, 2020](#)
  - [February, 2020](#)
  - **End of Year Division 17 Newsletter/Summary (2019)**  
<https://iaap.createsend1.com/t/ViewEmail/t/CB562312D9AFD69D2540EF23E30FEDED>