

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

June, 2020:

THE WORLD IN THE TIME OF COVID-19

As we write (25.5.20), the WHO Coronavirus Disease ‘dashboard’ indicates **5,206,614 confirmed cases of COVID-19 world-wide, including 337,736 deaths**, highlighting on ongoing exponential increase in global cases.

- April, Division 17 E-News: over half a million infections world-wide, with death rates of 23,000.
- March, E-News: 2,668,646 ‘registered cases’, 186,319 ‘registered deaths’, 730,987 ‘registered recoveries’.
- from small ‘reported’ beginnings in China and elsewhere in early January of several hundred cases; 20+ deaths).

See:

https://covid19.who.int/?gclid=CiwKCAjwTqj2BRBYEiwAqfzur0_ex6dWxh6KYdT1q_x1tUhP8dQDg2I9MkiGszf2yy2d4CisCeevhoCGFEQAvD_BwE

The size of the ongoing crisis remains implicit in these escalating figures; all of us continue to deal with new challenges as we face our own isolation, both personally and professionally. As we continue with our daily professional practice and support our patients and clients under these conditions, new challenges arise each day. Progressively, as governments (in the USA, UK, South America, Canada and Australia, amongst others) ease restrictions - despite ongoing risks - in an attempt to balance economic vs. health needs, the level of uncertainty seems to increase. It’s ‘as if’ much of which we have known and been certain about previously has been torn up, thrown sky high and it’s ‘anyone’s guess’ as to where it all might land. As such, the adage of “**embracing uncertainty**” takes on new meaning.

During the past month, we have found new items relevant to these adverse conditions which may be of use (see below)



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ITEMS OF INTEREST / POSSIBLE ASSISTANCE:

- **International cooperation and ‘development of ways forward’:**
13th Annual Psychology Day at the UN: “UN75 The Multilateralism We Want: Psychological Contributions to Building Bridges Among and Within Nations”
Webinar: Thu, May 28, 2020 - available on-line after the event
See: <https://www.unpsychologyday.com/>
For further information contact: customercare@gotowebinar.com
Division 17 has been actively engaged with the IAAP UN Working Group: responsible the formation of the *Psychology Coalition of NGOs Accredited at the UN* which is auspicing this event. We congratulate our IAAP colleagues for being so centrally involved at this crucial time.
- **Mental health sequelae of the COVID-19 crisis:**
 - **Social equity and COVID-19:**
<https://www.abc.net.au/radionational/programs/healthreport/social-equity-and-covid-19/12189450>
 - **‘Stress in America 2020’: Stress in the time of COVID-19**
 - <https://www.apa.org/news/press/releases/stress>
 - <https://www.apa.org/news/press/releases/stress/2020/stress-in-america-covid.pdf>
 - **Modelling the mental health impacts of COVID-19: new epidemic of suicide predicted to be greater than all Corona Virus deaths:**
 - <https://www.abc.net.au/radionational/programs/healthreport/modelling-the-mental-health-impacts-of-covid-19/12235406>
 - **Australia’s pandemic mental health care plan:**
 - <https://www.abc.net.au/radionational/programs/healthreport/australias-pandemic-mental-health-plan/12260330>
 - **Positive outcomes after COVID-19**
 - **Life after COVID-19: Making space for growth: In this time of grief, the theory of post-traumatic growth suggests people can emerge from trauma even stronger**
<https://www.apa.org/monitor/2020/06/covid-life-after>
- **New developments in telehealth:**
 - **Working during COVID-19: Therapists share their telemental health experiences**
 - <https://www.apa.org/members/content/telemental-health-experiences>
 - **COVID-19 Town Hall with APA’s President and CEO**
 - <https://pages.apa.org/town-halls/>
 - <https://www.apa.org/members/content/town-hall-series>
 - <https://register.gotowebinar.com/register/3384698518941417997>
 - https://info.therapysites.com/APA-tele?src=APA&utm_source=APA&utm_medium=display&utm_campaign=may20&utm_content=website
- **Treatment during the time of COVID-19:**
 - **Treating anxiety and stress in front-line workers: A step-by-step CBT guide**
 - <https://www.apaservices.org/practice/news/anxiety-stress-front-line-workers>
- **Ways to look after your mental health during the COVID-19 crisis**
 - **Beyond Blue:** <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/ways-to-look-after-your-mental->

health.html?utm_source=google&utm_medium=cpc&utm_campaign=covid-19_april2020&utm_targeting=generic-cvmh&utm_format=text_ads&utm_creative=eta&utm_id=covid-19&gclid=CjwKCAjw2a32BRBXEiwAUcugiBvb1zEIE-FK0gi0ps7tkLAIPR7mnNUzJJj56YZhq8QyhZZOGez-oBoCuLsQAvD_BwE

For additional items, see our previous May E-News: ([see link](#))

- An account of ‘collaborative integrated health care’ in the time of COVID-19
- Personal health and wellbeing
- Professional Resources
- Telehealth
- Relevant mental health items
- The need to adapt professionally
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INTERNATIONAL CONGRESSES / SYMPOSIA

Division 17: Professional Practice: has organised symposia at International Congresses on an annual basis since ICAP, Melbourne (2010) - ICP 2020 is no exception – Div. 17 double-symposium approved.

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!

- **100th / 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.

Robyn Vines PhD
James Bray PhD
June, 2020

PREVIOUS LINKS:

- [UNITED NATIONS INTEGRATED CARE INITIATIVE](#)
- [Previous Division 17 E-News Bulletins](#)
- [End of Year Division 17 Newsletter/Summary \(2019\)](#)
<https://iaap.createsend1.com/t/ViewEmail/t/CB562312D9AFD69D2540EF23F30FEDED>