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Psychology Responds to the *Side Effects* of Covid-19

Psychology has not been indifferent to the COVID, especially to its emotional and affective effects on people, paying special attention to the "side effects" produced by the pandemic and the preventive isolation measures determined by the governments of each country.



The side effects that this pandemic has on mental health and emotional well-being have been addressed by several Psychologists' Associations and have already been included as a priority issue in their work agendas. For example, the International Association of Applied Psychology has created the COVID-19 CORNER (<https://iaapsy.org/policies-initiatives/covid-resources/>). The IAAP executive committee and member psychologists have compiled web resources on the pandemic that provide practical help to individuals and information for professional psychologists.

The resources are organized by user group, such as Resources for the Public and Resources for Clinicians. Psychologists who want to connect with IAAP member psychologists can join the IAAP and enjoy all the benefits (e.g., journals, conferences, webinars, networks) of [IAAP membership](#).

Related to this topic Richard Mababu has written for this edition "Applied Psychology and the COVID-19 pandemic". This text presents an excellent balance of the response that the HPAI has had to the crisis caused by the health emergency worldwide.

I would like to take this opportunity to congratulate our new president-elect

Richard Mababu's contribution to 18 Division has been significant: Since the launch of 18 Division, Dr. Richard has served as co-editor of the Bulletin, which has become a relevant forum for communication and exchange among all members of our Division. Dr. Richard contributes to the IAAP Centennial book with two chapters in collaboration with Professor H. Carpintero. Dr. Richard and H. Carpintero conducted research and evaluation of the IAAP archives at the Center for the History of Psychology in Wuerzburg - Adolf-Wuerth, Germany (March 19-23, 2018). We are sure that Division 18 and the IAAP in general will benefit greatly from your work and initiatives.

Julio César Ossa Ph.D.
Fundación Universitaria de Popayán (Colombia).



Dear colleague,

It is a great pleasure to send you this new issue of our newsletter, Number 13, with a variety of topics that we hope you will find interesting enough. The International Association of Applied Psychology (IAAP) is already a hundred-year-old Association (1920–2020). The centennial Book has been written to commemorate the maturity of our Association. However, the Centennial Celebration scheduled by December 2020 in Cancun (Mexico) was cancelled due to the restrictions imposed by governments around the world to contain the spread of the coronavirus disease 2019 (COVID-19).

In this context, the year 2020 will be remembered not only as the centenary year of the IAAP but also as the year that the COVID-19 pandemic has affected people's lives. Efforts to control and reduce coronavirus transmission rely on research, political decisions and behavioural changes. Applied psychology is contributing in a significant way to give answers to this new reality in which the contributions of different fields and specialities are needed.

All of you are well aware that, some weeks ago, we organized the Election of President-Elect of Division 18. And now is a pleasure to inform – although a short announcement was already sent by email yet - that it has been professor Richard Mababu (Spain) who has become our President-Elect. As a scientist and practitioner, he took actively part of the implementation Division 18 activities which is running since its approval by IAAP Board of Directors meeting (Melbourne, July of 2010). Here we send our public congratulations to professor Mababu, and, at the same time, we want to express our conviction that his contribution will be vital for the governance of our Division. In this Newsletter, we also include a short article by him on the Applied psychology and COVID-19. Its pages very aptly show the great significance of the role of applied psychology in the current situation. Our Newsletter, no doubt, reflects this moment. We have received few contributions, which seems understandable to us. However, we wanted to launch it to maintain our periodicity of contact with colleagues. And also, because we will soon have to take care of the choice of our President-elect - Rubén Ardila, our Past-President and responsible for this election, will make contact with you.

Other interesting articles are dedicated to the hypnosis as an epistemological challenge in the field of medicine. Researcher Bruno Barreiros highlights some idea on hypnosis and presents James Braid's ideas and practices regarding hypnosis which is becoming more silent subject for specialists. Besides, Tomás Caycho-Rodríguez has payed tribute and made in interesting contribution with a brief account of the life and work of Reynaldo Alarcón Napurí (1924-2020). Dr. Alarcón has been the highest representative of Peruvian psychology and also an important member of the Inter-American Psychological Society (SIP). He contributed enormously to the development of psychology in Peru in areas such as Psychometry, Positive Psychology, Ethnopsychology and the Psychology of Poverty. Furthermore, professor Ruben Ardila contributes with an interesting article on Skinner's legacy to the knowledge of human nature and a series of applications of social significance that changed people everyday life. He underlines the role of Skinner's work to clinical psychology and to cognitive-behavioral perspective.

I take this opportunity to invite all of you for and then send us information and notices related to any aspect of applied psychology history. You might also suggest new topics for the coming issues. Our newsletter tries to be our common liaison, and also an important piece for our common memory. So, I will now to repeat our invitation to our readers and followers to send us short pieces that will widen our knowledge with new information and insights.

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President Division 18 IAAP

Hypnosis as an epistemological challenge in the field of medicine: a brief contribution to history PSY

Bruno Barreiros

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At the end of 2017, two reasons led me to study the reception of animal magnetism and hypnosis in Portugal. On the one hand, I was interested in understanding the clinical and social importance reached throughout the 19th century by the so-called "romantic medical systems" - where mesmerism was inserted, together with homeopathy and other clinical systems - in a historical moment that coincided with the growing affirmation and consolidation of the anatomical-physiological paradigm in the medical sciences. And, on the other hand, because I have been able to verify, as a compulsive frequenter of libraries, that not a single copy existed, in the lands of Camões, of the work *De La Cause du Sommeil Lucide ou Étude de la Nature de L'Homme* (1819).

And, on the other hand, because I have been able to verify, as a compulsive frequenter of libraries, that not a single copy existed, in the lands of Camões, of the work *De La Cause du Sommeil Lucide ou Étude de la Nature de L'Homme* (1819). How important is this episode? Some specialized bibliography noted the fundamental importance of this work and its author, even considering them as precursors of James Braid's ideas and practices regarding hypnosis. What was more, the work had been written by a national author, born in ancient Portuguese India (Goa), who had become, for reasons that we cannot analyse in detail here, one of the central characters in the novel *Le Comte de Monte-Cristo*, attributed to Alexandre Dumas (Barreiros, 2019; Morais, 2019).

It is certain that the work would be re-edited in 1906 (without being translated) and that the 20th century would bring a new historiographic attention to Faria's path and theoretical work. But it remained unexplained why his work had been forgotten throughout the 19th century in Portugal. In such a way that the first reference to his work appeared more than seventy years after the publication of that study on lucid sleep, and it would be up to Gil Montalverne de Sequeira, in a thesis entitled *Hypnotism and Suggestion* (1888). The question was: hadn't scientific hypnosis caught the attention of Portuguese doctors and surgeons?

Following these questions, the research I was able to conduct led me to conclude that animal magnetism and hypnosis had aroused intense curiosity in Portugal, especially during the first half of the 19th century. The medical class, surgeons, professors and university students, not forgetting the lay public, showed a great deal of interest in these practices, in parallel with what was happening in other countries like Brazil or England,

where the same curiosity had manifested itself after the 1830s (Barreiros, 2020; Veronese, 2017; Nicholls, 2013).

The periodic press, which even decreed animal magnetism as an object of curiosity and fashion, offered abundant news about magnetization sessions held in the houses of the Aristocracy before a select and avid public (*Periódico dos Pobres no Porto*, 27 de Maio de 1845, p. 495). But, from the point of view of the university and scientific institutions, the gaze seemed quite different: a powerful anathema would be directed both towards certain doctors who exercised magnetization and towards lay practitioners who were persecuted and accused of the illegal exercise of medicine according to the laws then in force. On the other hand, professional associations seem to have refused to discuss the subject, contributing to converting animal magnetism and hypnosis into true scientific taboos, a circumstance that was not even mitigated by the real possibility of making them as ways to perform surgery without pain, in a period immediately before the discovery of the anesthetic effects of ether and chloroform (Barreiros, 2020, pp. 514- 517).

In fact, despite the collective curiosity around these practices, the Portuguese specialized medical literature silenced, until late, the curiosity for the subject. It is likely that the very doctors and surgeons who became interested in the subject were self-censored based on that institutional climate of *invectivation*. And, in part, it is to this that the critical misfortune of Abbot Faria's work is due. But going further in this archaeology of forgetfulness, it is worth remembering that hypnosis constituted a real epistemological challenge in the field of psychiatry and medicine. And that this challenging character is also part of the equation of this forgetfulness.

The triumph of anatomopathology - which I interpret as a paradigm, in medicine, in the sense attributed to it by Thomas Kuhn - made hypnosis a system of practices and beliefs inconsistent with the force ideas defined within the paradigm itself: crucial importance of the organic location of the disease and differential diagnosis, to the detriment of the doctrine of crises and the tendency towards absolute diagnosis which, it should be stressed, psychiatry had great difficulty in abandoning (Foucault, 2006, pp. 265-266).

Based on the intersubjective influence, on a specific idea of the disease as an energetic blockage and conveying the importance of the doctrine of crises,

hypnosis appears simultaneously as a new doctrine and as an archaism. A new doctrine because, among other things, it gives a central and unprecedented place to the concrete patient in the field of therapeutic relationships (Sloterdijk, 2011, p. 238). Archaism because it will persist in the doctrine of crises, a theoretical-practical instrument that has matured in the galenical hypocratic tradition, and represents the "turning point" that determines the evolution of the disease, whether in the direction of a recovery of health or the death of the individual (Cardoso, 2009, pp. 11-14). The crisis thus shares the nature of kairological time: it represents the opportune moment that imposes the decision and, when it is not properly used, can lead to an unfavorable outcome.

But if it is true that "magnetic crises" were a fundamental aspect of the new doctrine, it is worth remembering that psychiatry at the beginning of the 19th century still could not do without that notion. Philippe Pinel will even give a central place to the crises in the cure of mania and Jean-Etienne Esquirol will go further when he states in *Das Paixões* (1805), that it is not through reasoning that one can cure mental alienation, but "it is only by giving a moral shake, placing the alienated in a state opposite and contrary to that in which he found himself before resorting to this medium", ending, "(...) crises are for the morbid alterations of the solid and the fluid what moral shakes are for the diseases of the intellectual and moral man (Esquirol, cited by Pigeaud, 2009, p. 41).

I believe that the epistemological challenges raised by hypnosis and the inconsistency of some of its assumptions with the triumphant medical paradigm are essential to understand the reasons why it became, in the Portuguese 19th century, both an object of intense intellectual curiosity and a taboo subject within scientific and academic institutions. On the other hand, as a case study, the history of hypnosis allows us to better understand the logic of paradigms and the dynamics of exclusion that are associated with them in terms of objects, methods or general problems to work with. And it reminds us that, from the point of view of scientific institutions, there is a fine line between healthy curiosity and illicit and inappropriate curiosity. It is that, in this as in other cases, they do not refrain from restraining what we can call, like St. Augustine, "the excesses of curiosity".

In Portugal, we would have to wait for the fin de siècle so that hypnosis, becoming more silent among the laity, could become a subject for specialists, giving rise to a second wave of greater critical detachment, contrasting with the first condemnatory wave. Signs that it was, perhaps, framed in the logic proper to the current paradigm.

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Applied Psychology and the COVID-19 pandemic

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Introduction

The International Association of Applied Psychology (IAAP) is already a hundred-year-old association (1920–2020). However, the Centennial celebration scheduled by December 2020 in Cancun (Mexico) was canceled due to the influx of the coronavirus (SARS-CoV-2) which is the cause of COVID-19 pandemic. Since its foundation in 1920 in Paris, IAAP is established as an instrument that provides unity and strength to the growing body of the applied psychology. It works on various fields to give appropriate responses to individual and social psychological demands of different nature. The topics, and lines of research through which applied psychology has evolved are countless. Theories, methodologies, models and practices have multiplied in all its fields. When celebrating its first centennial, applied psychology needs to strengthen its feeling of unity and identity. A more clear image of itself should emerge from its past and present works that are plenty of excellent experiences. The Division 18 (IAAP Division of the History of Applied Psychology) and historians could help in that point. Despite of the presence of coronavirus disease during its centennial celebration, the IAAP is taking the pandemic situation as an opportunity to develop more and better strategies to improve our society's wellbeing. The contribution of all of us is highly important to face and defeat this new challenge (COVID-19) and to give appropriate solutions to the problems of our society. Even in case of availability of a vaccine, changes in behavior will be required to solve the psychological, social and economic problems that the current situation brings out. Researches and contributions to our approaches and understanding of the relationship between the behavior and the pandemic are essential.

Psychology and the challenges of Covid-19 pandemic

Psychological science has an integral role to play in helping societies to understand, to set solutions and to recover from different problems of this ongoing twenty-first century. Cooperation, the sense of community, mutual support are some of the key factors that would help to cope with the situation of COVID-19 which is a new, virulent and deadly challenging. The pandemic situation has become a challenge context that applied psychology has to implement approach, methodology and tools to face and solve the problems at local and global levels. The pandemic disease highlights the psychological and physical health problems such as depression, anxiety, burnout, stress disorders, suicide, anxiety, low mood, fears, nightmares, poor sleep, memory functioning failure, attention and mental processing speed, fear of stigma of contamination, etc. The mentioned disorders and difficulties affect all nations, cultures and continents.

One of the roles of applied psychology should focus on studying and proposing strategies to reduce the existing disparities in health, social and economic aspects during and after the COVID-19 pandemic. Throughout history of humanity, psychology has been able to give appropriate responses to the great challenges or problems faced by human kind worldwide. The current case of pandemic requires clear, concise and direct actions from psychology perspectives. Around the world, many colleagues, psychologists and practitioners are contributing successfully to improve the people's well-being. In their efforts to limit the spread of the virus, hospitals and medical consultations have limited in-office visits and implemented digital tele-health systems, consultation by telephone to keep social-distancing recommendations. However, the limitation of access to medical consultation restricts vulnerable families to access to care services since they do not or have limited access to Internet which is essential for tele-

medicine. One of the important steps should be the development of capacities to share concerns, ideas, actions, tools and experiences among psychologists community, which could strengthen their effort to combat more effectively the corona virus pandemic (COVID-19). Moreover, the current situation brings to some lights to the existence of inequalities in our society. Immigrants, elder people, people with risk of exclusions have disproportionately contracting COVID-19 as well as dying from corona virus. The impact of COVID-19 has been more predominant in vulnerable groups because of preexisting inequities or exclusions particularly in terms of precarious employment, in-work poverty, limited access to health-care, low-wage employment, living in crowded spaces, etc. As the future availability of a vaccine currently remains uncertain, the valid way to combat the corona virus remains the behavior such as encouraging people to observe government instructions, self-isolation, quarantining, and physical distancing (O'Connor et al., 2020).

Role of IAAP and its Division 18

Regarding the corona virus issue, the Role of the IAAP and particularly of the Division 18 is to bring together reflections and contributions of different scientists and scholars in the COVID-19 focusing on the history perspective. The psychological impact of COVID-19 situation needs an effective assessment, treatment and follow-up. Psychologist's role includes to provide effective and rapid communication, support, diagnose and treatment, etc. Psychologists are offering psychological support and advise to patients, to families, and to front-line medical staff. To face the current problems, the contribution of the applied psychology should be focused on the following non-exhaustive list of research areas:

- Information on COVID-19 psychological problems and disorders detected in each country;
- Short, middle and longer-term consequences of COVID-19 for mental health and behavior outcomes;
- Social problems related to violence as results of side effects of COVID-19;
- Promotion of sustained behavior change among policymakers, key workers, and the public/patients;
- Culture patterns, infection and strategies at intrapersonal, interpersonal and collective

responses;

- Effects of religion, race, gender, culture on the psychological impact of the COVID-19 pandemic;
- Creativity and culture responses to COVID-19;
- Communication and information flow in COVID-19 situation;
- Interaction and social distance recommendations;
- Psychological support to families when a relative dies from corona virus;
- Disabilities and Corona virus;
- Impact of psychological communication through telephone attention, hotlines, and online psychotherapy sessions for the public in general;
- School, social distance and COVID-19;
- Psychology needs and psychotherapy for the people that have recovered from severe COVID-19;
- Collective awareness of importance for (future) vaccine for all.

Conclusion

The contribution of applied psychology to understand and combat the effects of previous pandemics (severe acute respiratory syndrome - SARS, Ebola disease outbreak, the Middle East respiratory syndrome - MERS, etc.) are well-documented. Despite of the virulence of COVID-19, applied psychology contribution is significant and will continue to be relevant for the global social science research. The role of the IAAP is relevant in the time being to contribute to eradicate the corona virus as soon as possible and to ensure the well-being of people worldwide. The IAAP Division 18 effort is centralized to encourage research on growing body issues which also include the COVID-19 pandemic from the perspective of the history of applied psychology.

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Brief account of the life and work of Reynaldo Alarcón Napurí (1924-2020)

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Reynaldo Alarcón Napurí was born on July 16, 1924 in the city of Supe, Lima, Peru. His parents were Emeterio Alarcón Díaz and Elisa Napurí Nuñez. At 10 years old, he moved from Supe to Lima to complete his primary and secondary studies. After completing his basic education, he entered the Faculty of Letters of the Universidad Nacional Mayor de San Marcos (UNMSM) in 1945 to study Philosophy and Psychology, and later Education. At UNMSM he obtained the degrees of Bachelor of Arts (1955), Doctor of Philosophy and Psychology (1956) and the professional title of Psychologist (1974). His academic and research activities were carried out at the Faculty of Psychology of the Universidad Nacional Mayor de San Marcos, Universidad Peruana Cayetano Heredia, Universidad del Sagrado Corazón, and until shortly before his death he was a senior lecturer at the Faculty of Psychology at Universidad Ricardo Palma.

Alarcón was a direct disciple of Dr. Walter Blumenfeld, working with him for 10 years in the professorship and in the Laboratory of Experimental Psychology; likewise, he participated in the investigations that the German teacher was doing at the time. Without a doubt, Dr. Blumenfeld was the most influential figure in Alarcón's academic life. The experience of working with Blumenfeld allowed Alarcón to value experimental research as an adequate method for a better understanding of psychological phenomena (Caycho, 2013a). Alarcón defines psychology as "a natural science of a factual nature that studies facts, given in terms of behavior." (Alarcón, 1988, p. 26). This objective conception of psychology is largely due to his extensive training under the direction of Walter Blumenfeld. In this first experience the inspiring facts of the rest of his intellectual career seem to be found (Caycho, 2013b). His first stage as a researcher was strongly oriented towards the psychometric study of reading comprehension (Alarcón, 1956a, 1956b), intelligence and personality, passing through topics of clinical psychology (Alarcón, 1975), professional training (Alarcón, 1978), methodological (Alarcón, 2008), historical (Alarcón, 2000), reaching his latest interests in ethnopsychology (Alarcón, 2004, 2005, 2006) and positive psychology (Alarcón, 2009a, 2009b).

The brilliant teaching and research career was nationally and internationally recognized: Professor Emeritus of the Universidad Nacional Mayor de San Marcos (1977), Honorary Professor of the Universidad Nacional Hermilio Valdizán (1978), Honorary Professor

of the Universidad San Martín de Porres (1979) and Doctor Honoris Causa from the Ricardo Palma University (2002). Dr. Alarcón has been President of the XVII Inter-American Congress of Psychology held in Lima in 1979. In 1965 he was awarded the National Prize for Culture for his Research regarding the "Psychology of Peruvian children and adolescents", as well as in 1992 the Peruvian College of Psychologists conferred on him the "National Prize for Psychology", in 1998 the "Research Area Prize" and in 2000 he was awarded the "Millennium Psychologist" Prize. Recently, he received the Rubén Ardila Award for Scientific Research in Psychology (2015). The Ricardo Palma University published a book titled Tribute to Reynaldo Alarcón (Jauregui, León & Rodríguez, 2015), where various psychologists from Peru, Spain, Colombia, Argentina, Chile, Paraguay, Germany, among others, honored him. Alarcón, was Director of the National Psychopedagogical Institute that belonged to the Faculty of Education of the Universidad Nacional Mayor de San Marcos, Director of University Evaluation - CONUP, Director of the Office of Researcher Support - CONCYTEC and Director of INIDE between 1985 and 1987. He is also a member of numerous international academic institutions, such as the IAPA and APA, as well as a member of the editorial committee of several important research journals in psychology.

The scientific work of Dr. Alarcón has allowed him to publish until the date of his death 11 books: Panorama de la Psicología en el Perú (1968), La investigación psicológica en el Perú (1976), Psicología Pobreza y Subdesarrollo (1988), Métodos y Diseños de Investigación del Comportamiento (1991, 2008), El Pensamiento Psicológico del Walter Blumenfeld (1994), Orientaciones Teóricas de la Psicología en América Latina (1997), Historia del Psicología en el Perú (2000, 2017), Estudios sobre Psicología Latinoamericana (2002), Psicología de la Felicidad, con una introducción a la Psicología Positiva (2009), Psicología Contemporánea (2011), Psicología de los peruanos en el tiempo y la historia (2017) and Introducción al saber psicológico (2019). In addition, he has published more than 180 empirical research papers and theoretical articles on psychology topics in specialized magazines in Peru and abroad.

His contributions to scientific psychology focus on the areas of Psychometry, the history of psychology and the psychology of poverty. The interest in the history of psychology is evident from the beginning of his brilliant

career and has in his monumental History of Psychology in Peru. From the colony to the Republic (Alarcón, 2000), the best expression of his concern to unravel history and reflect on the future of Peruvian psychology reaches its highest point. This is a fundamental book in Alarcón's bibliography and an obligatory reference for anyone interested in studying the history of Peruvian psychology. Recently, it has been reissued, adding a last chapter on positive psychology in Peru. (Alarcón, 2017). On the methodological aspect, there is no doubt that his book Diseños de Investigación del Comportamiento is his most important contribution. From 2000 until his death he worked incessantly in Positive Psychology, in particular Psychology of Happiness and Ethnopsychology. With his book Psicología de la Felicidad, Alarcón manages to make known, based on his vast experience and knowledge of the best and most current psychological literature, the theoretical, methodological and practical foundations of Positive Psychology, in the first place, and of the Psychology of Happiness, in a second moment, in such a way that a coherent and practical approach to the subject can be acquired. So important are his contributions in this emerging field of psychology that his work The four questions (Alarcón, 2010b), was chosen to be part of The World Book of Happiness edited by Leo Bormans. This work is a brief, but important presentation of his most outstanding findings. His concern to consolidate the identity of psychology in our country has led him to standardize and create numerous instruments for psychometric evaluation, as well as carry out numerous investigations about the role of psychology and psychologists in Peru and the History of Peruvian Psychology. Undoubtedly, the work of Dr. Alarcón makes him the most representative figure of Scientific Psychology in our country. León (2003) has pointed out four basic features of Alarcón's psychological thought: 1) his obsession with objectivity, 2) his insistence on the human being, 3) his social commitment and 4) the philosophical streak of his work.



Ruben Ardila (Colombia), Helio Carpintero (Spain), Ana Jaco-Vilela (Brazil), Reynaldo Alarcón (Perú), Carlos Ponce Díaz (Perú), Tomás Caycho-Rodríguez (Perú), Lima, Perú, 2014.

It is also necessary to stop at the last two books

published by the Peruvian teacher. In *Psicología de los peruanos en el tiempo y la historia* (2017), the psychology of Peruvians through time and history is explored, from the pre-Hispanic stage, the colony and the republic. Here, psychological characteristics, customs, prejudices, personality traits and different behaviors of various racial groups in Peru are described. For this, Alarcón boasts not only his extensive psychological knowledge, but also historical, sociological, anthropological and economic knowledge. On the other hand, his latest book *Introducción al saber psicológico* (2019), contains a set of journalistic articles that aim at the scientific dissemination of psychological knowledge.

Alarcón fought with the flag of faith and science for his profession as a psychologist, his homeland, Peru, and also for Latin America. If we were to look for names that represent the vanguard of Peruvian psychology, lover of his homeland, but with a Latin American conscience, Reynaldo Alarcón would emerge on the front line. Its rostrum was the thousands of students who passed through its chairs and its auditorium stretched from the Rio Grande to Cape Horn. With Alarcón, one of the greats of the generation that was born in the first three decades of the 20th century has left; the one that suffered the influence of wars, dictatorships and that glimpsed the change that has taken place in Latin American psychology. Hopefully, the new generations will produce new researchers like Alarcón, capable of overcoming the difficulties that arise in this part of the world and who know how to fight for the development of a scientific psychology, within a larger concept of freedom and peace. The figure of Alarcón has represented a scientific position in Peruvian and Latin American psychology, which is based on the use of experimental and ex post facto techniques, complemented by quantitative methods applied to the study of human behavior. This orientation has led him to maintain contact, in various years, with personalities of Peruvian psychology such as Raúl Gonzales, Alegría Majluf, Violeta Tapia, Ernesto Pollitt, Ramón León, Cecilia Thorne, Nelly Ugarriza; and psychologists from abroad, such as Rogelio Díaz-Guerrero (Mexico), Rubén Ardila (Colombia), Lee Cronbach (USA), Wayne Holtzman (USA), Nuria Cortada de Kohan (Argentina), Arrigo Angellini (Brazil), Julio Villegas (Chile), Helio Carpintero (Spain), José Miguel Salazar (Venezuela) and many other distinguished contemporary psychologists and colleagues who have contributed and are contributing to the current development of psychology.

Reynaldo Alarcón was a tireless researcher, teacher concerned and dedicated to the intellectual progress of his students and a professional committed to psychology and its development as an objective science. In an environment like the Peruvian one, in which the discursive exercise is many times more attractive than the empirical investigation, the life and work of this psychologist has taught us a lot. Finally, Alarcón dedicated his book *Psychology of Happiness* to his late

wife: "If you asked me, what is happiness? I would say, without hesitation: the unforgettable years I lived with Celia, my wife. This book is for her, with love". Reynaldo is now walking the road with her in a place where both will find the peace and happiness that they sought and understood so much.

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B.F. SKINNER 30 YEARS LATER



Rubén Ardila
National University of Colombia

On this occasion we remember his legacy and his contributions to the knowledge of human nature and a series of applications of social significance that changed everyday life. Today it is not possible to study clinical psychology without knowing the cognitive-behavioral perspective, derived from Skinner's work. Nor can we analyze contemporary education without recognizing its contributions to the teaching-learning process, or its role in the reduction (in many cases the elimination) of physical punishment. The same is true in the field of work, community, language, and even evolution. On the other hand, basic research in psychology advanced considerably with the use of electronic technologies derived from the "Skinner box", the cumulative recorder and so many others.

My relationship with B.F. Skinner

I never studied with Skinner, but since I read *Science and Human Behavior* as a student I have had great admiration for the author of this revolutionary proposal to apply the methods of science to the study of human affairs. "The methods of science have been extraordinarily effective wherever they have been tried, so why not apply them to human affairs? (English original 1953, Spanish translation 1970 p. 37).

I corresponded with Skinner over several decades. I visited him for the first time in June 1973 in his office at Harvard University, was in his home in Cambridge on several occasions, met his family and maintained a warm relationship with his daughter Julie Skinner Vargas, whom we brought to Colombia in September 1996 (to an event organized by ABA Colombia, under the leadership of Wilson López López).

That epistolary exchange with him and that personal interaction was very valuable to me, and on some occasions allowed me to disagree with some of Skinner's ideas. He was always a respectful interlocutor, in addition to being an excellent argument maker with a very well-articulated speech. Dissenting from some concepts with Skinner, allowing me to argue with him in relation to his ideas, were privileges that I valued very much. Also, logically, analyzing everything in which we agreed. When my book *Walden Three* was translated into English, I sent it to him, and I had also sent it to him when it was first published in Spanish.

I attended his last conference in Boston in 1990, greeted him and we talked about "Walden Three" for a few minutes. Skinner died a week later, on August 18. He was notoriously fragile due to the advanced state of his disease (leukemia) but maintained the conceptual clarity and argumentative energy of before.

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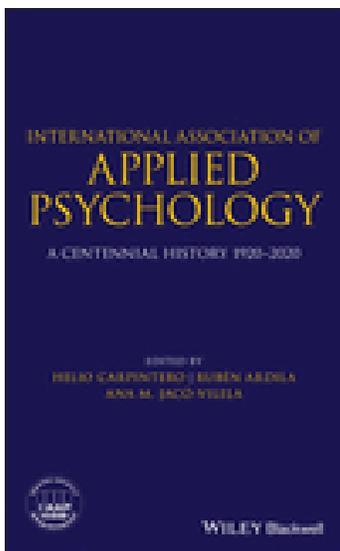
International Association of Applied Psychology: A Centennial History 1920–2020



Editor(s):

Helio Carpintero
Rubén Ardila
Ana M. Jacó-Vilela

Prologue by Christine Roland-Lévy



This book introduces the history of psychology during the past hundred years, mainly through conferences/congresses. In fact, for psychologists, the creation of international conferences was seen as a useful step in exchanging and promoting psychology as a science. Since the first international congress in 1889, psychologists from all over the world have met regularly at congresses with more and more attendees and many interesting topics to discuss.

This book is about the first hundred years of applied psychology. As Helio Carpintero states: “In its early days, psychology was conceived as a descriptive and explanatory theory of mental life, far from being related to everyday life questions.” For us, in the International Association of Applied Psychology (IAAP), the field of applied psychology covers two main complementary perspectives: applied psychology research can either start from a real life perspective and develop into the creation of a new theory based on the study of that situation, or it can begin with a basic theoretical approach in order to deal with a specific practical situation that needs to be improved or solved.

This book presents the context in which **applied psychology developed**, along with the history of the IAAP. It shows the social and political changes that led to the rise of the various applications of psychology, ranging from vocational guidance and counseling to present-day astronaut selection and preparation, as well as the simulation of psychological processes in robots that fulfill human functions in applied fields.

This book explains the development of the International Association of Applied Psychology, which was officially founded in 1920 in Geneva, 30 years after the first psychology congress took place, as the result of numerous stimuli that began to appear at the turn of the nineteenth century, when, as this book will show, the conceptual body of the new science of mind had reached a high level of complexity.

In the name of IAAP, I wish to thank the editors of this book for their determination in helping us to know more about applied psychology in the world and how the impulse of an initially small group grew, in 100 years, into a worldwide movement.

Christine Roland-Lévy
President of IAAP,
2018–2022

This prologue can be found at this link

<https://onlinelibrary.wiley.com/doi/pdf/10.1002/9781119680673.fmatter>

For a more detailed resource, *International Association of Applied Psychology: A Centennial History 1920–2020*, our newly published book, includes the history of Applied Psychology during the first hundred years of IAAP as we celebrate our Centennial Anniversary in 2020. [Access an online version for free here.](#)

REYNALDO ALARCÓN (1924-2020)

Reynaldo Alarcón was born on July 16, 1924 and died on May 31, 2020. During his long life, of almost 96 years, he was one of the leading figures in Peruvian and Latin American psychology. A scholar, researcher, writer and organizer of psychology in his country, he was the mentor of several generations of Peruvian psychologists.



His research interests were varied, all of them within the framework of scientific psychology: research methodology, psychology and poverty, history of psychology, positive psychology, the psychology of happiness, educational psychology, professional issues, among others.

His undergraduate studies took place at the San Marcos University (Lima), beginning in 1945. There he took courses in philosophy, education and psychology, and met Walter Blummenfeld (1882-1967), a German experimental psychologist who was a central influence in Reynaldo Alarcón's life. He became his assistant, colleague and friend for several decades.

Reynaldo received his Doctoral degree in Philosophy and Psychology in 1956 at the San Marcos University. He joined the University as a teacher, was Director of the Department of Psychology during the foundational period of professional psychology in Perú. He created the Peruvian Society of Psychology, wrote scientific papers and books that were very influential in the discipline, organized Peruvian and Interamerican Congresses of Psychology, and was a very respected figure in his country and abroad.

Among his main books are the following ones: *Métodos y diseños de investigación del comportamiento* (Methods and designs in behavior research, 1991), *Historia de la psicología en el Perú. De la Colonia a la República* (History of psychology in Perú. From the Colony to the Republic, 2000), *Psicología de la felicidad* (Psychology of happiness, 2009), and *Psicología de los peruanos en el tiempo y en la historia* (Psychology of the Peruvians in time and History, 2017).

He will be missed by several generations of psychologists

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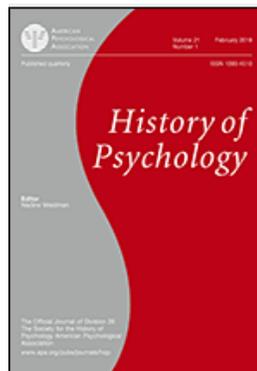
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