

**Division of Professional Practice (Division 17)
OCTOBER E-News 2021**

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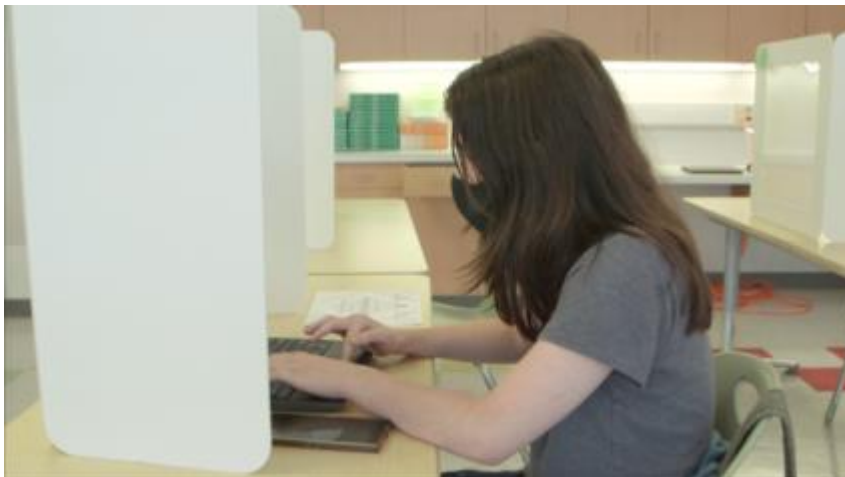
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- **Items/resources of potential interest for Professional Practice**
- **Reflections on September-October:**
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Items/resources of potential interest:

Mental health issues in the time of COVID:



Educators, counselors focus on mental health as students return to the classroom

After more than a year of restrictions and online schooling, educators and counselors are focusing on ways to assess the long-term social, emotional and mental impact of the pandemic on school children when they return to the classroom. Christopher Booker reports from Fairfield County, Connecticut as part of our ongoing series, "Roads to Recovery." Aug 01, 2021 09:47 PM EDT

<https://www.pbs.org/newshour/show/educators-counselors-focus-on-mental-health-as-students-return-to-the-classroom>



5 tips from mental health experts on transitioning out of COVID restrictions: As we focus on "getting back to normal," experts say we need to talk more about what transitioning to a more open society will be like -- and what our 'new normal' will be like. Dr. Jessi Gold, a psychiatrist from the Washington University of Medicine in St. Louis, says conversations about mental health need to happen more often and not be hidden beneath the surface. Instead of trying to go back to "normal," we need to process what has happened during the pandemic in order to move forward. "All of us will be in a better, more healthy place if we can talk about things -- including our feelings -- out loud," Gold said.

HAVE MORE CONVERSATIONS ABOUT MENTAL HEALTH <https://youtu.be/-URmPfZccEQ> Gold says conversations about mental health need to happen more often and be less under the surface. May 31, 2021 09:28 PM EDT

<https://www.pbs.org/newshour/health/5-tips-from-mental-health-experts-on-transitioning-out-of-covid-restrictions>

The Case for Kindness

Being kind is not only the right thing to do—it's also good for our physical and mental health. Psychologists have found that performing acts of generosity boosts happiness and well-being and can improve our physical health. Commit to 21 days of kindness this September with Born This Way Foundation's #BeKind21 campaign.

<https://www.apa.org/news/apa/kindness-mental-health>

The enduring stigma surrounding Borderline Personality Disorder: Borderline Personality Disorder is one of the most stigmatised and misunderstood mental health conditions. It affects a significant number of people in the community, a large proportion of them having suffered trauma early in life. The emotional instability, fear of abandonment and patterns of self-harm can alter someone's life and that of their loved ones in profound ways.

But the enduring stigma around BPD means it often goes unrecognised or not properly treated and many fall through the cracks. Duration: 28min 27sec; Broadcast: Mon 20 Sep 2021, 5:30pm

<https://www.abc.net.au/radionational/programs/healthreport/the-enduring-stigma-surrounding-borderline-personality-disorder/13549764>



The origins of The Black Death: Bad as COVID has been, there's no pandemic in history that's come close to the devastation of plague - at least in what's called the second plague pandemic, better known as the Black Death. It took off in the mid 14th century and within a few years had killed maybe 25 or 30% of Europe's population and then came in waves for four hundred years. Plague is an infection of rodents which jumps to other animals and humans and kills from pneumonia and septicaemia. Like all pandemics, plague was exquisitely tuned to environmental changes, international politics, warfare, disadvantage and the way humans lived and there's a lot that we can learn from it in the time of COVID. 6mins 56secs; Mon 6 Sep 2021, 5:45pm
<https://www.abc.net.au/radionational/programs/healthreport/the-origins-of-the-black-death/13529340>



What can the brain tell us about teenagers more at risk of substance use?

Many parents have angst about the pressures their teenagers will face to try cannabis, alcohol and other illicit drugs. 5mins 41secs Mon 23 Aug 2021, 5:40pm
<https://www.abc.net.au/radionational/programs/healthreport/what-the-brain-can-tell-us-about-teens-at-risk-of-substance-use/13510304>

Reflections on September-October - "Snapshot of Events during the past month":

Again, it's been a turbulent/momentous month since we last wrote - with **key events including:**

- **Withdrawal from Afghanistan:**

The Western Allied withdrawal from Afghanistan – some saying controversy is more about the *means* by which it happened and the tragic consequences, than the event itself.

Afghanistan's Taliban prohibit girls from attending secondary school

Across Afghanistan, secondary schools have reopened for the first time since the Taliban took power last month. But, there aren't any females in the classroom, with only boys and male teachers allowed back in schools. Guest: Rahela Sidiqi, director, Farkhunda Trust for Afghan women's Education
Producer: RN Breakfast's International Editor, Linda LoPresti; Duration: 7min 22sec; Broadcast: Mon 20 Sep 2021

<https://www.abc.net.au/radionational/programs/breakfast/taliban-prohibit-girls-from-attending-secondary-school/13549264>

- **20th Anniversary of 9/11: Remembering 9/11:**

'The events of 9/11 rocked the United States and caused reverberations in domestic and foreign policy for decades':

- <https://www.pbs.org/newshour/tag/9-11>
- https://www.newyorker.com/news/our-local-correspondents/what-the-911-museum-remembers-and-what-it-forgets?utm_source=nl&utm_brand=tny&utm_mailing=TNY_Daily_091121&utm_campaign=aud-dev&

20 Years After 9/11, What Have We Learned About Collective Trauma?

- <https://www.apa.org/research/action/speaking-of-psychology/9-11-twenty-years>

Vulnerable Communities in Post-9/11 America:

- <https://www.apa.org/news/apa/2021/surviving-9-11-twenty-years>

- **Times of change:**

- **Elections:** Canadian (with Prime Minister Trudeau 'potentially miscalculating' a swing towards him as a result of him having arguably 'dealt well' with the COVID-19); German (with Angela Merkel stepping down after 16 years) and Russian elections.

- ‘Re-pivoting’ of the USA to the Pacific Region, with a diplomatic row developing due to the secretive way in which **AUKUS** (new Australian, UK and US alliance) has been formed (Australia reneging on \$90billion submarine deal with France – huge breach of trust with unforeseen consequences).

The World in the Time of COVID-19:

As we write (21.9.21) the WHO Coronavirus Disease ‘dashboard’ indicates that there are now **228,394,572 confirmed cases** of COVID-19, including **4,690,186 registered deaths** world-wide an increase of nearly 17 million registered cases in the past month alone ...

(compared to: 23.8.21: 211,373,303 confirmed cases, including 4,424,341 deaths world-wide; 26.7.21: 192,284,207 cases; 4,136,518 deaths; 22.6.21: 178,202,610 confirmed cases; 3,865,738 deaths; 23.5.21: 166,346,635 confirmed cases, including 3,449,117 deaths; 5.21: 152,535,452 cases, 3,198,528 deaths; 22.3.21: 22,524,424 cases, 2,703,620 deaths; 22.2.21: 111,102,016 cases, 2,462,911 deaths; 25.1.21: 99,363,697 cases, 2,135,959 deaths; 28.12.20: 79,673,994 cases, 1,761,381 deaths; 23.11.20: 57,882,183 cases, 1,377,395 deaths; 29.10.20: 43,766,712 cases, 1,163,459 deaths; 26.7.20: 15,581,009 cases, 635,173 deaths; 20.6.20: 8,385,440 cases, 450,686 deaths; 26.4.20: 2.8million cases, 200,000 deaths).

Vaccinations: As of 17.9.21: a total of **5,776,127,976 vaccine doses** have been administered world-wide (compared to 19.8.21: 4,562,256,778; 24.7.21: 3,646,968,156; 16.6.21: 2,413,847,050 vaccine doses).

See: WHO:

https://covid19.who.int/?gclid=EAJaiQobChMIkPfX79Px7QIV2w0rCh2N_w2GEAAYASAAEgKQm_D_BwE

For further details see Saul Eslake’s: ‘Coronavirus Impact Chart’: <https://www.saul-eslake.com/> and [Coronavirus Impact Chart Pack 2021-04-24.pdf](https://www.saul-eslake.com/Coronavirus-Impact-Chart-Pack-2021-04-24.pdf))

DIVISION ACTIVITY (SEPTEMBER - OCTOBER, 2021)

- **IAAP Early Career Marathon:**

As mentioned last month: The Division of Professional Practice is participating in the first IAAP Early Career Marathon: a dynamic on-line conference, integrating research and practice.

As outlined by the IAAP President: Professor Christine Roland-Levy:

“The Early Career Marathon is a one-of-a-kind virtual event dedicated to student and early career psychologists. Selected participants have submitted a brief presentation (15 minutes) on their research to be reviewed by top psychologists around the world. Presentations and reviews will be shown during a 24-hour marathon with time for questions and answers. The marathon will start on Saturday, October 16 at 8:00 AM UTC and end Sunday, October 17 at 8:00 AM UTC. Awards will be given for the top two presentations overall and the top presentation from each continent.”

For further information about the Marathon, please contact:

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- **The International Congresses:**

ICAP, 2022 (now 2023): Professor Judith Gullifer (Monash University, Australia) is our ‘**Division 17 Manager for ICAP, Beijing**’ (now: July, 2023). Please email her: with lecture, symposia and poster presentation ideas: judith.gullifer@monash.edu

(See: <https://www.monash.edu/turner-institute/news-and-events/latest-news/2021-articles/welcome-to-professor-judith-gullifer>)

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



Robyn F. Vines, Ph.D.
President Division of Professional Practice

(October, 2021)

Division Website: <https://iaapsy.org/divisions/division17/>

Division Newsletters:

- **October, 2020:**
https://iaapsy.org/site/assets/files/2044/div_17_october_newsletter.pdf
- **December, 2019: (End of Year Summary: 2019)**
<https://iaap.createsend1.com/t/ViewEmail/t/CB562312D9AFD69D2540EF23F30FEDED>

Division 17 E-News Bulletins:

- **Link to Division Website:** <https://iaapsy.org/divisions/division17/>

UNITED NATIONS INTEGRATED CARE INITIATIVE:

https://iaapsy.org/site/assets/files/1222/undoc_integratinghealthintopriarycare_pdf.pdf