

Division of Professional Practice (Division 17)

APRIL E-News 2022

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Table of Contents of April E-News: March-April, 2022

- **Key Activities of Division of Professional Practice**
- **Forthcoming events of professional interest**
- **Items / resources of interest**
- **Snapshot of Events over the past month**
- **The World in the time of COVID**

Appendix: Previous items/resources of interest

Key Activities/News of Division of Professional Practice (March-April, 2022):

Webinar:

'Integrated primary care and the science of teamwork' (29.3.22)

By the time you received this E-News edition: Professors Susan McDaniel (our current Division 17 President-Elect) and Eduardo Salas will have given their webinar on ***'Integrated primary care and the science of teamwork'***. Because of 'over-lapping content', we created this as a Joint initiative between Divisions 1 and 17 (Organisational Psychology & Professional Practice) – and hope this provides a precedent for ongoing collaborative, cross-Divisional activities. (**Date: Tuesday, March 29th**, 5-6:30PM New York time)

Available on the IAAP Website:

If any difficulty finding the URL, please email: operationscenter@iaapsy.org

Previous two webinars:

9.10.21: *"The role of psychology in integrated healthcare: Migraine, a work in progress"*

<https://iaapsy.org/members/webinars/the-role-of-psychology-in-integrated-healthcare/>

15.5.19: *"The Critical Role of Psychology in an Integrated Primary Care Model"*

<https://iaapsy.org/members/webinars/the-critical-role-of-psychology-in-an-integrated->

[primary-care-model-presented-by-iaap-division-17/](https://iaapsy.org/members/webinars/the-critical-role-of-psychology-in-an-integrated-primary-care-model-presented-by-iaap-division-17/)

Monthly E-News - see: <https://iaapsy.org/divisions/division17/>

Each month during the course of the year (January to December), we provide a monthly 'reflection' on current events, including a 'snapshot' of the changing statistics in relation to the pandemic: *"The World in the Time of COVID"*.

International Congresses: Professor Judith Gullifer (Monash University, Australia) is the 'Division 17 Coordinator/Manager' for **ICAP, Beijing' 2022** (now 2023).

Please email her: with lecture, symposia and poster ideas:

Email: judith.gullifer@monash.edu

Advance notice/forthcoming events:

- **Psychology Day at the UN (21.4.22):** This is an annual event - this year's Symposium from around the world is on '*Psychology and Climate Change*'. See: <https://www.apa.org/international/pi/2018/03/annual-psychology-day>
- **Medical Family Therapy/Integrated Care Intensive (June 6-19) at Rochester University:** in person or virtual, as desired.
See: <http://www.urmc.rochester.edu/psychiatry/institute-for-the-family/family-therapy/mfti.aspx>



Items/resources of interest: During March April, 2022:

(For items/resources of interest from previous Division 17 E-News, see Appendix below)

(with thanks to the APA, APS – and other sources)

- **What's driving the dramatic rise in alcohol-related deaths during the pandemic?**
During the first year of the pandemic, alcohol-related deaths increased dramatically by 25 percent, according to a new study. In 2020, deaths jumped from about 79,000 a year to 99,000, with the spike seen across all drinking-age groups. Katherine Keyes, an epidemiologist at Columbia University's Mailman School of Public Health, joins William Brangham to discuss.
PBS Newshour: 23.3.22: <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic> ;
Full Transcript: <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic#transcript>

DISASTER PREPAREDNESS (in light of recent floods, fires, and other disasters world-wide)

- **Psychological First Aid:** This psychological first aid guide is for people working in disaster preparedness, response and recovery. It provides an overview of best practice in psychological first aid following disasters and traumatic events:
https://psychology.org.au/for-the-public/psychology-topics/disasters/recovering-from-disasters/psychological-first-aid-supporting-people-disaster?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Psychological%20First%20Aid%20A%20guide%20to%20supporting%20people%20affected%20by%20disaster
- **Preparing and recovering from floods:** https://psychology.org.au/for-the-public/psychology-topics/disasters/floods?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Preparing%20for%20and%20recovering%20from%20floods
- **Guidelines for provision of psychological support to people affected by disasters (APS members and affiliates only):** https://psychology.org.au/membership/member-login?returnurl=%2ffor-members%2fresource-finder%2fresources%2fassessment-and-intervention%2fguidelines-for-provision-of-psychological-support%3futm_medium%3demail%26utm_campaign%3d220324_APSU_DRN%26utm_content%3d220324_APSU_DRN%2bCID_2764159e348b5688207e3397759d80d7%26utm_source%3dEmail%2520marketing%2520software%26utm_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters

COPING WITH TRAUMA:

- **As a Crisis Hotline Grows, So Do Fears It Won't Be Ready:** The National Suicide Prevention Lifeline (USA) will have its own three-digit number, 988, starting in July—a shift that is expected to grow exponentially the number of callers over the next few years. The increased access is important, but experts say that more funding is needed to effectively staff the line. Roughly 17% of the lifeline's two million calls last year were abandoned before a caller could get help, as reported by *The New York Times*. Read more from APA about crisis lines during the pandemic.
<https://www.nytimes.com/2022/03/13/us/suicide-hotline-mental-health-988.html>
- **Addressing the Pandemic's Mental Health Fallout:**
<https://www.cbsnews.com/news/addressing-the-pandemics-mental-health-fallout/#>
Even when COVID-19 recedes, Americans will still be left with the trauma the virus has left in its wake, including more than 140,000 children who have lost a parent or caregiver. APA CEO **Arthur C. Evans Jr., PhD**, spoke with *CBS News* about the need to address the ongoing mental health crisis. "Because what we know from research is that when people experience these kinds of traumas—after 9/11, or Hurricane Katrina—we expect to see people experiencing problems for at least another seven to ten years out," Evans said.
- **American's Stress is Spiking Over Inflation and War in Ukraine:**
The APA's newest '**Stress in America**' survey found that over 80% of Americans said inflation, global uncertainty, and issues related to invasion of Ukraine are significant sources of stress. This is the highest number of people who have said they're significantly stressed about any issue in the 15 years APA has conducted this survey. "Typically, our highest levels of stress have been in the mid-60%s, so hitting, for example, 87% for inflation as a source of stress is truly astounding," said psychologist **Vaile Wright, PhD**, APA's senior director of health care innovation in an NPR article:
<https://www.apa.org/news/press/releases/stress/2022/march-2022-survival-mode>

OTHER:

- **Navigating thorny topics in therapy:** Clinicians and ethics experts share guidance on maneuvering disclosures about **politics, religion, and other hot-button topics** that can affect the therapeutic relationship: <https://www.apa.org/monitor/2022/03/career-navigating-therapy>
- **Improving Sibling Relationships:**
Eight in 10 children in the United States are growing up with a sibling—more than the number of kids living with a father. Over a lifetime, siblings are often the people with whom an individual will ultimately share the most years. Psychologists’ research can help to improve these important relationships. Hear more about how our siblings influence our lives on APA’s *Speaking of Psychology* podcast: <https://www.apa.org/news/podcasts/speaking-of-psychology/siblings>

March-April, 2022: “Snapshot of Events”:

The past month has been traumatic, with the world now a changed place from when we wrote our March E-News (22.2.22). At the time, we highlighted the ‘possible pending war in Ukraine’; two days later: *“Russia invaded Ukraine (on 24 February 2022). The attack is internationally considered a war of aggression which has triggered Europe’s largest refugee crisis since World War II, with over 3.8 million Ukrainians leaving the country, and millions more being internally displaced”*. As most of our members are aware and, as highlighted elsewhere in this E-News, the IAAP has issued a statement indicating our: *“deep concern about the military and humanitarian offenses the Russian Federation is carrying out in Ukraine, resulting in ongoing devastating loss of life and attack on innocent civilians. We strongly condemn this unjustified aggression and stand in solidarity with the people of Ukraine”*.



These events have unleashed flow-on effects globally in terms of inflation, soaring petrol prices and uncertainty and dread about the possible outbreak of nuclear war, if the current ongoing conflict is not curtailed, contained and hopefully stopped!

There have also been multiple other ongoing and unsettling events during the month including: unprecedented floods in Australia and other climate disasters and portents elsewhere, highlighting the impacts of global warming on our beautiful planet; these include the unprecedented heatwave over the past week in both Poles: the Arctic and Antarctic, in which temperatures have soared to 40degrees above average!

In addition, the COVID-19 pandemic continues to impact populations globally, with ongoing emergence of new variants continuing to manifest high levels of infectiousness. Whilst figures have dropped again since December, 2021 when they reached an all-time high, it is not clear whether further waves will emerge again, as has been the case in the past. Whilst vaccination rates have been astonishingly good (see figures below), they seem in some locations not to be keeping pace with the emerging numbers and variants.

This continues to be the environment in which we as practitioners and our patients/clients are living, with increasing global uncertainty characterising the environment around us. All we can do is hope (and pray!) that reason will prevail and things improve. We continue to send positive messages of encouragement and support as we all face this together!

The World in the Time of COVID-19:

As we write (28.3.22) the WHO Coronavirus Disease 'dashboard' indicates that **there are now 476,374,234 confirmed cases** of COVID-19, with **6,108,976 deaths world-wide** reported to the WHO - **including an increase of more than 54 million registered cases in the past month alone ...**

(compared to: 22.2.22: 422,188,754 confirmed cases, including 5,876,766 registered deaths; 21.1.22: 340,543,962 cases, 5,570,163 deaths; 27.12.21: 279,114,972 confirmed cases, 5,397,580 deaths; 23.11.21: 256,966,237 cases, 5,151,643 deaths; 25.10.21: 243,260,214 cases, 4,941,039 deaths; 21.9.21: 228,394,572 cases, 4,690,186 deaths; 23.8.21: 211,373,303 cases, including 4,424,341 deaths; 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).

These figures are likely to be a gross underestimate as they are based on formal testing and reporting which seems to have diminished over the past few months.

Vaccinations: As of **26 March 2022**, a total of **11,054,362,790 vaccine doses** of COVID-19 vaccine have been administered world-wide (compared to 20.2.22: 10,407,359,583 vaccine doses; 18.1.22: 9,571, 633; 27.12.21: 8,649,057,088; 21.11.21: 7,408,870,760 vaccine doses; 20.10.21: 6,655,399,359; 17.9.21: 5,776,127,976; 19.8.21: 4,562,256,778; 24.7.21: 3,646,968,156; 16.6.21: 2,413,847,050 vaccine doses). Sadly, the majority of these have been given in the developed world with less-well-off continents/countries still lagging (e.g. in Africa: COVID-19 vaccination rates stand at 7.35% for the continent, with many countries hovering around 1%, according to the Africa Centers for Disease Control)

See: WHO:

https://covid19.who.int/?gclid=EAIaIQobChMkPFX79Px7QIV2w0rCh2N_w2GEAAAYASAAEgKQom_D_BwE

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

We welcome contact from all our Members and those interested in joining.



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

(April, 2022)

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>

UNITED NATIONS INTEGRATED CARE INITIATIVE:

See: [Integratinghealthintopriarycare_pdf.pdf](#)

Also: [Integratingmhintoprimarycare2008_lastversion.pdf \(who.int\)](#)

APPENDIX: PREVIOUS ITEMS/RESOURCES of interest:

(from former editions of Division 17 E-News: December, 2021 - March, 2022 newsletters)

February-March, 2022:

*A number of members have expressed a wish to know **what practitioners are doing around the world with regard to COVID in their practices**. We would be grateful if you could let us know what issues have arisen (including those outlined by the APA below) and how practitioners are dealing with them. Feedback appreciated.*

- **The Anatomy of a Misinformation Attack**
<https://www.apa.org/news/apa/2022/news-anatomy-misinformation>
- **Fighting Fake News in the Classroom**
<https://www.apa.org/monitor/2022/01/career-fake-news>
- **Why Teens Need More Sleep, and How We Can Help Them Get It**
<https://www.washingtonpost.com/parenting/2022/01/18/kids-teens-more-sleep/>
<https://www.apa.org/monitor/2020/07/ce-corner-sleep>
- **Healing Pain by Treating the Mind**
<https://www.apa.org/news/podcasts/speaking-of-psychology/healing-pain>
- **The Top 10 Journal Articles of 2021**
<https://www.apa.org/monitor/2022/01/top-journal-articles>

January – February, 2022

- **Two years into the pandemic, students still struggle with their mental health:** (Jan 25, 2022; PBS Newshour): <https://www.pbs.org/newshour/show/two-years-into-the-pandemic-students-still-struggle-with-mental-health>
- **IAAP WEBINAR: "Economic Behavior and the COVID-19 Pandemic: Cooperation, Consumption, and Entrepreneurship"** (available on the IAAP Website)
- **14 emerging trends for 2022:** The pandemic era has changed attitudes toward science and mental health; See: <https://www.apa.org/monitor/2022/01/special-emerging-trends>
- **"Do Your Own Research": It's Not That Simple.**
See: <https://www.nytimes.com/2022/01/03/opinion/dyor-do-your-own-research.html>
- **How the Science of Habits Can Help Us Keep Our New Year's Resolutions:**
See: <https://www.apa.org/news/podcasts/speaking-of-psychology/behavioral-habits>

EVENTS, WEBINARS and NEW RESEARCH:

- **Social Media for Psychological Research in Ethical, Productive, and Prosocial Ways**
<https://register.gotowebinar.com/register/6437901583821128720>
- **Essential Science Conversations: Mixed Feelings and Mixed Methods in Psychological Science:** See: <https://register.gotowebinar.com/register/8316517256834408717>
- **Understanding the No Surprises Act: How to provide estimates for your services**
See: <https://www.apaservices.org/practice/legal/managed/no-surprises-act>

SES and Health: For new mothers, feeling low in social status poses risk to health, according to new research published by APA:

See: <https://www.apa.org/news/press/releases/2022/01/new-mothers-social-status>

December, 2021 - January, 2022

- **How can we minimize Instagram's harmful effects?**
See: <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects>
- **Coping with Seasonal Affective Disorder During Another Pandemic Winter**
See: <https://www.healthline.com/health-news/coping-with-seasonal-affective-disorder-during-another-pandemic-winter#Tips-for-managing-SAD-and-COVID-19-anxiety>
- **HOLIDAYS: It's Beginning to Look a Lot Like Holiday Social Anxiety**

- See: <https://www.nytimes.com/2021/11/24/well/mind/holiday-social-anxiety.html>
- **Re-thinking Work: The Great Resignation:**
See: <https://www.bc.edu/bc-web/bcnews/nation-world-society/education/q-a-the-great-resignation.html>
- **Essential Science Conversations: Anti-Racism in Psychological Science**
See: <https://www.apa.org/science/programs/essential-conversations>
- **Ideas re: facing current uncertainties:**
“Embracing Uncertainty: Achieving peace of mind as we face the unknown”: by Susan Jeffers

November – December, 2021:

- **The promise and challenges of AI**
<https://www.apa.org/monitor/2021/11/cover-artificial-intelligence>
- **Veterans Struggle With Issues That Are Often Invisible to Others**
<https://www.nytimes.com/2021/09/07/us/politics/afghan-war-iraq-veterans.html>
- **Reenvisioning Self-Care:**
<https://www.apa.org/monitor/2021/11/conversation-boxley>
- **Creating a Better Holiday:**
<https://files.constantcontact.com/ac06501c401/8c72f84a-8acc-4856-9c8f-569810e95314.pdf>
- **Anticipating Difficult Holiday Interactions**
<https://files.constantcontact.com/ac06501c401/b35d5901-008c-45c6-a545-ceb627eda965.pdf>
- **Coping with Difficult Days After a Loss**
<https://files.constantcontact.com/ac06501c401/132f1d7e-272f-4ad2-bc2b-fdb51c3f35d9.pdf>