

Division of Professional Practice (Division 17)

AUGUST E-News 2022

Susan McDaniel PhD: President

Tim Carey PhD: President-Elect

Robyn Vines PhD: Immediate-Past President



President (2022-2026)
Susan McDaniel, PhD



President-Elect (2022-2026)
Tim Carey, PhD



Imm-Past President (2018-2022)
Robyn F. Vines, Ph.D.

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Key Activities/News of Division of Professional Practice (July-August, 2022):

- **Succession Planning and Handover:**
 - A key focus for our Division 17 Executive over the past few months has been **succession planning** and a **smooth transition** (30th July, 2022) to our new executive team and incoming President: Susan McDaniel (2022-2026) from current President: Robyn Vines (2018-2022) and the appointment of President-Elect: Tim Carey: 2024-2026). These appointments have now been confirmed and our Executive team has grown to include Professors Tim Carey (Australia) as above, Nancy Ruddy (USA) and Jude Gullifer (Australia), and Dr. Christine Jehu who will assist with our website re-design - in addition to the previous Executive: Robyn Vines (Australia), Susan McDaniel (USA), James

Bray (USA) and Diana Prescott (USA). We are keen to welcome new members from different parts of the world to increase the diversity of our representation, so please contact us if you would like to make a contribution.

Handover Meeting: 5.00pm Tuesday 26th July (NYC time)/7.00am Wednesday 27th July (Sydney time)

- As we 'go to press' with August's E-News (25.7.22), our 'handover' on-line celebration is a day away, with appointment and transition to our new Executive Team
- **Program**
 - 17:00 - Welcome words by the outgoing President: Dr. Robyn Vines
 - 17:05 - Farewell of outgoing president, words by Professor James Bray
 - 17:10 - Presidential address by incoming President: Professor Susan McDaniel: continuities and new directions
 - 17:25: Statement by our Incoming President-Elect: Professor Tim Carey
 - 17:30: Statement from our Secretary: Dr. Diana Prescott
 - 17:35 - Statement by new communication officer: Professor Nancy Ruddy
 - 17:40 – Panel Discussion with the Executive Team: convened by Past Presidents: Prof. James Bray and Dr. Robyn Vines with those attending

(see outgoing President's handover address:

https://iaapsy.org/site/assets/files/1222/iaaphandover_address_27_7_22.pdf)

New Look Website:

We are currently re-designing our website and hope to launch the 'new format' at our Handover meeting (even if all content is not yet ready).

International Congresses:

- July 5-8, 2022: Professor James Bray and Dr Diana Prescott attended the 17th **European Congress of Psychology in Ljubljana, Slovenia**, presenting a paper on the role of psychology in integrated mental and general health care.
- July 3-6, 2023: The European Congress of Psychology will again be held in 2023: Brighton, UK – Members of our Executive team will attend both the congress and the IAAP Board meeting prior to the Congress.

As with previous International Congresses (**ICAP**: Melbourne: 2010, Paris: 2014, Montreal: 2018; **ICP**: Capetown: 2012, Okinawa: 2016, Prague: 2020/2021; **ECP**: Stockholm: 2013 Milan: 2015, Amsterdam: 2017, Moscow: 2019, Ljubljana: 2022) - Our Executive Team will run a Division 17 Symposium on *"The Role of Psychology in Integrated Health Care: An International Perspective"*. These collegial events provide an opportunity to meet like-minded psychologists who are trying to reform our national health systems to include multi-disciplinary care to provide the true bio-psycho-social model of care, which the WHO supports as 'best practice' in both general and mental health care. ...

Please be in touch with if interested in contributing and email Professor Judith Gullifer (Monash University, Australia): our 'Division 17 Congress Coordinator/Manager' with lecture, symposia and poster ideas:

judith.gullifer@monash.edu

(As above: next major Congress: European Congress of Psychology (ECP) to be held in Brighton, UK; July 3-5, 2023).

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

This continues each month, including Division activity, items of interest and 'snapshots' of current events and changing statistics in relation to the pandemic: "The World in the Time of COVID".

Webinars: See website

Division 17 webinars: Available on the IAAP Website:

29.3.22: *'Integrated primary care and the science of teamwork'*: Professor Susan McDaniel: incoming Division 17 President (30.7.22) and Professor Eduardo Salas provided a stimulating webinar on *'Integrated primary care and the science of teamwork'* on 29th/30th March, 2022. Given the 'over-lapping content', the webinar was created as a joint initiative between Divisions 1 (Organisational Psychology) and Division 17 (Professional Practice) – hopefully a precedent for further collaborative, cross-Divisional activities within IAAP.

(see earlier work of Professors McDaniel and Salas on APA PsycNet:

<https://doi.apa.org/doiLanding?doi=10.1037%2Famp0000334>

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/>

Advance notice/forthcoming events:

APA (AMERICAN PSYCHOLOGICAL ASSOCIATION) CONFERENCE: Psychology is here: MINNEAPOLIS & VIRTUAL: AUGUST 4-6

APA 2022 is where practitioners, researchers, educators, and applied psychologists from around the world come together to share transformative ideas and explore the most compelling issues in the discipline. This year we're excited to offer three days packed with more than 900 in-person sessions in Minneapolis, numerous social and networking events, and two virtual livestream channels. **Psychology will be here at APA 2022 — will you join us?**

See: <https://convention.apa.org/>

Items/resources of professional interest:

July - August, 2022: (with thanks to the APA, APS, PBS, ABC – and other sources)

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

- **WHO's MENTAL HEALTH REPORT: released 1st July, 2022**
Press Release and REPORT
https://iaapsy.org/site/assets/files/1222/whomentalhealthpressrelease_1_7_22.pdf
https://iaapsy.org/site/assets/files/1222/whomentalhealthreport_1_7_22.pdf



MEDIA ADVISORY

Science in 5: Mental Health

Friday, 1 July, 2022

WHO's World Mental Health Report says that Mental Health is the leading cause of disability. How did the pandemic impact our mental health? What are the signs and how can we keep ourselves mentally healthy? Dr Mark Van Ommeren explains in Science in 5.

Refer to the full [Report](#) .

- **Ken Burns Film Explores Youth Mental Health: “Hiding in Plain Sight: Youth Mental Illness:**

See PBS Newshour: <https://www.pbs.org/newshour/show/ken-burns-film-explores-youth-mental-health>

Awareness of mental health across all spectrums of the population has been growing after years living in the COVID pandemic. But there are particular concerns about the youngest generations. Those topics are explored in *Ken Burns' film, "Hiding in Plain Sight: Youth Mental Illness,"* which airs Monday night on PBS. Student Reporting Labs' Matt Suescun and Faiza Ashar spoke to Burns to learn more.

(PBS NEWSHOUR: June 27th, 2022)

- **Psyched Up: The race to make psychedelic drugs part of mainstream medicine**

In Australia and overseas there's a push to make psychedelic drugs part of mainstream medicine for the treatment of trauma and other mental health conditions.

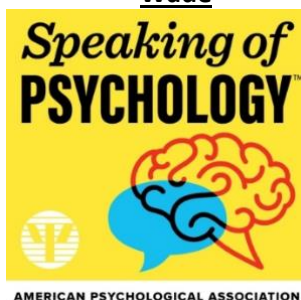
Results from clinical trials are promising for PTSD sufferers where conventional treatments have failed.

Four Corners investigates the world of psychedelic drugs, including the underground supply which is being sourced by increasing numbers of people who don't want to wait for the clinical trials to be concluded.

25th July, 2022: 48 minutes

See: <https://www.abc.net.au/4corners/>

- **A Post-Roe Future: - articles about the Supreme Court Decision to overturn Roe vs Wade**



- **Speaking of Psychology: A Post-Roe Future**

Antonia Biggs, PhD, a social psychologist at the University of California San Francisco, talks about the results of the Turnaway Study, which examined how receiving an abortion—or being denied one—affects mental health and well-being and what a post-Roe future might look like.

See: <https://www.apa.org/news/podcasts/speaking-of-psychology/abortion>

- **The Facts About Abortion and Mental Health**

More than 50 years of international psychological research shows that having an abortion is not linked to mental health problems, but restricting access to safe, legal abortions does cause harm. Research shows people who are denied abortions have worse physical and mental health, as well as worse economic outcomes than those who seek and receive them.

See:

- <https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>

- https://www.ansirh.org/sites/default/files/publications/files/mental_health_issue_brief_7-24-2018.pdf

- **Title IX: 50 Years Later**



The landmark law has helped improve equity, safety, and wellness on college campuses since its passage in 1972, but there's still plenty of work to do.

See: <https://www.apa.org/news/apa/2022/title-ix-landmark>

SLEEP HYGIENE:



Stop Doomscrolling and Get Ready For Bed. Here's How To Reclaim a Good Night's Sleep.

Psychologists share in an *NPR* article why delaying our sleep in favor of stressing about the next day's work or problems can be an attempt to assert control over our time—and what to do if you want to get a better night's sleep.

See: <https://www.npr.org/2022/06/14/1105122521/stop-revenge-bedtime-procrastination-get-better-sleep>



The Impact of Misinformation on Public Health

Join us July 13 for a virtual national conversation between journalists, psychology and public health officials, and the public to discuss misinformation's effects on public health and psychology's potential for impact on solutions to address the pervasive issue.

See: <https://input.apa.org/f/rebuilding-trust>



14% of Students Say They Dropped Out of College Because of Mental Health Challenges

And nearly a third say it was at least a contributing factor to not finishing their degree. Students who left college for mental health issues were less likely to indicate they are planning to return than students who left for financial issues, as highlighted in a *Fortune* article.

See:

<https://fortune.com/well/2022/06/15/college-students-drop-out-of-college-mental-health-challenges/>

July-August, 2022: “Snapshot of Events”:

- **The month has been an extraordinary mixture of:**
 - **Environmental crises** with massive heatwaves in Europe, the UK - and the USA where record heat and pervasive wildfires are poised to break all records.
 - **Reescalation of the COVID-19 pandemic:** whilst the media talk about the pandemic as a ‘thing of the past’, case numbers have ‘hiked’ by 125% in the last 7 weeks and infection, hospitalisation and mortality rates continue to increase.
 - **Inflationary pressures world-wide:** Inflation has risen sharply at the producer level in all advanced economies, and (Japan aside) ‘core’ CPI inflation is above central bank targets. There are numerous reasons for this, specifically the ongoing war in Ukraine which has resulted in global food and oil/energy/fuel shortages.
 - **Ongoing war in Ukraine:** Russia has struck Ukraine’s Black Sea port of Odessa (25.7.22) only hours after an internationally-brokered deal on grain exports, aimed at alleviating the world’s food shortages. Wheat prices have again risen as a consequence During the past month the unpredictable, ongoing and traumatic war has continued in. There seems little likelihood of resolution through diplomacy, as the Russia’s goal posts seem to be shifting in indeterminate ways.



We again wish to highlight the **IAAP statement on Ukraine** 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”.*

(see: <https://iaapsy.org/about/human-rights-statement/ukraine/>)

All of these events affect both our patients and ourselves. Our role as psychologists/health practitioners is to listen, instil hope, empowerment and some sense/semblance of control and

efficacy in those we aim to help. It's a difficult time for us all during this time of ongoing global turbulence.

The World in the Time of COVID-19:

(see: <https://covid19.who.int/>)

The WHO Coronavirus Disease 'dashboard' indicates that there are now (22.7.22)

565,207,160 confirmed cases of COVID-19; an increase of more than 25.3 million registered cases in the past month alone - with 6,373,739 deaths from COVID-19 world-wide ... (compared to previous months' figures: 23.6.22: 539,893,858 confirmed cases and 6,324,112 deaths; 23.5.22: 521,920,560 cases and 6,274,323 deaths; 25.4.22: 505,817,953 cases and 6,213,876 deaths; 28.3.22: 476,374,234 confirmed cases and 6,108,976 deaths; 22.2.22: 422,188,754 cases, 5,876,766 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). It is estimated that the true prevalence is likely to be at least double this, with these figures representing a gross underestimate due to being based on 'formal testing and reporting' which continues to diminish.

Vaccinations: As of of COVID-19 **12,219,375,500** vaccines have been administered world-wide (20.6.22: 11,912,594,538 doses; 22.5.22: 12,186,798,032 doses; 17.4.22: 11,324,805,837 doses ; 26.3.22: 11,054,362,790 vaccine doses ; 20.2.22: 10,407,359,583; 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)

As we write: The number of new Covid-19 cases is continuing to rise – the weekly global total of new Covid-19 cases has increased by more than 125% over the past 7 weeks as new sub-variants of omicron spread. Europe still accounts for the largest number of new cases, but they are also rising in the US, India, the Middle East, SE Asia, Japan and China. The highest cumulative infection and death rates (since the onset of the pandemic) have been in Europe, South and North America. In the US there's a strong correlation between voting patterns and vaccine hesitancy, and (inversely) between vaccination rates and infection rates. The vaccine roll-out has proceeded much more slowly among low- and lower-middle income countries. Current figures indicate an up-swing/further wave of cases in a number of places across the world, including Australia where case numbers, hospitalization rate and deaths are higher than during previous waves. Lack of mask-wearing mandates is creating controversy as cases increase, particularly in the aged care sector again.

See:

- **WHO Coronavirus Dashboard:** <https://covid19.who.int/>
- **Saul Eslake: The World Economy this week (13.5.22):** <https://drive.google.com/file/d/1Fx7Z6ID17crillgkgYsAcz86tuS9xo6J/view>

Please contact us if you have additional information, 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.
Div. 17 E-News Editor
Immediate Past-President
Division of Professional Practice**

(August, 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: [Integratinghealthintopriamrycare_pdf.pdf](#)

Also: [Integratingmhintopriamrycare2008_lastversion.pdf \(who.int\)](#)

APPENDIX: PREVIOUS ITEMS/RESOURCES of interest:

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

June-July, 2022: (with thanks to the APA, APS, PBS, ABC – and other sources)

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

- **APA STATEMENT: Reaction to Texas Mass Shooting**
Statement by Frank C. Worrell, PhD, president of the American Psychological Association: in response to the mass shooting at an elementary school in Uvalde, Texas, that left at least 21 people dead, 19 of them children.
“It is long past time to act to ensure that schools are safe havens for our children”, says APA’s president.
<https://www.apa.org/news/press/releases/2022/05/gun-reform-texas-mass-shooting>
- **The Science Behind Creativity:** Psychologists and neuroscientists are exploring where creativity comes from and how to increase your own.
<https://www.apa.org/monitor/2022/04/cover-science-creativity>



- **How to Assess and Intervene With Patients at Risk of Suicide:**

Suicidal ideation is on the rise. Recent advances in clinical research have identified critical and effective treatments.

<https://www.apa.org/monitor/2022/06/continuing-education-intervene-suicide>

APA Sponsored Webinar: **Caring for Suicidal Patients:** A look at how to support clinicians and family members caring for those struggling with suicidal behavior.

https://zoom.us/webinar/register/WN_EJ33-wWzRQ6yo-eVN7Kq2Q

(June 10th, 2022 – accessible via APA website)

- **Loneliness, the costly silent killer:** Julian Morrow on ‘The Roundtable’

<https://www.abc.net.au/radionational/programs/the-roundtable/13942606>

Health advocates are calling on the new Albanese Government to appoint a Minister of Loneliness.

The title Minister of Loneliness almost sounds comedic but the UK and Japan each have a Government Minister to address what’s now being described as a global epidemic of social isolation and loneliness.

The World Health Organisation has taken up the cause saying loneliness is a major contributor to ill health and it’s not just an issue for older people..

A study by researchers at Curtin University in WA puts the economic cost of poor health outcomes due to loneliness at nearly 3-billion dollars each year in Australia.

Guests:

- **Alana Officer**, Head World Health Organisation Demographic Change and Healthy Ageing Unit
- **Dr Michelle Lim**, Clinical Psychologist, Chief Scientific Advisor, Ending Loneliness Together organisation
- **Phil McAuliffe**, Creator, The Lonely Diplomat website



- **Unraveling the Mystery of Lyme Disease:**

Research shows the oft-misdiagnosed tick-borne disease can lead to serious mental health problems that can erode a person’s quality of life.

<https://www.apa.org/monitor/2022/06/feature-lyme-disease>

- **Standing Tall: A New Stage for Incompetency Cases:**

A growing number of people with serious mental illness are entangled in the legal system instead of receiving proper mental health care.

<https://www.apa.org/monitor/2022/06/feature-incompetency-cases>

- **Improving Traffic Safety:**
U.S. traffic fatalities started rising 2 years ago after several years of declines. Psychologists around the world are looking for ways to make driving safer for everyone:
<https://www.apa.org/monitor/2022/06/feature-traffic-safety>
- **“In brief”:** The latest peer-reviewed studies within psychology and related fields
<https://www.apa.org/monitor/2022/06/dementia-studies-research>

May-June, 2022

- **BPS May, 2022 – New report calls for more psychologists to be embedded into GP practices**
<https://www.bps.org.uk/news-and-policy/new-report-calls-more-clinical-psychologists-be-embedded-gp-practices>
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Clinical%20Psychology%20in%20Primary%20Care%20-%20Full.pdf>
- **USA: Restricting Access to Abortion Likely to Lead to Mental Health Harms**
<https://www.apa.org/topics/abortion>
- **Mental Health in the Workplace**
Most adults will spend a large amount of their lives at work and organizational support for employees’ mental health is imperative.
<https://www.apa.org/topics/workplace/mental-health/train-managers>
<https://www.apa.org/topics/workplace/mental-health/reexamine-health-insurance>
<https://www.apa.org/topics/workplace/mental-health/edi-policies>
<https://www.apa.org/monitor/2022/04/feature-parental-leave>
- **Canadian Doctors Are Prescribing Free Passes to National Parks to Treat Patients**
A new evidence-based initiative in Canada called PaRx encourages health care providers to prescribe spending time in nature to improve people’s mental and physical health, as reported by CNN.
<https://edition.cnn.com/2022/04/30/health/canada-doctors-prescribe-nature-wellness/index.html>
- **How To Get Comfortable Talking With the Media**
A critical lesson of the COVID-19 pandemic has been seeing the importance of scientists communicating their findings to the public in an engaging and accessible way.
<https://www.apa.org/monitor/2022/04/career-talking-media>
- **7 Podcasts to Support Your Mental Health**
Podcasts about mental health can deliver research to a wider group of people in an accessible way and can be a helpful addition for those in therapy or a resource for people with barriers to treatment.
<https://www.livestrong.com/article/13771942-best-mental-health-podcasts/>
- **How Many Friends Do You Really Need?**
Loneliness is associated with an increased risk for mental and physical health issues, but what does it take to not be lonely?
<https://www.nytimes.com/2022/05/07/well/live/adult-friendships-number.html>

April-May, 2022

Prolonged Grief Disorder recognised as a mental health condition

<https://www.abc.net.au/radnational/programs/sundayextra/prolonged-grief-disorder-recognised-as-mental-health-condition/13813018>

The age-old saying “time heals all wounds” may be relevant for some, but for others grief is an ongoing and debilitating disorder. This year American Psychiatric Association has recognised ‘Prolonged Grief Disorder’ as an official psychiatric illness in its Diagnostic and Statistical Manual of Mental Disorders. Guest: **Dr Katherine Shear**, Director of the Center for Prolonged Grief and Marion E. Kenworthy Professor of Psychiatry at Columbia University Producer - Katie Fuller; **Duration:** 12min 30sec **Broadcast:** Sun 3 Apr 2022, 7:36am

The Burden of Weight Stigma: The increase in weight gain linked to the COVID-19 pandemic is taking a psychological toll, because weight stigma—bias against individuals because of their body size—is also on the rise. Weight stigma increases a person’s risk for mental health problems and undermines health behaviors and preventive care, causing disordered eating, decreased physical activity, health care avoidance, and weight gain. Psychologists are researching interventions for disrupting the pattern. **See:**

<https://www.apa.org/monitor/2022/03/news-weight-stigma>

How To Keep Anger From Getting the Best of You: How do you keep anger from rising to a level that interferes with your health and happiness? Howard Kassinove, PhD, of Hofstra University, and Raymond “Chip” Tafrate, PhD, of Central Connecticut State University, joined APA’s Speaking of Psychology podcast to discuss the difference between healthy and harmful anger, strategies to cope with anger, and why primal scream, rage rooms, and other forms of anger catharsis can do more harm than good. **See:**

<https://www.apa.org/news/podcasts/speaking-of-psychology/anger>

- **Where creativity comes from and how to increase your own.** Listen to APA’s *Speaking of Psychology* podcast episode on creativity and ‘eureka moments’: **See:** <https://www.apa.org/monitor/2022/04/cover-science-creativity>

- **The Need for Paid Parental Leave:** Psychological research shows why employers and policymakers should consider doing more: <https://www.apa.org/monitor/2022/04/feature-parental-leave>

- **More Psychological Growth in Less Time:** Psychologists are applying research on single-session interventions to improve patients’ symptoms in one visit. **See:** <https://www.apa.org/monitor/2022/04/feature-growth-patients>

- **Discussing firearm safety:** Providers can help reduce injuries and deaths by talking with patients about safe storage and temporary transfers during high-risk periods. **See:**

<https://www.apa.org/monitor/2022/04/ce-firearm-safety>

Supporting Parents Via Instagram: Psychologists have become the go-to parenting gurus of Instagram. Can their reach impact families for the better? **See:** <https://www.apa.org/monitor/2022/04/career-instagram>

Research In brief: How funny memes help us cope with the stress of COVID-19, and other research:

The latest peer-reviewed studies within psychology and related fields – see:

<https://www.apa.org/monitor/2022/04/inbrief-memes-research>

March-April, 2022

- **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%3d202324_APSU_DRN%2bCID_2764159e348b5688207e3397759d80d7%26utm_source%3dEmail%2520marketing%2520software%26utm_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters](https://members.apa.org/resource-finder/resources/assessment-and-intervention-guidelines-for-provision-of-psychological-support?utm_medium=email&utm_campaign=202324_APSU_DRN&utm_content=202324_APSU_DRN&utm_cid=2764159e348b5688207e3397759d80d7&utm_source=Email&utm_marketing=software&utm_term=Guidelines%20for%20provision%20of%20psychological%20support%20to%20people%20affected%20by%20disasters)

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-60s, 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>

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/g-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>

(August, 2022)
