

**HAPPY FESTIVE SEASON  
FROM THE IAAP  
DIVISION OF PROFESSIONAL PRACTICE  
TO ALL MEMBERS**

May the joys of The Festive Season: being with family, friends and 'little ones' provide a respite from this year's global situation and a renewal for a fulfilling 2024 ahead!



**DECEMBER E-News, 2023**  
**Susan McDaniel PhD: President**  
**Tim Carey PhD: President-Elect**



**NEW President (2022-2026)**  
**Susan McDaniel, PhD**



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

Emails:

- [SusanH2\\_McDaniel@URMC.Rochester.edu](mailto:SusanH2_McDaniel@URMC.Rochester.edu)
- [timothy.carey.phd@gmail.com](mailto:timothy.carey.phd@gmail.com)

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**Introduction:**

We wish you all as joyful a Festive Season as is possible in our current turbulent world, in which even misinformation can't hide the difficult, negative and extremely distressing things occurring in so many places - and the devastating impact on innocent civilians.

The collegiality of our work with each other as professionals (nationally and internationally) and the help and assistance we provide to our patients, clients and communities provides some respite from this, and helps to alleviate the sense of powerlessness we all feel in the current situation.

We have continued to enjoy our commitment as a Team to the work of the IAAP – with positive international connections helping to counter-balance a world overwhelmed by so much at present. Our Executive have met monthly by zoom from multiple locations in the USA, Australia, Rwanda and elsewhere and we continue to pursue our passion for the 'Role of Psychology in Integrated Mental and General Health Care'.

Ongoing IAAP Webinars (e.g. that recently provided by the IAAP Taskforce on Terrorism:

'Contributions of Psychology to the Challenge of Terrorism and Peace Building' (7.12.23 – now available on our website): the Early Career Marathon, editions of APAW (Applied Psychology Around the World) and numerous other initiative and activities, help to maintain our connection to the broader IAAP. We look forward to 2024 being a similarly active year with multiple further initiatives around our Website, Congress presentations, publications, etc.

See:

- **Webinar: 'Contributions of Psychology to the Challenge of Terrorism and Peace Building task force on terrorism webinar schedule.pdf;**  
<https://iaapsy.org/members/webinars/the-time-is-now-for-mental-health-well-being-and-decent-work-2/>
- **Early Career Marathon: (Please put in latest links to voting for 2023 ECM)**  
<https://iaapsy.org/meetings/early-career-marathon-integrating-research-and-practice-2022/>

### **Division 17 Activities: to December, 2023**

- **New publication/book from our President: Professor Susan McDaniel**  
*"A Systemic Approach to Behavioral Healthcare Integration: Context Matters (Fundamentals of Clinical Practice With Couples and Families)": Ruddy PhD, Dr. Nancy Breen, McDaniel Ph.D., Dr. Susan H. (9781433835865): – two LINKS in attached email*  
**on Systemic Integrated Care**

See: [https://www.amazon.com/Systemic-Integrated-Fundamentals-Clinical-Practice/dp/143383586X/ref=sr\\_1\\_5?crid=LX8HVQ6D3F2A&keywords=ruddy+nancy&qid=1700065708&sprefix=ruddy+nancy%2Caps%2C122&sr=8-5](https://www.amazon.com/Systemic-Integrated-Fundamentals-Clinical-Practice/dp/143383586X/ref=sr_1_5?crid=LX8HVQ6D3F2A&keywords=ruddy+nancy&qid=1700065708&sprefix=ruddy+nancy%2Caps%2C122&sr=8-5)

- **Also from our Div. 17 Executive:**  
**'Meet the Author features Joseph Kalisa':**  
**"Re-imagining Practice: Drawing Inspiration from Community Practitioners' Responses to Adversity in Rwanda: An interview with Joseph Kalisa by Jill Freedman and Gene Combs**  
Joseph is a licensed clinical psychologist and narrative therapy practitioner. He is interested in the intergenerational transmission of resilience, survival skills and resistance after genocide as well as collective approaches to mental health. He works at Dulwich Centre Foundation and Geruka Healing Centre and the University of Rwanda as well as being a clinical tutor at the University of Melbourne. Joseph has co-edited with other Rwanda Narrative Practitioners a book called "Land of a thousand stories: Rwandan Narrative Therapy and Community Work".  
After the country was shattered by genocide against the Tutsi, they were many orphans, widows, children born of rape, fear, ongoing struggle, physical and emotional wounds, fractured communities, and families, and more than 120,000 people in perpetrators of the genocide, international organizations, and practitioners from around the world flocked to Rwanda, armed with models and practices that had proven successful in other contexts. But Rwandans had different ways of doing things rooted in their own culture and traditions. They had tried Western models and found them not to fit not only in healing but also in social justice. Local ways of responding to these issues were very much needed. A team from

Dulwich Centre together with Jill Freedman and Gene Combs started coming to Rwanda in 2007, when they came, they came to learn. The Ibuka counsellors spoke intensely and expressively of grief and pain and this would intersperse that talk with laughter, singing, jokes and dancing. These were really different ways than the conventional way of speaking about hardships and trauma. In a conversation with Jill Freedman and Gene Combs, Joseph speaks about growing up in this community of practitioners and himself. He speaks about witnessing this way of practice and how he's been able to get inspiration as a young practitioner to support the people he meets in practice. He speaks what it means for his generation of practitioners.

This event will be facilitated by Tileah Drahm-Butler Butler (of the Darumbal/Kulilli and Wanyurr Majay Yidinji Nations). Annonciathe Niyibizi and Clare Kempton will offer reflections.

**Re-imagining Practice: Drawing Inspiration from Community Practitioners' Responses to Adversity in Rwanda: An interview with Joseph Kalisa by Jill Freedman and Gene Combs**

The Dulwich Centre

• <https://dulwichcentre.com.au/joseph-kalisa-re-imagining-practice/>  
Organised by Dulwich Centre, Evanston Family Therapy Center and University of Melbourne.

- **Monthly Division Executive Meetings:** we have continued our monthly zoom meetings (with Executive team members attending from the USA, Australia and Rwanda). Next meeting: 17<sup>th</sup>/18<sup>th</sup> December
- **Congresses/Conferences**
  - **The Division 17 continues to participate in International Psychology Congresses and will submit an abstract for a 'Double-Symposium' at ICP in Prague, 2024 on:** *"The Role of Psychology in integrated health care: International Innovations in Collaborative Integrated Care"* was well attended, with eight speakers canvassing different aspects of integrated care, models of service delivery, how to facilitate multi-disciplinary team interventions, etc.
- **Monthly E-News:** our monthly E-News has continued during 2023, with discussions occurring about possible re-formatting, etc. We are keen to continue this as a regular provision of Division News, items of professional interest etc. - plus the further concept of six-monthly Division Newsletters.
- **Early Career Marathon:** as highlighted above several of our Executive members produced feedback videos as part of the examining team. This is a very positive initiative of the IAAP, encouraging young researchers to 'showcase their material' before a larger audience.

**DIVISION EXECUTIVE MEETING: Zoom: 5.00pm, Tues 17<sup>th</sup> Dec (NYC time); 8.00am/18<sup>th</sup> Dec (Sydney time).**

**WITH VERY BEST SEASONS GREETINGS TO ALL**

**Div. 17 E-News Editor:**

**Robyn F. Vines, PhD**



**Immediate Past-President; Division of Professional Practice**

**Email: [robynvines@bigpond.com](mailto:robynvines@bigpond.com) ; [r.vines@westernsydney.edu.au](mailto:r.vines@westernsydney.edu.au)**

**(December, 2023)**

**See:**

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

**Longer Division Newsletters:**

- October, 2020: [https://iaapsy.org/site/assets/files/2044/div\\_17\\_october\\_newsletter.pdf](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: [Integratinghealthintoprimrycare\\_pdf.pdf](#)

Also: [Integratingmhintoprimrycare2008\\_lastversion.pdf \(who.int\)](#)

**APPENDIX: PREVIOUS ITEMS/RESOURCES of interest:**

(from previous editions of Division 17 E-News:

December, 2021 - February, 2023 newsletters)

(with special thanks to the APA, APS, PBS, ABC – and other sources):

Items of interest:

**NOVEMBER, 2023:**

**Resources which may be of use:**

**The APA Statement: Coping with the trauma of war**

**APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

- **Palestinian and Israeli fathers united by grief**



<https://www.abc.net.au/listen/programs/radionational-breakfast/palestinian-and-israeli-fathers-united-by-grief-/103038262>

Rami Elhanan is an Israeli, Bassam Aramin is a Palestinian but both share the loss of children in the ongoing conflict between their two home nations. *(ABC News: Lydia Feng)*

The conflict in the Middle East seems more irreconcilable than ever, but Palestinian Bassam Aramin and Israeli Rami Elhanan have shown it is possible to overcome their differences in the name of peace. The pair became friends united through the grief of losing their young daughters to the conflict - and now travel the world advocating for a peaceful solution.

**Guests:** Bassam Aramin, Palestinian; Rami Elhanan, Israeli - fathers and peace advocates  
Broadcast (29.10.23)

**Trauma (for all items below see: <https://www.apa.org/topics/trauma> )**



Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.

While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help them find constructive ways of managing their emotions.

Adapted from [Recovering emotionally from disaster: Coping with the trauma of war in the Middle East](#)



**Talking to children about war:** Conversations with kids about conflicts can help them feel safer and more secure. Here's what psychologists recommend

<https://www.apa.org/topics/resilience/kids-war>



**How does trauma haunt future generations?**

Researchers and clinicians are examining the long-term impacts of war and other traumatic events on survivors, as well as their children and grandchildren

<https://www.apa.org/topics/trauma/trauma-survivors-generations>



**How to cope with traumatic stress**

Psychologists recommend people lean on loved ones, prioritize self-care, and be patient with themselves to help manage the stressful effects of trauma

<https://www.apa.org/topics/trauma/stress>





### **Students exposed to trauma**

Teachers play a critical role in guiding students suffering from trauma, which if left unaddressed can disrupt a student's behavior, and emotional well-being, academic success, and health.

<https://www.apa.org/ed/schools/primer/trauma>



### **Reassuring preschoolers during a time of war**

You may think they're too young to understand, but even very young children can absorb frightening events from the news or overheard conversations

<https://www.apa.org/topics/resilience/preschool-war>



### **Helping teens move beyond the fears that a time of war brings**

Although your teens may tower over you, they are still young and can keenly feel the fear and uncertainty of a time of war.

<https://www.apa.org/topics/resilience/teen-war>



### **APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

## OTHER TOPICS:

### [Depression After Weaning Can Be a Serious Concern for Some New Moms](https://click.info.apa.org/?qs=50470298b09253846d5efff2aa668ce3ffdd537ed79595d442862e07ba5af9ed0ef735e62e3146ab3249ec519fc6f6d4aa0f4e3415f08704)



<https://click.info.apa.org/?qs=50470298b09253846d5efff2aa668ce3ffdd537ed79595d442862e07ba5af9ed0ef735e62e3146ab3249ec519fc6f6d4aa0f4e3415f08704>

While postpartum depression is relatively well studied, a lesser-known condition known as postweaning depression needs more research and public education, experts say. The conditions are similar in that each is caused by a drop in hormones, with estrogen and progesterone dropping in postpartum depression and prolactin and oxytocin dropping in postweaning depression. The number of affected women is unknown because of a lack of research, experts say in a *Washington Post* article. Increasing public awareness of the condition and of strategies that can help, such as weaning slowly, is needed.

### [How To Help With Math Anxiety](https://www.apa.org/news/podcasts/speaking-of-psychology/math-anxiety)

Math is essential to our everyday lives, from household budgeting to buying the right size rug for a room. But for people with math anxiety, tasks involving math can cause dread and fear. **Molly Jameson, PhD**, of the University of Northern Colorado, joined APA's *Speaking of Psychology* podcast to talk about where math anxiety comes from, whether you can be good at math but still suffer from math anxiety, how it affects people's lives, and what parents and teachers can do to help math-anxious kids overcome their fears and excel in math. Read more about the [causes, consequences, and prevention methods of math anxiety](#).



### [How COVID-19 Changed Life for People Terrified of Needles](https://time.com/6323014/needle-phobias-covid/)

<https://time.com/6323014/needle-phobias-covid/>

COVID-19 forced many people with a fear of needles to confront their phobias after decades of avoidance in order to get crucial vaccines, as highlighted by *TIME* magazine. Experts hope that the efforts to overcome such fears may lead to a longer-term interest among health care providers to adopt best practices for handling and treating people with needle phobia. See more from APA's *Monitor on Psychology* about [how psychologists can help patients with injection fear](#).



### [‘I’d Rather Not Know’: Why We Choose Ignorance](https://www.apa.org/news/press/releases/2023/10/why-we-choose-ignorance)

<https://www.apa.org/news/press/releases/2023/10/why-we-choose-ignorance>

When given the choice to learn how our actions will affect someone else, 40% of us will choose ignorance, often to have an excuse to act selfishly, suggests research published in *Psychological Bulletin*. “Examples of such willful ignorance abound in everyday life, such as when consumers ignore information about the problematic origins of the products they buy,” said lead author **Linh Vu, MS**, a doctoral candidate at the University of Amsterdam in the Netherlands. “We wanted to know just how prevalent and how harmful willful ignorance is, as well as why people engage in it.”



### **How To Stop Using Alcohol as a Confidence Crutch**

<https://edition.cnn.com/2023/10/15/health/how-to-be-confident-without-alcohol-wellness/index.html>

Alcohol is a widely accepted coping tool for artificial confidence, and science backs it too: Research has found that when people are intoxicated, their brains don't differentiate neutral and fearful faces as they would when they were sober. But using alcohol to get through social situations plays into the "lies feeding the habit," said **Ellen Hendriksen, PhD**, a clinical psychologist and author of *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*, in a CNN article. The lies tell us that what we're avoiding is actually dangerous and that we're not equipped to handle it; confronting those false beliefs help build the confidence that will ease the need to cope with alcohol.

### **JUNE, 2023: Items resources of professional interest:**

***with special thanks to the APA, APS, PBS, ABC, etc – and other sources:***

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

### **GENERAL ITEMS:**

#### **50<sup>th</sup> World environment day:**

- *United Nations World Environment Day:* <https://www.un.org/en/observances/environment-day>
- *Climate Change: How is my country doing on tackling it?* <https://www.bbc.com/news/science-environment-65754296>
- *The real dangers of plastic pollution:* As UN delegates meet in Paris with the aim of agreeing a legally binding treaty on plastic pollution, new research shows that plastic recycling could actually make things worse. So what needs to be done to save our environment? Guest: **Dr Denise Hardesty**, Principal Research Scientist at CSIRO Environment and a leading expert on plastic pollution (Broadcast: 4.6.23) <https://www.abc.net.au/radionational/programs/sundayextra/the-real-dangers-of-plastic-pollution/102415620>

***Integrated Care: 30<sup>th</sup> annual Medical Family Therapy/Integrated Care Intensive*** is being held at the University of Rochester, New York State this week (Mon 5<sup>th</sup> -Fri 9<sup>th</sup> June) – as mentioned in Division 17 "Activities" above: <https://www.urmc.rochester.edu/psychiatry/institute-for-the-family/family-therapy/mfti.aspx>

### **Clinical, Lifestyle and social interventions: INTEGRATED CARE/LIFESTYLE MEDICINE**



#### **Recommendations for Adolescent Social Media Use**

<https://www.apa.org/news/press/releases/2023/05/adolescent-social-media-use-recommendations>

To guide educators, parents, policymakers, mental health practitioners, tech companies, and youth, APA has released [research-based recommendations](#) for healthy social media use among kids and teens. The recommendations emphasize minimizing the chances for harm and maximizing the benefits that social media can provide. See [APA's tips for parents](#), based on the recommendations, and a Q&A with APA Chief Science Officer **Mitch Prinstein, PhD**, on how to provide [social media literacy](#) for children that will maximize the chances for balanced, safe, and meaningful experiences.





### **The Promise of Brain Stimulation Treatments for Depression**

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

Transcranial magnetic stimulation (TMS) used to treat major depression is not new, but in recent years, brain stimulation treatments have become more effective and more available. TMS is now also used to help people quit smoking and to treat obsessive compulsive disorder and anxiety. **Sarah Lisanby, MD**, director of the Noninvasive Neuromodulation Unit at the National Institute of Mental Health (NIMH), joined APA's *Speaking of Psychology* podcast to talk about how TMS works and recent treatment advances, as well as other brain stimulation treatments such as electroconvulsive therapy. Writer **Diana Daniele** also offers her perspective on how TMS helped her overcome treatment-resistant depression.



### **Loneliness Poses Profound Public Health Threat**

A recent advisory from U.S. Surgeon General **Vivek H. Murthy** likened the health risks of loneliness to those of smoking and obesity. "This isn't just people feeling good or bad about their social life," said **Julianne Holt-Lunstad, PhD**, professor of psychology and neuroscience at Brigham Young University and lead science editor of the advisory. "It truly has an impact on our physical health," Holt-Lunstad said in a *Washington Post* article.

[https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWVpZC6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZlXHVwZXNjOj0NTU1MTk5LCJpYXQiOiE2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LWU5M2ItNDBhNC1hN2VILTQ5ZWV0ODAzTCyNSisInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWVsdGgvMjAyMy8wNS8wMi9sb25lGluZXRzLWVhYX0aC1jcmZaXmMtc3VyZ2Vvbi1nZW5lcmFsLyJ9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZWstn2zPIY](https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWVpZC6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZlXHVwZXNjOj0NTU1MTk5LCJpYXQiOiE2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LWU5M2ItNDBhNC1hN2VILTQ5ZWV0ODAzTCyNSisInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWVsdGgvMjAyMy8wNS8wMi9sb25lGluZXRzLWVhYX0aC1jcmZaXmMtc3VyZ2Vvbi1nZW5lcmFsLyJ9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZWstn2zPIY)

### **ADHD clinics capitalise on diagnosis explosion**

<https://www.abc.net.au/radionational/programs/healthreport/adhd-health-report/102405098>

A new kind of ADHD clinic is cashing in on surging demand for diagnoses — and promising salaries of more than \$900,000 to recruit psychiatrists. As the need for services has grown, so have waitlists. Patients who might otherwise choose to wait longer for affordable care are being forced to choose between fees as high as \$3,000, or no care at all. For more, listen to **Part 1** and **Part 2** of the "Schmeitgeist" investigation.

**Credits:** Angela Lavoipierre, Presenter; Broadcast Mon 29 May 2023

### **MAY, 2023: Items resources of professional interest:**

#### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **The World Obesity Federation warns (BBC: 1.5.23): More than half the world's population will be classed as obese or overweight by 2035 if action is not taken.**  
**See:** <https://www.bbc.com/news/world-64831848>  
More than four billion people will be affected, with rates rising fastest among children, its rises. The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.
- **Mental health and wellbeing for practitioners:**  
**A new resource for better mental wellbeing - [www.aapbooks.com](http://www.aapbooks.com) :**
- [https://www.australianacademicpress.com.au/books/details/344/The\\_Clever\\_Self-Care\\_Guide?utm\\_source=sendinblue&utm\\_campaign=Self-Care\\_openers\\_3&utm\\_medium=email](https://www.australianacademicpress.com.au/books/details/344/The_Clever_Self-Care_Guide?utm_source=sendinblue&utm_campaign=Self-Care_openers_3&utm_medium=email)  
Life can be full of challenges rocking our boat so strongly that we risk drowning in a sea of stress and mental ill-health. That's why self-care is such a vital skill.

Dr Nadine Hamilton has spent over 17 years in her psychology practice helping professionals and businesses get on top of stress and psychological fatigue to avoid burnout, depression and self-harm. Her 2019 international best-seller *Coping With Stress and Burnout as a Veterinarian* targeted a profession with a suicide rate almost four times higher than the general population.

Now, after two years of social, personal, and financial impacts from a global pandemic, she has found herself working with her clients (and herself) more and more on self-care — how to use self-understanding and practical psychological tools to attain and maintain better mental wellbeing.

Time then, to release a new book to help anyone who is finding life at work and home a tough ask at times. Nadine gives us a clever guide to self-care covering topics such as setting boundaries, dealing with stress and anxiety, self-esteem, coping with grief, resilience, compassion fatigue, mentally healthy workplaces, and the imperative to build more hope and optimism into our daily lives.

Its a great little resource for personal use or, or those you know could do with a little practical help to take back control of their life.

### **GENERAL ITEMS: (see next page)**



### **Washington Used to Abhor Talking About Mental Health. No More.**

**See:**

<https://www.politico.com/news/2023/04/17/mental-health-fetterman-senate-00092233>

*Politico* examines the shift in culture toward mental health demonstrated by the positive response to Sen. John Fetterman’s treatment for clinical depression. “In the ’50s and ’60s, nobody said the word cancer. We talk about cancer now. We need to get to that point where we talk about depression. We talk about bipolar disorder. We talk about PTSD. We talk about schizophrenia, and acknowledge that these are illnesses for which there is treatment, and people can have satisfying, fulfilling lives,” said **Lynn Bufka, PhD**, APA’s associate chief of practice transformation.

### **Effective Learning: There Are Better Ways to Study That Will Last You a Lifetime**

(Guest Essay in the New York Times):

[https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked\\_article\\_code=PoZky1Iuu2e-R6ES8eeluKKMeY-7oibyn3b-p3qTTiX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-](https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked_article_code=PoZky1Iuu2e-R6ES8eeluKKMeY-7oibyn3b-p3qTTiX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-)

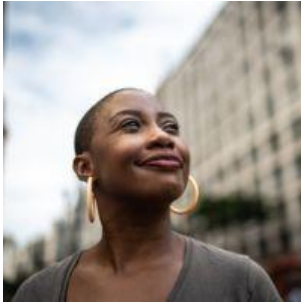
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Most students aren’t studying in the most effective ways—they’re doing what feels easy and what seems to be working in the moment, says **Daniel T. Willingham, PhD**, a psychology professor at the University of Virginia in an opinion essay for *The New York Times*. Educational psychologists’ research shows why some commonly used methods like highlighting and rereading aren’t helpful in the long run, and why strategies like practicing how much information you’ve retained work better. Willingham advocates for wider dissemination of the most effective strategies, such as by requiring a study skills class in high schools.

### **How Do You Build a Successful Team?**

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

Very few people do their jobs entirely on their own. For most of us, doing our job well means being part of a well-functioning team. **Eduardo Salas, PhD**, of Rice University, joined APA’s *Speaking of Psychology* podcast to talk about the key ingredients for highly effective teams, the difference between team training and team building, what to consider when working on a remote team, the role of team leaders, and how industries such as aviation and medicine—where breakdowns in teamwork can have dire consequences—have evolved in their approach to teamwork.



### **Want to Make a Change? Conjure Your ‘Possible Selves.’**

Imagining our possible future selves, either positive or negative, can motivate us toward action. Social psychologists **Hazel Markus, PhD**, and **Paula Nurius, PhD**, coined the concept of possible selves and found that our ideas of what we might become inform our current self-concepts. Psychologists share in a *New York Times* article about how we can bridge the gap between our present and future selves, including by taking small steps toward our envisioned future, enlisting a trusted companion, sharing our goals, and more.

[https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked\\_article\\_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dtj2KXOuCz64bLU8Ca-sXpmpbAjx27rM5qht6K8A8f8jXv9WMNz\\_ORilrXc7xTv4CUULNgrmj\\_ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M\\_hcgnom8M9SiGwJ06OLD6GJ-7O5lw\\_DNq-YiyAE8NZnujaOeeBoO2CmKjmM25l\\_dhhttMnYfFets7OChVRjx60AumbQtT7cAOJ\\_bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UUfOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked_article_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dtj2KXOuCz64bLU8Ca-sXpmpbAjx27rM5qht6K8A8f8jXv9WMNz_ORilrXc7xTv4CUULNgrmj_ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M_hcgnom8M9SiGwJ06OLD6GJ-7O5lw_DNq-YiyAE8NZnujaOeeBoO2CmKjmM25l_dhhttMnYfFets7OChVRjx60AumbQtT7cAOJ_bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UUfOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1_CurrentCopy&smid=url-share)

### **APRIL, 2023:**

#### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **Will future generations turn away from alcohol? (ABC: 2.4.23)**

<https://www.abc.net.au/radionational/programs/futuretense/will-future-generations-turn-away-from-alcohol-102119836>

Could alcohol go the way of cigarettes and become socially unacceptable?(AAP: Daniel Munoz)

Are attitudes towards drinking changing as we learn more about the impact alcohol can have on our bodies?



Drinking has been part of our social and cultural activities for centuries. But cultural norms appear to be shifting.

#### **Guests:**

- Terry Slevin -CEO of the [Public Health Association of Australia](#)
- [Professor Steve Allsop](#)- National Drug Research Institute, Curtin University
- [Ruby Warrington](#) - author and editor
- [Carl Erik Fisher](#) - addiction physician and a person in recovery
- [Clare Hughes](#) - Chair of the Nutrition and Physical Activity Committee, Cancer Council Australia
- [Sarah Milov](#) - Associate Professor of history at the University of Virginia, author of *The Cigarette: A Political History*
- [Dr Ineka Whiteman](#) - neuroscientist, Director of Dynamic Thought Consulting

#### **Credits**

- [Jennifer Leake](#), [Presenter](#) and [Producer](#)
- [Jennifer Leake](#), [Producer](#)

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#### **PHYSICAL ACTIVITY AS MEDICINE:**

- **Exercise brings benefits for treatment of cancer**

<https://www.abc.net.au/radionational/programs/scienceshow/exercise-brings-benefits-for-treatment-of-cancer/102167466>

ABC: 1 Apr 2023: **Guest:** [Robert Newton](#); Professor of Exercise Medicine; Edith Cowan University;



The old approach was to prescribe bed rest after surgery. Now patients are told to get out of bed and to move. Robert Newton leads research at Edith Cowan University in Perth into the benefits of exercise in preventing and treating conditions such as cancer. He says there are important molecules released when our muscles work. These molecules suppress cancer and reduce tumour development. They also reduce the toxicity effects of chemotherapy allowing full doses to be administered. Robert Newton says exercise is a medicine bringing highly coordinated biochemical changes within the body with no side effects.

**Presenter:** Robyn Williams: Broadcast 1 Apr 2023 1 Apr 2023

- **Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews: (See LINK2)**

<https://doi.org/10.1136/bjsports-2022-106195>

Published in British Journal of Sports Medicine online, pp. 1-10

Authors:

- Ben Singh (Allied Health & Human Performance, University of South Australia) – et al

Subjects: [depression; anxiety; psychological distress; systematic reviews; physical activity adult; chronic disease](#)

- **The Limerick Declaration on Rural Healthcare**

The 19th World Rural Health Conference (17-20.6.22), hosted at the University of Limerick in rural Ireland (with 650+ participants from 40 countries and 1600 engaging online), considered how best to empower rural communities to improve their own health and the health of those around them. The conference focused on the role of national health systems and other stakeholders, to keep their commitments to the UN Sustainable Development Goals to reach the *'highest attainable standard of health as one of the fundamental rights of every human being'*. This conference issued *'the Limerick Declaration on Rural Healthcare'*, designed to inform rural communities, academics and policymakers about how to achieve the goal of delivering high quality health care in rural and remote areas most effectively. Based on current evidence and best international practice, participants of the conference endorsed a series of recommendations for the creation of high quality, sustainable and cost-effective healthcare delivery for rural communities both in Ireland and globally. The recommendations focused on several major themes:

- rural healthcare needs, delivery and equity of access.
- rural workforce, advocacy and policy, and
- research for rural health care.

The Declaration calls on all governments, policymakers, academic institutions and global communities to commit to providing rural dwellers with equitable access to properly-resourced, patient-centred health care as a crucial marker of democracy.

Keywords: *family medicine, general practice, health inequities, health policy, multidisciplinary, nursing recruitment, primary care, retention, rural healthcare research, rural-proofing.*

**(See attached Article: LINK3)**

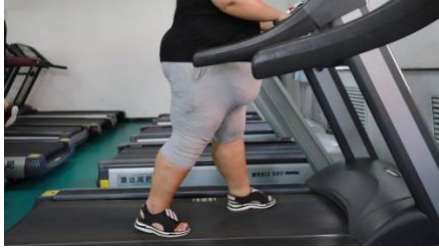
- **Half of world on track to be overweight by 2035 (See attachment LINK 4 & 5)** More than four billion people will be affected, with rates rising fastest among children, its report says. Low or middle-income countries in Africa and Asia are expected to see the greatest rises.

The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.

The president of the federation, Prof Louise Baur, described the report's findings as a clear warning to countries to act now or risk repercussions in the future.

See: <https://www.bbc.com/news/world-64831848>

**Counteracting obesity**



**December, 2023**