

2024 DECEMBER E-News
Division of Professional Practice (Division 17)

**WISHING ALL MEMBERS OF IAAP
A HAPPY, REFRESHING AND ABOVE-ALL
PEACEFUL FESTIVE SEASON**



From
President: Susan McDaniel PhD
President-Elect: Tim Carey PhD
And the Division Executive Team



President (2022-2026)
Susan McDaniel, PhD



President-Elect (2022-2026)
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ACTIVITIES: Division 17: November-December and during 2024

As highlighted in our **attached Annual Report (LINK)** we have been particularly active this year as follows:

- **Monthly Executive Committee Zoom meetings:** Our President, Professor Susan McDaniel, has chaired our monthly zoom meetings with committee members attending from the USA, Australia, Rwanda and, most recently, from Dubai, United Arab Emirates. Participation is excellent, and conversations are focused, collegial, and stimulating,

whether about community engagement in Rwanda, or patient voice in curriculum in Australia. People are amazingly attentive at midnight or 3AM (!) at these meetings, which highlight some key benefits of IAAP membership: sharing new approaches to vexing problems and developing warm professional friendships whilst contributing to aspects of our profession globally.

- **Conference Presentations:** eight members of our Executive team presented a double-symposium at the International Congress of Psychology in Prague in July – details provided below. This is the latest in a series of annual Symposia at key International Congresses (ICP, ICAP and ECP) which our team have been involved in since ICAP in Melbourne: 2010. We have an ongoing commitment to promote the important role psychology has to play in integrated primary mental health care, both nationally and internationally (see attached Annual Report)
- **Communication:** our main priority has been to stay in touch with our Members and to provide latest information, items of interest and support during these turbulent times globally. Our monthly **Division of Professional Practice E-News** assists in doing this: Editor: Robyn Vines PhD - since late 2018 we have provided monthly E-News **See:** <https://iaapsy.org/divisions/division17/> **(for more information see attached Annual Report)**
Our goal is also to provide more comprehensive and engaging **Newsletters** on a regular/six-monthly basis (see December, 2019; October, 2020 on website)
- **New Division 17 Website:** A key priority this year has been the design of a new website (see: <https://iaapsy.org/divisions/division17/>). This has been formally launched, up-loaded and continues to be a ‘work in progress’ (all recommendations and assistance welcome! The format has included an **Index/summary of ‘items/resources of interest’**
See: https://iaapsy.org/site/assets/files/2249/iaap_newsletters_-_content_tags.pdf
This has been developed by Professor Nancy Ruddy (Div 17 Executive Committee) and her PhD student: **Hannah Sokoloff-Rubin; it clusters all ‘Items of Interest’ included in our E-News (since 2017) under different categories: e.g. Integrated Care, Evidence-Based Treatment, Climate Crisis and Disaster Management, Self Care and Wellness, etc. This is an invaluable resource and we thank both Nancy and Hannah for their wonderful effort; we hope this will be maintained as we provide new items in our Division 17 E-News each month**

Webinars: We have presented 3 webinars for IAAP members as outlined below and have several webinars in the planning stages, focused on aspects of integrated care. However, the IAAP currently auspices two webinars a year, so we need to wait our/Division 17’s turn again. **Division 17 Webinars** as follows:

29th March, 2022: ‘Integrated primary care and the science of teamwork’: Susan McDaniel PhD and Eduardo Salas PhD

<https://iaapsy.org/members/webinars/economic-behavior-and-the-covid-19-pandemic-cooperation-consumptionand-entrepreneurship-1/>

Files: https://iaapsy.org/site/assets/files/2236/iaap_webinar_mcdaniel_salas_references_032922.pdf **References:** https://iaapsy.org/site/assets/files/2236/iaap_webinar_mcdaniel_salas_references_032922.pdf

9th October, 2021: ‘The role of psychology in integrated healthcare: Migraine, a work in progress’:

Paul Martin PhD

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

**15th May, 2019: ‘The Critical Role of Psychology in an Integrated Primary Care Model’:
James Bray PhD and Robyn Vines PhD**

<https://iaapsy.org/members/webinars/the-critical-role-of-psychology-in-an-integrated-primary-care-modelpresented-by-iaap-division-17/>

- **Succession Planning and Expansion of our Executive Team:**

A key priority again this year has been to expand our Executive team, a goal we have achieved. In addition to our Presidential duo, the rest of our terrific Executive Team ensures continuity for the Division of Professional Practice, which is a relatively new Division (founded in 2008 in Berlin). We now have members from a variety of locations in the USA, Australia, Rwanda, Dubai/the UAE and our numbers are growing. Please be in touch with us if you would like to participate. Members from diverse parts of the world are welcome!!

- **Publications by Division Members:** (*highlighted by our E-News Editor: Robyn Vines*)
Our President-Elect, Tim Carey writes monthly articles (since 2014) for the internationally renowned journal '**Psychology Today**' - with a **total of 120+ articles** on multiple interesting topics focused on 'control' - these have garnered 1.5+ million views.

Please have a browse: <https://www.psychologytoday.com/au/blog/in-control> - they are extremely interesting and thought-provoking. **Latest Articles:**

IDENTITY

- **8.11.24: We're All in the Goldilocks Business**
Everything we do centers around keeping the just rights that determine, and are determined by, our living, exactly the way we want them to be.
<https://www.psychologytoday.com/au/blog/in-control/202410/were-all-in-the-goldilocks-business>
- **9.10.24: Does It Matter if You Matter?**
The paradox of mattering is that if I want to matter, I rely on others for that to happen.
<https://www.psychologytoday.com/au/blog/in-control/202409/does-it-matter-if-you-matter>
- **5.9.24: MOTIVATION: Do You Ever Have to Restrain Yourself?** - Holding back and resisting are necessary aspects of restraint. Restraining involves wanting something, and also preventing yourself from getting it.
<https://www.psychologytoday.com/au/blog/in-control/202408/do-you-ever-have-to-restrain-yourself>

Items/resources of professional interest

NOVEMBER-DECEMBER, 2024:

(with thanks to the APA, APS, WHO, PBS, BBC etc.)

(for previous items see Appendix below/at end of E-News: December, 2021 – August, 2024))



Why Are Some Kids Shy?

U.S. culture tends to prize being bold and outgoing, making the world harder to navigate for kids who are shy. **Koraly Pérez-Edgar, PhD**, joined APA's *Speaking of Psychology* podcast to talk about temperament in young children, how shyness develops from babyhood on, the difference between shyness and introversion, how parents and other caregivers can best support shy kids, and recognizing the advantages of a shy temperament.

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



Is Being Busy Good for People With ADHD?

People with attention-deficit/hyperactivity disorder (ADHD) “seem to do best when there’s an urgent deadline or when the stakes are high,” said **Margaret Sibley, PhD**, a professor at the University of Washington School of Medicine, in a *New York Times* article. This may play into Sibley’s recent research findings that periods of higher responsibilities and obligations may be associated with periods of milder ADHD.

https://www.nytimes.com/2024/11/13/well/mind/adhd-symptoms-busy-schedule.html?unlocked_article_code=1.a04.CdB7.O2dsjl6SmpKM&smid=url-share



How To Have Hard Conversations With Your Kid About Quitting

In an NPR article, experts advise how to navigate when your child wants to quit an extracurricular activity. **Vanessa Lapointe, PhD**, a child psychologist and parenting coach, notes, “A lot of times our intentions get muddled by our own desires.” If your child’s confession of a desire to quit hits you hard, it might be best to first unpack your own feelings. Children might also struggle to fully articulate their experience so observe your child, ask questions, and make them feel heard. You might discover there are issues you can help fix, or an alternative approach that better fits your child’s needs, such as taking a short break from the activity.

<https://www.npr.org/2024/11/09/g-s1-33481/why-its-so-hard-for-parents-to-let-their-kid-quit>



Why Humans Cry

Humans are the only species that cry emotional tears—how did that response develop evolutionarily? In a *New York Times* article, researchers share how helplessness leads to tears, why some people cry more than others, and the benefits of a good cry.

https://www.nytimes.com/2024/11/14/well/mind/why-people-cry-tears.html?unlocked_article_code=1.a04.9jRy.KEPi3GzhYH5f&smid=url-share



The Case Against Cynicism

Though understandable in the face of injustice, cynicism does more harm than good—cynics suffer poor mental and physical health, and social mistrust increases crime, polarization, and disease. Hopeful skepticism, on the other hand, encourages an open mind, acknowledging we don’t know the future yet believing we can make a difference. **Jamil Zaki, PhD**, a professor of psychology at Stanford University and director of the Stanford Social Neuroscience Lab, spoke with CNN about replacing cynicism with hopeful skepticism.

<https://edition.cnn.com/2024/11/09/health/hope-for-cynics-jamil-zaki-wellness/index.html>

Psychology Advocacy Post-American Election (see item below):



Election Raises the Stakes for Psychology Advocacy

Following the 2024 election, APA Services will step up its focus on protecting access to psychological services and funding. A key priority will be renewing the 2017 tax cuts that are set to expire at the end of 2025. Paying for the cuts will likely lead to deep reductions in discretionary spending, including cuts to research, education, and health programs. While this poses significant challenges, APA Services and its members will continue to advance its advocacy priorities. These priorities, grounded in psychological science, include expanding access to psychological services, integrated health care, and programs that promote health equity and human rights, address population health, and protect investments in the psychology workforce, research, and education. Read more from APA Services on state level legislative activity and actions to take now.

<https://www.apaservices.org/advocacy/news/election-psychology>