

JANUARY, 2025 E-News Division of Professional Practice (Division 17)



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- **ACTIVITIES: Division of Professional Practice: November-December – see below**
- **RESOURCES/ITEMS of professional interest:
from WHO, UN, APA, APS, the BBC, PBS, ABC, etc.**
- **APPENDIX: Previous resources of interest (July, 2024 back to Nov/Dec, 2021)**

ACTIVITIES: Division 17 - to January, 2025

- **Monthly Executive Committee Zoom meetings:**
We have continued our monthly schedule of Executive Meetings, with a growing membership now including members from Argentina, Ireland and Japan – and are very glad to welcome these new members in addition to our ongoing membership from the USA, Australia, Rwanda and the UAE. We all enjoy these meetings where conversations are focused, collegial, and stimulating, sharing new approaches and developing warm professional friendships whilst contributing to aspects of our profession globally.
Meetings: 9th/10th January; **next meeting: 3rd/4th February**
- **Conference Presentations:** The Executive Committee have two key foci at the moment:
ECP (Cyprus: July, 2025): We have submitted abstracts for a double-symposium entitled: *“International Perspectives on Psychologists in Integrated Health Care: Equitable, Accessible and Innovative Models”* (thanks to James Bray, Past President) for compiling our this).
ICAP (Florence: July, 2026): we have been asked as a team by the IAAP Executive to submit ideas for keynote speakers, invited symposia and other papers for the Florence ICAP program and are well-advanced in finalising our ideas for this (thanks to Tim Carey, President-Elect for compiling this).
These two events are 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 promoting the concept of integrated primary mental health care - in which the profession of psychology is a key player - both nationally and internationally
- **Communication:** our main priority has been to stay in touch with our Members and to provide latest information and items of interest and support. Our monthly **Division of**

Professional Practice E-News assists in doing this (Editor: Robyn Vines PhD: 2018-)See: <https://iaapsy.org/divisions/division17/>

Our eventual goal is to provide more comprehensive **Newsletters** on a regular/six-monthly basis (see December, 2019; October, 2020 on website)

- **Division 17 Website:** Ongoing development: see: <https://iaapsy.org/divisions/division17/>) all recommendations and assistance welcome. The format has included an **Index/summary** of **'Items/resources of interest'** (see below)

See: https://iaapsy.org/site/assets/files/2249/iaap_newsletters_-_content_tags.pdf

Developed by Professor Nancy Ruddy (Div 17 Executive Committee) and 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 requires regular up-dating.**

Webinars: We have been informed that there is opportunity for further Division 17 webinars in 2025 as the IAAP is expanding these during the coming year. We look forward to proposing further ideas- see current Div. 17 Webinars below:

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/>

- **Publications by Division Members:** (highlighted by our E-News Editor: Robyn Vines)

Our President-Elect, Tim Carey has written monthly articles since 2014 for the internationally renowned journal **'Psychology Today'** -

Please have a browse: <https://www.psychologytoday.com/au/blog/in-control> - they're interesting and thought-provoking.

Latest articles:

- **27.12.24: I Know I Know It: Have you ever not been able to recall something you know you know?**
<https://www.psychologytoday.com/au/blog/in-control/202412/i-know-i-know-it>
- **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. Restraint 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>

For Items/resources of professional interest

DECEMBER, 2024 – JANUARY, 2025:

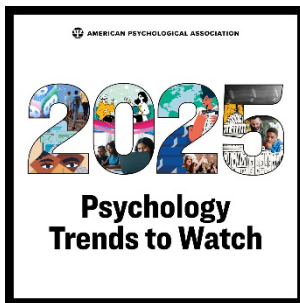
(see next page)

Items/resources of professional interest

DECEMBER, 2024 – JANUARY, 2025:

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

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



Top 10 Trends To Watch in 2025

Ten Key Trends that will shape our profession in 2025: APA SPECIAL REPORT/VIDEO: APA's *Monitor on Psychology* highlights the notable changes and developments poised to influence the field of psychology in profound ways. In this issue, learn best practices for choosing or upgrading your artificial intelligence–powered tools to advance your work; understand the new landscape and techniques for equity, diversity, and inclusion; look ahead on the modernization of the field, international research collaborations, and therapeutic breakthroughs; see how psychology will continue to influence workplaces and classrooms; and more:

<https://www.apa.org/monitor/2025/01/top-10-trends-to-watch>

For video see: <https://www.youtube.com/watch?v=ggDFWYdWqq8>



Wildfires Are a Threat to Mental Health That Can Linger Even Years Later

See: <https://edition.cnn.com/2025/01/10/health/wildfires-impact-mental-health/index.html>

Immediate mental health effects of the Los Angeles wildfires will be quickly apparent, but research on previous fires in California suggests that mental health concerns may linger for years. In this CNN article, experts talk about how the uncertainty of the situation and traumatic losses will be major contributors to lasting mental health issues, and how smoke inhalation can also trigger anxiety.

Several California Psychological Association chapters are organizing and recruiting members to provide pro-bono remote therapeutic support to people in Southern California. If you are licensed in California and have capacity to assist, reach out to your local chapter. Read about disaster mental health information for psychologists:

<https://www.apa.org/topics/disasters-response/disaster-mental-health-psychologists>



What the Psychology of Conflict Zones Can Teach Us About Civility

Incivility is surging across the United States, seeping into [workplaces](#) and [online spaces](#). Whether it's online name-calling, threats toward local officials, or fighting words from political leaders, incivility is more than just a nuisance. It silences people, especially those outside the majority. "America structurally encourages an 'us versus them' mentality with the two-party system," because it encourages rivalry, said **Kurt Gray, PhD**, a professor of psychology and neuroscience at the University of North Carolina at Chapel Hill. Researchers who focus on psychology within conflict zones and other fractured societies have science-backed methods to help challenge misconceptions and focus on shared values and increased connection to promote civility.

See: <https://www.shrm.org/topics-tools/research/latest-civility-index-results>
<https://www.pewresearch.org/internet/2014/10/22/online-harassment/>



Warning about Certain AI Chatbots

The APA has appealed to the Federal Trade Commission asking the agency to investigate deceptive practices used by any chatbot platform. The appeal follows a lawsuit filed by parents of two teenagers, which includes a claim that an AI chatbot presented itself as a psychologist. APA's senior director of health care innovation **Vaile Wright, PhD**, spoke to *Mashable* about APA's concerns about misleading AI chatbots and the need to build safe, effective, ethical, and responsible products. "If we're serious about addressing the mental health crisis, which I think many of us are," Wright said, "then it's about figuring out, how do we get consumers access to the right products that are actually going to help them?" <https://mashable.com/article/ai-therapist-chatbots-ftc>



'Sober Curiosity' Destigmatizes the Desire Not To Drink

The new year is often a time when people cut back on drinking, but a year-round low- or no-alcohol life is becoming more mainstream as people cut back or quit drinking for reasons of mental, physical, or financial health—not necessarily because they believe they have an alcohol use problem. [Related: U.S. Surgeon General Vivek Murthy released an advisory on the [causal relationship between alcohol consumption and cancer](#).] Read experts' [tips for cutting back](#) (and the benefits of doing so, even temporarily) in the *Monitor* and hear more about [why people are taking a break from alcohol](#) on APA's *Speaking of Psychology* podcast.

See: <https://www.hhs.gov/surgeongeneral/reports-and-publications/alcohol-cancer/index.html>

- <https://www.apa.org/monitor/2025/01/sober-curious-alcohol-moderation#tips>
- <https://www.apa.org/news/podcasts/speaking-of-psychology/dry-january>



7 Strategies to Strengthen Your Relationships in 2025:

Many New Year's goals include intentions to improve relationships, with resolutions to see friends more often or argue with a partner less. *The New York Times* shared its seven favorite pieces of relationship advice to bring into 2025, including tips for bringing novelty into a friendship with a new activity, distinguishing between red flags and yellow flags when dating a new partner, and embracing "I statements" as a way to own your feelings and communicate your needs.

https://www.nytimes.com/2024/12/30/well/relationship-friendship-family-advice.html?unlocked_article_code=1.pE4.E031.M4U0ITWXuAd5&smid=url-share



2024 APA Practitioner Pulse Survey:

Psychologists continue to face challenges related to capacity, insurance, and uncertainty about the future of mental health care, according to the [2024 Practitioner Pulse Survey](https://www.apa.org/pubs/reports/practitioner/2024/index) released today, an annual survey by APA and its companion organization APA Services to assess the main trends and challenges facing practicing psychologists. Here's what you said are the biggest barriers to care in today's rapidly changing practice landscape. **See:**

<https://www.apa.org/pubs/reports/practitioner/2024/index>

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 Members and those interested in joining.