

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



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Table of Contents: March, 2025 E-News:

- **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 March, 2025

- **Monthly Executive Committee Zoom meetings:**
It is 'business as usual' with our monthly schedule of Executive Meetings, with a growing membership now including members from Argentina, Ireland and Japan. March meeting date is pending with latest meeting being held on 3rd/4th February
- **ECM: IAAP Early Career Marathon:**
Several of our Division 17 Executive Team were involved in the provision of feedback/discussant videos to early career researcher presentations and attended part of the 4th Early Career Marathon – an amazing 24-hour event. Congratulations to the IAAP ECM Organising Committee who provide a wonderful opportunity to early career researchers and psychologists with an international opportunity to 'show case' their latest research projects. It was a wonderful event as always.
- **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). The double-symposium has been accepted by the ECP Congress committee so a number of our Division Executive will be attending (both the conference and IAAP meetings)
ICAP (Florence: July, 2026): we have submitted ideas for keynote speakers, invited symposia and other papers to the IAAP Executive for the Florence ICAP program and are well-advanced in finalising our ideas for this - thanks to Tim Carey, President-Elect for compilation – still a work in progress with information being provided to members as soon as possible.

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 monthly **Division of Professional Practice E-News** continues (Editor: Robyn Vines PhD: 2018-) **See:** <https://iaapsy.org/divisions/division17/>

Our main priority has been to stay in touch with our Members and to provide latest information and items of interest and support. 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-consumption-and-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-model-presented-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:

- **6.2.25: When Advice is Most Helpful:**
<https://www.psychologytoday.com/au/blog/in-control/202501/when-advice-is-most-helpful>
- **23.1.25: What are your stories of you?**
<https://www.psychologytoday.com/au/blog/in-control/202501/what-are-your-stories-of-you>

For all previous articles see: <https://www.psychologytoday.com/au/blog/in-control>

Items/resources of professional interest:

JANUARY to MARCH, 2025:

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

(see next page)

Understanding and Treating Chronic Pain

<https://www.apa.org/news/podcasts/speaking-of-psychology/treating-chronic-pain>



Each year, more than 50 million U.S. adults experience chronic pain. Increasingly, researchers and patients are finding that behavioral treatments and therapies can be an important part of pain treatment. Pain psychologist **Rachel V. Aaron, PhD**, joined APA's *Speaking of Psychology* podcast to discuss what effective treatments are available, the link between chronic pain and mental health, how our emotions and life experiences affect pain, and what promising treatments are on the horizon. See more from APA's *Monitor on Psychology* on **strategies for treating chronic pain**: <https://www.apa.org/monitor/2022/09/understanding-managing-pain>



A Flying Phobia Affects More Than 25 Million Americans. Here's How To Manage It

<https://edition.cnn.com/2025/02/02/travel/fear-of-flying-plane-crash-wellness/index.html>

The plane and helicopter collision in Washington, D.C., a medical jet crash in Philadelphia, and other recent near misses have brought more attention to aerophobia (the fear of flying), which is most common for people between ages 17 and 34. A CNN article details symptoms of aerophobia (and how they differ from flight anxiety), treatment, and recovery. Exposure therapy with relaxation and distraction techniques is often used, as well as treating underlying related causes, such as claustrophobia, or fears of heights, becoming motion sick and vomiting, or catching a contagious illness.



Human Therapists Prepare for Battle Against AI Pretenders

https://www.nytimes.com/2025/02/24/health/ai-therapists-chatbots.html?unlocked_article_code=1.zk4.xFUw.MpFS0w1QUVN5&smid=url-share

The New York Times reported on concerns about chatbots that use artificial intelligence to “masquerade” as therapists, citing alarming therapeutic responses from the bots. Some bots claim to have advanced degrees from specific universities and training in specific treatments. APA has asked the Federal Trade Commission to investigate such claims. “I think that we are at a point where we have to decide how these technologies are going to be integrated, what kind of guardrails we are going to put up, what kinds of protections are we going to give people,” said APA CEO **Arthur C. Evans Jr., PhD**.



How To Say 'No': The Power of Defiance

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

We've all been in the position of going along to get along, or saying yes when we really want to say no. Maybe we agreed to a volunteer position that we didn't really have the time for or complied with social pressure to avoid offending someone else. Organizational psychologist **Sunita Sah, PhD**, author of *Defy: The Power of No in a World That Demands Yes*, joined APA's *Speaking of Psychology* podcast to talk about why it can be so hard to speak up and how you can strengthen your resolve and say no when the situation calls for it.



Should Your Partner Really Be Your Best Friend?

https://www.nytimes.com/2025/02/07/well/family/husband-wife-best-friend.html?unlocked_article_code=1.zk4.dITP.DinVTXh_Fdae&smid=url-share

Expectations for a marital relationship have widely broadened in the roles people believe they need to fill, psychologists point out in a *New York Times* article. A popular role is the idea of the spousal best friend. It may work for some, but for others it may set unreasonable expectations. "Every additional expectation that you're throwing on top of your relationship comes with opportunity for enhanced closeness—and it comes with additional risk that the relationship will buckle under the weight of those expectations," said **Eli J. Finkel, PhD**, a social psychologist and the author of *The All-Or-Nothing Marriage: How the Best Marriages Work*.



Shared Reality in Relationships Reduces Uncertainty and Boosts Meaning in Life, Study Finds

https://www.psypost.org/shared-reality-in-romantic-relationships-reduces-uncertainty-and-boosts-meaning-in-life-study-finds/#google_vignette

PsyPost featured a recent study in the *Journal of Personality and Social Psychology* that used diverse methodologies to reveal how couples that possess a greater shared understanding of the experienced a stronger sense of meaning in life, also correlated with reduced uncertainty about racism, the sociopolitical environment, and work. "We invest significant time and energy in our relationships, and this research shows why that effort matters," said study author **M. Catalina Enestrom, PhD**, an organizational psychologist at IESE Business School.



Measurement-Based Care: A Transformative Approach to Treatment

<https://www.apa.org/monitor/2025/01/measurement-based-care-transforms-treatment>

Measurement-based care is not yet routinely taught in graduate school, so for some, it remains a source of mystery and confusion. In APA's *Monitor on Psychology*, experts share why it's important and how to get started. Despite concerns about cutting into clinical time or disrupting the natural flow, measurement adopters find that it can empower patients, clarify treatment goals, strengthen the therapeutic alliance, and improve outcomes.



Narcissists: Social Rejection Could Worsen Their Behavior, Study Finds

<https://edition.cnn.com/2025/02/20/health/narcissism-social-exclusion-rejection-wellness/index.html>

Narcissists are likely to be excluded from social settings on account of often displaying socially disruptive behavior such as aggression or arrogance, suggests research highlighted by CNN. With an already heightened sensitivity to perceived ostracism, such self-absorbed individuals are likely to react negatively, perpetuating further exclusion. People showing narcissistic behaviors can change with early intervention via therapy involving social skills training or cognitive behavioral therapy. For those navigating a work or personal relationship with a narcissist, experts recommend empathetic disengagement—remaining polite without sacrificing your own needs and well-being.



Executive Orders Cause 'Chaos' at the VA, Some Staffers Say

<https://www.nbcnews.com/nbc-out/out-politics-and-policy/trumps-executive-orders-cause-chaos-va-staffers-say-rcna192045>

Psychologists at the U.S. Department of Veterans Affairs are concerned about the flurry of executive orders and policy changes, as reported by NBC News. Issues around filling open psychologist positions, return-to-office requirements for remote workers filling short-staffed clinics in different locations, and LGBTQ-related messaging are all contributing to an environment of chaos. [Related: Stay informed about APA/APASI's response to recent federal policy changes affecting psychology with our [Response Center](https://updates.apaservices.org/): <https://updates.apaservices.org/>]



How Science Proves Killing DEI Won't Turn the U.S. Into a Color-Blind Meritocracy

<https://www.fastcompany.com/91272660/how-science-proves-killing-dei-wont-turn-the-u-s-into-a-color-blind-meritocracy>

Fast Company featured social psychologist **Keon West, DPhil**, of the University of London, highlighting his new book on the science of racism. His book "demonstrates just how pervasive racism is in society"—in the workplace and beyond. West shared how myths of color blindness and promises of equality allow people to ignore racism. "Color blindness is incredibly attractive because it allows people to stop thinking about racism," West said. "It localizes a problem internally—*If I don't notice race, then it's done*. But of course, you *do* notice race. Everybody does."

Articles:

- **How to suggest a loved one see a therapist:**
(Think someone should see a therapist? Here's how to bring it up | Psyche Ideas)
<https://psyche.co/ideas/think-someone-should-see-a-therapist-heres-how-to-bring-it-up>
- **Three subtle signs that you need time off work:**
<https://www.cnn.com/2025/02/16/subtle-signs-you-need-time-off-from-work-says-psychologist.html>
- **Overstimulation or sensory overload:**
<https://www.cnn.com/2025/02/16/subtle-signs-you-need-time-off-from-work-says-psychologist.html>

INSOMNIA:

[What an Insomniac Knows](https://www.newyorker.com/magazine/2025/01/27/what-an-insomniac-knows) | [The New Yorker](https://www.newyorker.com/magazine/2025/01/27/what-an-insomniac-knows) Daily: 27.1.25

https://www.newyorker.com/magazine/2025/01/27/what-an-insomniac-knows?utm_source=nl&utm_brand=tny&utm_mailing=TNY_Daily_012625&utm_campaign=aud-dev&utm_medium=email&utm_term=tny_daily_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccc03faa7cd2&hashb=5b9324a7fd7dd5e6186a84bf197433a65508d721&hashc=77b7c1a9bb0979836c22f00a89ece66e6f72a03c94b079be53f540eb9c3a67c&esrc=footer_unit_business&mbid=CRMNYR012019

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What an Insomniac Knows

What's really going on when you can't power down?

“Not being able to sleep and being awake are two distinct settings,” [Adam Gopnik](#) writes in this week's issue.

“Insomniacs seldom just get up, work for an hour, enjoy the silence of the house. This implies a state of serenity that's exactly what we don't have; if we could be that calm, we'd be asleep.” Gopnik shares the same affliction with such “creative and prolific” souls as the Brontës, Kafka, Proust, and Wilt Chamberlain—good company, whose sleeplessness might have been a key to their great accomplishments. (There are the “dubious sorts,” as well—Napoleon, Kissinger—who were famously lousy sleepers.) Gopnik considers new research about this cruel and durable human malady, in a new moment of mass unease.

HOW TO OVERCOME PROCRASTINATION

<https://therapist.com/self-development/how-to-overcome-procrastination/>

Reviewed by [Robert Bogenberger, PhD](#); Written by [Elise Burley](#); updated: 05/14/2024

You know when you put off doing your taxes until the last minute? Or when you don't clean your house until absolutely every surface is covered in clothes, dishes, and dust?

That's what procrastination looks like. You know you need to get a task done, but you delay it because you think it's unpleasant. The problem is, putting things off doesn't make them any more pleasant. More often than not, postponing tasks only makes them seem worse

REVENGE BEDTIME POSTPONEMENT

https://therapist.com/disorders/insomnia/revenge-bedtime-procrastination/?utm_campaign=tcom_articles&utm_medium=email&hsenc=p2ANqtz-8hwgojo5slh12T9U_rDTgY9caLxki8j4mExXzwDNBMMaXd3438iaN6meXNGYoaB56RS6OKGTJzPbomFO-7WldZaVWLHQ&hsmi=344196561&utm_content=344061332&utm_source=hs_email

Revenge bedtime procrastination: Why we do it and how to stop

Written by [Elise Burley](#)

Last updated: 05/14/2024

Imagine this scenario: You just got home from your 9-to-5. You're exhausted, but dinner isn't going to make itself. Your spouse is running late and won't be home for another hour. Somehow, you have to get dinner on the table, help the kids do their homework, drive one of them to their math tutoring lesson (and pick them up), pay some bills online, clean the cat's litter box, and run a load or two of laundry. There are probably a bunch of other tasks that still need to get done, but you can't remember what they are right now. And that's just as well, because there aren't enough hours in the day to get them all done anyway.

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

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

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