

**Division of Professional Practice (Division 17)**  
**DECEMBER E-News 2021**  
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**Susan McDaniel PhD: President-Elect**



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**Contents of December E-News:**

- **Division 17 Activity:**
  - **Webinar** (held on 8<sup>th</sup>/9<sup>th</sup> November, 2021): see below  
*“The role of psychology in integrated healthcare: Migraine, a work in progress” – Professor Paul Martin (Australia) and Professor James Bray (USA)*
  - List of professional achievements for 2021
  - Early Career Marathon
  - ICAP
- **Items/resources of potential interest for Professional Practice**
  - Forthcoming Courses, Webinars/PD events in November
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- **Reflections on November-December: “Snapshot of events during the past month”**
  - **The World in the time of COVID**

**Division 17 Activity (November-December, 2021)**

**The Division Highlight of this month:**

- **WEBINAR: Division of Professional Practice (9<sup>th</sup>/10<sup>th</sup> October)**  
<https://iaapsy.org/members/webinars/the-role-of-psychology-in-integrated-healthcare/>  
*“The role of psychology in integrated healthcare: Migraine, a work in progress”*  
**SPEAKER: Professor Paul Martin (Australia); DISCUSSANT: Professor James Bray (USA)**  
**CONVENOR: IAAP Division 17 President: Dr. Robyn Vines**  
**Brief introduction: “What do we mean by ‘integrated healthcare?’**  
**Description:**  
*“Five years ago, we wrote a grant application entitled **Integrating behavioural treatment for migraine into primary care: Making a difference to the ‘Global Burden of Disease’**. We pointed out that the United States Headache Consortium found Grade A evidence (‘multiple well-designed randomised clinical trials, directly relevant to the recommendation, that yield a consistent pattern of findings’) in support of behavioural treatment for migraine. We argued*

that the problem was that of the over 1 billion people around the world who suffer from migraine, vanishingly few receive such treatment. Our proposal was for a translational research trial taking behavioural treatment for migraine into the primary care setting. The grant application was not funded. The case for change and the barriers to change will be discussed along with some suggestions for pathways forward.”

**With special thanks to the IAAP Operations Team for organising this event so proficiently.**

- **ANNUAL LIST OF PROFESSIONAL ACHIEVEMENTS: Division 17 members**

The IAAP Secretary General: Pedro Neves sent an email early in November requesting all Division Presidents to:

- 1) Send an email with a request to Division members
- 2) Requesting members to provide the following information: *type of contribution (multiple – not just publications), articles: name of authors, title, reference, link, etc.*
- 3) Receive the information from division members and compile the information
- 4) Return by *November 26* to meet the final e-news deadline.

This was done and a small number of Division members returned the information to us for compilation. We hope to build on this each year.

- **IAAP Early Career Marathon: Integrating Research and Practice: 16/17 October, 2021**

**Information in relation to this IAAP-wide activity is still available on the Website – see:**  
<https://iaapsy.org/meetings/early-career-marathon-integrating-research-and-practice/#Overview>

**The Division of Professional Practice** participated (Susan McDaniel and Robyn Vines: as members of the Scientific Committee) in the first IAAP Early Career Marathon: an extraordinarily dynamic on-line conference, integrating research and practice, with presentations over a 24-hour period from all over the world. This was a wonderful initiative of IAAP Student Division (Div. 15) – providing opportunities for young career researchers across the world.

**To quote Professor Christine Roland-Levy:**

*“The Early Career Marathon was a one-of-a-kind virtual event dedicated to student and early career psychologists. Selected participants gave brief presentations (15 minutes) on their research, which was reviewed by top psychologists around the world. Presentations and reviews were shown during a ‘24-hour marathon’ (16<sup>th</sup> – 17<sup>th</sup> October) with time for questions and answers.”*

**See presentation abstracts in APAW (Applied Psychology Around the World)**

**Special Issue, October, 2021:** [https://iaapsy.org/site/assets/files/1082/apaw\\_2021\\_special\\_issue.pdf](https://iaapsy.org/site/assets/files/1082/apaw_2021_special_issue.pdf)

**All addresses: Students and Keynote Speakers:**

[https://www.youtube.com/playlist?list=PLT5TCA2bPpKnT4\\_G6a547z2\\_8q4VlbGAI](https://www.youtube.com/playlist?list=PLT5TCA2bPpKnT4_G6a547z2_8q4VlbGAI)

**Of particular interest to Division 17 (given our involvement with IAAP UN engagement)**

**Taking IAAP Global: Advocacy at the UN: Dr. Judy Kuriansky**

[https://www.youtube.com/watch?v=8YsskWL0AUU&list=PLT5TCA2bPpKnT4\\_G6a547z2\\_8q4VlbGAI&index=25](https://www.youtube.com/watch?v=8YsskWL0AUU&list=PLT5TCA2bPpKnT4_G6a547z2_8q4VlbGAI&index=25)

- **International Congresses:**

**ICAP, 2022 (now 2023): Professor Judith Gullifer** (Monash University, Australia) is now our ‘**Division 17 Manager for ICAP, Beijing**’ (now: July, 2023).

Please email her: with lecture, symposia and poster ideas:

Email: [judith.gullifer@monash.edu](mailto:judith.gullifer@monash.edu)

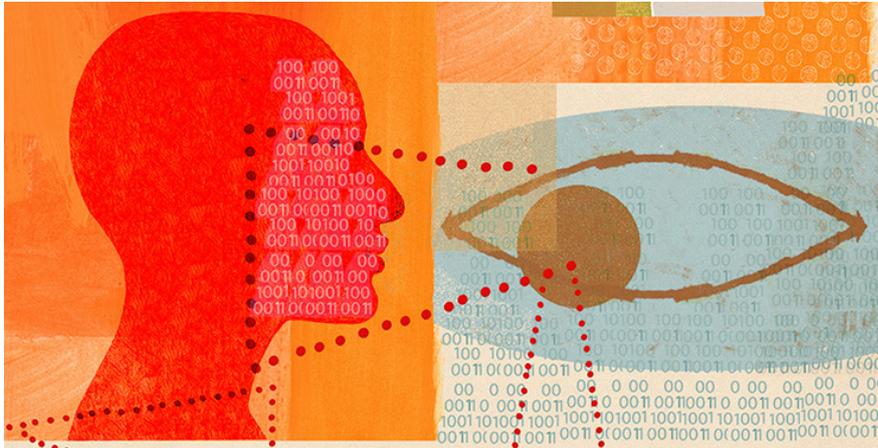
(See: <https://www.monash.edu/turner-institute/news-and-events/latest-news/2021-articles/welcome-to-professor-judith-gullifer> )

## Items/resources of potential interest during November:

### **The promise and challenges of AI**

Psychologists are playing a larger role in the development and use of artificial intelligence, including how it can be used to improve mental health

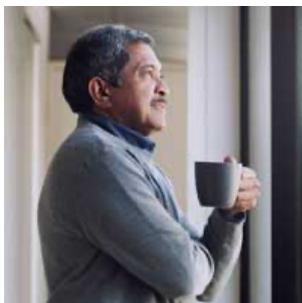
<https://www.apa.org/monitor/2021/11/cover-artificial-intelligence>



### **Veterans Struggle With Issues That Are Often Invisible to Others**

A *New York Times* article details the mental and physical conditions that many veterans are still facing years after their military service. Learn more about [psychology's advocacy for veterans](#) and how you can get involved. See APA's [Clinical Practice Guidelines](#) for the treatment of post-traumatic stress disorder, with case examples of treatment for veterans.

<https://www.nytimes.com/2021/09/07/us/politics/afghan-war-iraq-veterans.html>



### **Reenvisioning Self-Care**

The past 2 years have emphasized how important it is to tend to our physical and mental health. The idea of self-care is often oversimplified into a discussion of yoga and bubble baths. Neuropsychologist Laura Boxley, PhD, ABPP, of The Ohio State University is reframing what self-care really looks like and how psychologists can make top-down changes rather than adding bottom-up pressures.

<https://www.apa.org/monitor/2021/11/conversation-boxley>

## Helping Your Clients Cope with Holiday Problems/Issues:

Holidays are usually viewed as a time of celebration with friends and family, but for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression.

People with a prior mental health condition may be even more prone to experiencing significant problems during the holidays. According to the National Alliance on Mental Illness (NAMI), 64% of people with an existing mental illness report that the holidays make their condition worse. Similarly, people who have experienced a significant loss in the last year may be dreading the holidays and wondering how they will fare without their loved ones present at holiday celebrations.

You can help your clients by suggesting they anticipate possible difficult situations during the holiday season. The worksheets below can help people take responsibility for creating better holidays, think about recurring problems they have with certain family members or friends, reach out to others if they are alone, and try different coping strategies to deal with memories of a recent loss.

### Creating a Better Holiday:

<https://files.constantcontact.com/ac06501c401/8c72f84a-8acc-4856-9c8f-569810e95314.pdf>

This worksheet is intended to help people who normally dread the holidays plan meaningful activities that will make these days (and all days) personally fulfilling.

### Anticipating Difficult Holiday Interactions

<https://files.constantcontact.com/ac06501c401/b35d5901-008c-45c6-a545-ceb627eda965.pdf>

This worksheet is designed to help people deal with difficult interactions during a holiday event. The worksheet asks the user to think about what kind of difficult interactions are likely to occur and consider positive ways to respond.

### Coping with Difficult Days After a Loss

<https://files.constantcontact.com/ac06501c401/132f1d7e-272f-4ad2-bc2b-fdb51c3f35d9.pdf>

This worksheet helps people prepare for difficult days after a significant loss. These days can be triggered by anniversaries, birthdays, holidays, or they can come for no apparent reason at all. The worksheet gives suggestions on how to prepare for these difficult days and develop a self-care plan.

### Do Not Be Alone

This worksheet is designed to help people see the importance of social activities as an integral part of mental health. It gives individuals a list of possible social activities to do each day.

<https://files.constantcontact.com/ac06501c401/edd468ec-fcb5-4af4-bd1e-c8ae79eac100.pdf>

## **Other:**

### **Historic moment for APA and the field of psychology:**

#### **Apology for systemic racism**

During its October 29 meeting, our APA Council of Representatives adopted an apology for APA's role—and the role of the discipline of psychology—in contributing to systemic racism. The apology acknowledges that APA "failed in its role leading the discipline of psychology, was complicit in contributing to systemic inequities, and hurt many through racism, racial discrimination, and denigration of people of color, thereby falling short on its mission to benefit society and improve lives."

The resolution, which passed unanimously, acknowledges that the association should have apologized sooner. "APA, and many in psychology, have long considered such an apology, but failed to accept responsibility," the resolution says.

The APA Council of Representatives also adopted two accompanying resolutions, one delineating APA's and psychology's role going forward in dismantling systemic racism and the other pledging to work to advance health equity in psychology. The former directs APA's CEO to develop a long-term plan to prioritize, operationalize and ensure accountability for achieving real action toward the goals identified in the resolutions. This plan is to be presented to the Council at its meeting in August 2022.

These three resolutions reflect a monumental undertaking involving a broad cross-section of APA's members,

including our elected and appointed leaders. The work was spearheaded by the APA Task Force on Strategies to Eradicate Racism, Discrimination, and Hate and its five-member Apology Advisory Subcommittee and the APA Presidential Task Force on Psychology and Health Equity, all composed of eminent psychologists who were chosen for their knowledge and expertise.

The apology and dismantling racism resolutions represent a significant milestone in APA's commitment and promise to examine the role that the field of psychology and the association itself have played in promoting and sustaining racial inequity. By affirming these resolutions as association policies, APA is in a much more informed position to take meaningful action, and ultimately, diversify and strengthen the organization and field of psychology.

The apology and resolutions are just the beginning of the work we must do to eradicate racism and discrimination within our field and build an equitable and diverse discipline. This requires our membership and profession to work together as allies.

<https://www.apa.org/about/policy/racism-apology>

## **Reflections on November-December - "Snapshot of Events during the past month":**

### **The key geopolitical event of the past month: COP26**

For two action-packed weeks in early November, all eyes were on Glasgow as the world's leaders and a total of 40,000 delegates met at what was dubbed the most important international climate summit in years: **See: COP26:** <https://ukcop26.org/>

### **The Negotiations and Outcomes Explained:**

**See:** <https://ukcop26.org/wp-content/uploads/2021/11/COP26-Negotiations-Explained.pdf>

Many of our colleagues are involved in climate action in response to their own, and their patients' growing concern about the fragility of the world's ecosystems. **We welcome input from any members who have 'close-up' experience of climate issues** and how they impact on our psychological practice.

### **What is climate change: a really simple guide:**

World temperatures are rising because of human activity, and climate change now threatens every aspect of human life. Left unchecked, humans and nature will experience catastrophic warming, with worsening droughts, greater sea level rise and mass extinction of species.

We face a huge challenge, but there are potential solutions.

<https://www.bbc.com/news/science-environment-24021772>

### **The World in the Time of COVID-19:**

As we write (**23.11.21**) the WHO Coronavirus Disease 'dashboard' indicates that there are now **256,966,237 confirmed cases of COVID-19, including 5,151,643 deaths reported to WHO - including a world-wide an increase of approximately 13.7 million registered cases in the past month alone ...** (compared to: 25.10.21: 243,260,214 confirmed cases; 4,941,039 deaths; 21.9.21: 228,394,572 confirmed cases; 4,690,186 registered deaths world-wide; 23.8.21: 211,373,303 confirmed cases, including 4,424,341 deaths world-wide; 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).

**Vaccinations: As of 21.11.21, a total of 7,408,870,760 vaccine doses** of COVID-19 vaccine have been administered world-wide (compared to 20.10.21: **6,655,399,359 vaccine doses** ; 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).

**See: WHO:**

[https://covid19.who.int/?gclid=EAIaIQobChMIkPfx79Px7QIV2w0rCh2N\\_w2GEAAYASAAEgKQm\\_D\\_BwE](https://covid19.who.int/?gclid=EAIaIQobChMIkPfx79Px7QIV2w0rCh2N_w2GEAAYASAAEgKQm_D_BwE)

### COVID-19 Headlines:

**3.68mn new Covid-19 infections were reported around the world this week, the fifth increase in a row** – with Europe again accounting for most of the rise, prompting fears of restrictions being re-imposed again. New Covid-19 case numbers have been rising for the past five weeks, although the official death toll has been relatively steady. The increase in global case numbers in recent weeks has been almost wholly attributable to Europe but, in the past week, also to the US. Daily new cases per million population in major countries and regions: Europe accounted for 48% of the world's new cases this week, the US 18%, the Middle East 7%, Russia 7%, SE Asia 5¼% and Sth America 3½%. Europe also accounted for 25% of total deaths, Russia and the US 16¼% each. The highest cumulative infection and death rates (since the onset of the pandemic) have been in Europe, South and North America. Austria imposed new restrictions on unvaccinated people this week and other European countries may also tighten their restrictions. 21 countries have now fully vaccinated more than 70% of their population, another 9 are close to that threshold, and 32 more are over 50%. Progress of vaccinations has slowed in Canada, the US, UK and Europe in the past 2 months but has picked up in Japan, Australia and New Zealand. Vaccine hesitancy is now higher in the US and (surprisingly) in Germany than in other 'advanced' economies – and has fallen sharply in Australia. In the US there's a strong correlation between voting patterns and vaccine hesitancy, and between vaccination rates and infection rates. Although vaccination appears not to prevent the 'delta variant' from spreading, it does appear to reduce hospitalization and death rates. Voter approval of governments' handling of Covid has improved in Asia (except for Singapore) but declined in Europe (except for Italy & France).

**Australia:** recorded 8,590 new cases this week, the lowest number in 12 weeks, and hospitalizations are also the lowest in three months. New cases and hospitalizations are falling in both NSW and (more slowly) Victoria – while Western Australia will remain 'closed' until early next year. The smaller states and territories have done better at keeping the virus at bay, partly because they receive fewer overseas arrivals. People in their 20s & 30s have been more likely to become infected than other age groups this year – partly because fewer have been vaccinated. Vaccination rates among teenagers and younger adults appear to have slowed in recent weeks. After surging in NSW, Victoria & the ACT during the recent lockdowns, vaccinations have begun to slow overall – with the 'outlying states' now well behind. Australia's health restrictions are still stricter on average than other 'advanced' economies, but the gap is narrowing. Mobility indicators are showing that Australia is returning to 'normal' compared with other countries who haven't been under lockdown recently.

For further details see Saul Eslake's: 'Coronavirus Impact Chart': <https://www.saul-eslake.com/> and [Coronavirus Impact Chart Pack 2021-04-24.pdf](https://www.saul-eslake.com/Coronavirus%20Impact%20Chart%20Pack%202021-04-24.pdf) )

### Economic headlines: the broader context of our work

Ongoing economic uncertainty in most national economies continues. However, of 87 countries which have now reported Quarter 2 GDP estimates, 54 have recorded double-digit growth from last year's pandemic-induced trough, with the world economy growing by about 12% (over the year to Quarter 2 – a figure which is vastly flattered by comparison with last year's slump).

Only 19 countries (out of 52 for which Q2 or Q3 GDP estimates are available) have exceeded their pre-pandemic peaks. The more 'advanced' Asian economies, Australia's & NZ's and the US's, have recovered more rapidly from last year's recessions than Europe's. World trade volumes rose 0.7% in August, after falling 2.1% between March and July – and should recover further over the next three months or so. The global 'delta wave' interrupted the recovery in travel during Q3 – and after an apparent recovery, global flight traffic seems to be faltering again. The IMF sees a growing divide between 'advanced' and 'emerging' economies based on vaccination rates and the amount of policy support. These global inequities are both ethically wrong and pragmatically ineffective, given that new variants are likely to emerge amongst largely unvaccinated populations.

For further details see Saul Eslake's: 'Coronavirus Impact Chart': <https://www.saul-eslake.com/> and [Coronavirus Impact Chart Pack 2021-04-24.pdf](https://www.saul-eslake.com/Coronavirus%20Impact%20Chart%20Pack%202021-04-24.pdf) )

Please contact us if you have 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.

President Division of Professional Practice

**(November, 2021)**

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

**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 \(who.int\)](#)