

**Division of Professional Practice (Division 17)**



# Happy Holidays

**from the Division of Professional Practice  
(Division 17)**



Dear IAAP members,

**As 2021 comes to an end and a New Year approaches, the Division of Professional Practice (IAAP Division 17) would like to wish you all a very Happy New Year!**

**Our January 2022 E-News is below.**

**With Very Best Wishes,**

**Robyn Vines PhD: President  
Susan McDaniel PhD: President-Elect**

## Division of Professional Practice (Division 17) JANUARY E-News 2022



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### **January E-News: Contents:**

- **Reflections on 2021: "Snapshot of events during the past year"**
- **Division 17 Activity:**
  - Monthly E-News/Newsletter
  - List of professional achievements for 2021
  - Webinar (held on 8<sup>th</sup>/9<sup>th</sup> November, 2021): see below
  - Early Career Marathon: participation in this young psychologists' research event
  - Conferences
- **Items/resources of potential interest for Professional Practice**
  - Ideas re: 'facing uncertainty' as we face 2022
  - Other items of professional interest
    - How can we minimize Instagram's harmful effects?
    - Coping with Seasonal Affective Disorder During Another Pandemic Winter
    - It's Beginning to Look a Lot Like Holiday Social Anxiety
    - Re-thinking Work: The Great Resignation
    - Essential Science Conversations: Anti-Racism in Psychological Science
- **December-January, 2022**
  - The World in the time of COVID
  - COVID Headlines (18.12.21)

### **REFLECTIONS ON 2021: "Snapshot of Events":**

As we end the year, any sense of certainty in relation to the year ahead seems to have evaporated, with the escalating spread of the Omicron variant of COVID-19 (latest figures - see: *"The World in the time of COVID" below*). Whilst some are optimistic that its apparently less severe nature may augur the gradual end of the pandemic, others are less sanguine, indicating that the 4-5 times higher contagiousness/rapid spread may again result in an overstretch of health facilities and high mortality, due to sheer numbers. In the UK, as we write (27.12.21), 100,000 new cases are being registered daily, with the USA climbing by 1million each week. Rules in relation to safe distancing and mask wearing have loosened in many places due to 'COVID fatigue', with lack of clarity about guidelines again leading to further uncertainty

about 'capacity to contain'. Isolation as a preventative measure also remains largely 'optional' as politicians are reluctant to reintroduce unpopular restrictions. 2021 has also been a turbulent year apart from the ongoing pandemic, with unprecedented and disastrous weather events across the globe (including bushfires in California, floods in Germany, severe typhoons in many locations, etc.); lack of resolution at COP26 in Glasgow; the ongoing/continuing emergence of the 'Black Lives Matter' movement in response to the death of George Floyd in May, 2020 – amongst multiple other global events. In amongst this, it's important for us to focus on 'realistic optimism' in relation to the year ahead: i.e. how can we empower ourselves (and our clients/patients) to deal with these challenging circumstances instead of succumbing to Seligman's concept of 'learned helplessness' - often the precursor of depression, stress and anxiety (*ideas below in 'Items/resources of potential interest'; all suggestions welcome!*).

**Of note:**

- **The recent 'passing/transition' of Archbishop ("The Arch") Desmond Tutu:** an icon of resilience in South Africa's struggle to end apartheid and nation building beyond, in the hope of fairness and equity for all (see: <https://www.pbs.org/newshour/world/desmond-tutu-south-africas-nobel-peace-winner-dies-at-90> ). For those of us fortunate enough to be present when he spoke at ICP (the International Congress of Psychology in Cape Town, 2012) his inspirational energy (at the age of 82!), humour and positive messages of love, forgiveness and 'truth to power' will remain a beacon of hope in our troubled world.
- **Christmas message:** Queen Elizabeth, the world's longest serving current monarch (Platinum Jubilee/70<sup>th</sup> year in 2022), provides a simple reflection for the Festive Season (see: <https://www.youtube.com/watch?v=q3mUkKan5C4> )

**Key Activities of Division of Professional Practice during 2021:**

- **Monthly E-News** - see: <https://iaapsy.org/divisions/division17/>  
Each month during the course of the year (January to December), we have provided a monthly 'reflection' on current events, including a 'snapshot' of the changing statistics in relation to the pandemic: *"The World in the Time of COVID"*. It has been interesting to trace key issues during this time of turmoil globally, including increased prevalence of COVID-19 from (28.12.2) 79,673,994 confirmed cases and 1,761,381 deaths world-wide to **(27.12.21) 279,114,972 confirmed cases of COVID-19, including 5,397,580 'formally registered' deaths** – an increase of approx. 200million cases and 3½ million deaths during the past twelve months alone, probably an underestimate globally (earlier figures: 26.4.20: 2.8million cases, 200,000 deaths). We have enjoyed the monthly opportunity to be in touch with you all and encourage you to engage in a conversation with us as to the key issues you would like us to cover.
- **Our second WEBINAR: Division of Professional Practice (9<sup>th</sup>/10<sup>th</sup> October)**  
See: <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**  
***With special thanks to the IAAP Operations Team for organising this event so proficiently.***
- **ANNUAL LIST OF PROFESSIONAL ACHIEVEMENTS: Division 17 members**  
As requested by IAAP Secretary General: Pedro Neves, we provided a list of the diverse professional achievements we've been involved in during 2021.  
See: December Div 17 E-News:  
[https://iaapsy.org/site/assets/files/2215/iaap\\_dec\\_2021\\_copy\\_of\\_list\\_of\\_contributions\\_division\\_17.pdf](https://iaapsy.org/site/assets/files/2215/iaap_dec_2021_copy_of_list_of_contributions_division_17.pdf)
- **IAAP Early Career Marathon: Integrating Research and Practice: 16/17 October, 2021**

see: <https://iaapsy.org/meetings/early-career-marathon-integrating-research-and-practice/#Overview>

Susan McDaniel and Robyn Vines participated in this inaugural IAAP event as members of the Scientific Committee. It proved to be an extraordinarily dynamic on-line conference, integrating research and practice, with presentations over a 24-hour period from all over the world – providing opportunities for young career researchers across the world to showcase their psychological research work.

- **International Congresses:**

**Professor Judith Gullifer** (Monash University, Australia) has been appointed as our ‘**Division 17 Manager**’ for **ICAP, Beijing’ 2022** (now 2023).

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

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

### **Items/resources of potential interest during December, 2021 – January, 2022:**

#### **IDEAS RE: FACING UNCERTAINTY:**

- **See the classic: “Embracing Uncertainty: Achieving peace of mind as we face the unknown”: by Susan Jeffers**

Nobody knows what will happen in the next moment of our lives. Whatever is in store for us, the only thing we CAN be sure of is that nothing in life is certain. And since we all fear the unknown, life’s uncertainty can be a constant source of worry to us. Susan Jeffers: “life doesn’t have to be one worry after the next, a steady stream of ‘what if’s’, and a constant attempt to create a secure haven for ourselves”. She emphasises that an unknown future doesn’t prevent a rich and abundant life, and shows how, by enjoying life’s unpredictability, we transform ourselves from a position of fear to one filled with excitement and potential. Invaluable case-studies, exercises and her pragmatic wisdom illustrate that life is exhilarating because of, not in spite of, uncertainty.

- **See item on Seasonal Affective Disorder below**
- **Please send further recommendations from your own Practice**

#### **DECEMBER-JANUARY: Items of potential professional interest:**

**With thanks to the American Psychological Association):**

How can we minimize Instagram's harmful effects?

Psychologists’ research has shown that Instagram use is associated both with beneficial and detrimental effects—depending on how it’s used

By [Zara Abrams](#)

Date created: December 2, 2021; *Vol. 53 No. 2*

See: <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects>



More than a billion people use Instagram, spending an estimated average of 30 minutes per day on the image-heavy platform (eMarketer, 2020). But researchers know very little about how Instagram affects the mental health of its users. Facebook’s internal studies, published by *The Wall Street Journal* in September, point to how the app may harm teens, including worsening body image concerns for 1 in 3 teenage girls, but that data is correlational and self-reported. The same is true for much of the research in the field, which is in its early stages but starting to accelerate, including experimental studies, longitudinal analyses, and fMRI efforts. “It’s quite hard to replicate the many

different interactions between comments and likes, known and unknown people,” said Jasmine Fardouly, PhD, a psychology researcher who studies social media use and body image at the University of New South Wales in Sydney, Australia. “Everyone’s experience on Instagram is slightly different—and we’re only just starting to get at some of the nuances.” Still, there is plenty of cause for concern. Studies have linked Instagram to depression, body image concerns, self-esteem issues, social anxiety, and other problems. By design, the app capitalizes on users’ biological drive for social belonging—and nudges them to keep on scrolling. “There’s something about the interactions occurring on social media that makes them qualitatively different from in-person interactions,” some of which are intentionally part of the way apps are designed, said Mitch Prinstein, APA’s chief science officer. “This introduces risks that were not there before, which are causing harm as a result.”

### **Coping with Seasonal Affective Disorder During Another Pandemic Winter**

See: <https://www.healthline.com/health-news/coping-with-seasonal-affective-disorder-during-another-pandemic-winter#Tips-for-managing-SAD-and-COVID-19-anxiety>



As we approach another pandemic winter, seasonal affective disorder is once again being compounded by COVID-19 anxiety. Colder and darker days mean many Americans are beginning to feel the effects of seasonal affective disorder, or SAD. As we head into another pandemic winter, SAD can make it more difficult to manage COVID-19 anxiety. Several coping mechanisms can help ease symptoms of both seasonal affective disorder and COVID-19 anxiety. As the days get darker and temperatures dip in most areas of the country, many Americans are beginning to feel the effects of seasonal affective disorder, or SAD. SAD is a type of depression that typically comes on in the fall and winter months. It leads to mood changes and other symptoms of depression. “It’s an annual decrease in mood and can lead to feeling lethargic, difficulty sleeping, poor appetite, and weight loss” explained Adam Borland, PsyD, a psychologist at the Cleveland Clinic. “Some people experience agitation and anxiety, and it really stems from the change in weather, the lack of sunlight, and the cold dreariness in certain areas of the country.” SAD is quite common. The National Institute of Mental Health Trusted Source reports millions of Americans have SAD, though many might not know they have it.

#### **SAD and COVID-19: “A recipe for depressive episodes and heightened anxiety”**

Experts say, as we approach another pandemic winter, seasonal affective disorder is once again being compounded by COVID-19 anxiety for many Americans.

“If we’re already feeling down, then we add to it the prospect of another winter in which [COVID-19] is still an issue, that’s a recipe for depressive episodes and for heightened anxiety and panic,” Borland said. Most Americans are still reeling from the events of the past year and a half. The staggering death toll of more than 773,000 people has left countless grieving families in its wake. There’s also the lasting effects of social isolation, financial upheaval, and the collective stress of being on edge for so long. And while the United States is in a much better position than last winter with the COVID-19 vaccine and current rollout of booster shots, the uncertainty of where the pandemic is heading can make the mental anguish seem never-ending.

“Especially with the ambiguity of where we are now as a society, it can be hard to know where we have to continue to be cautious as compared to where we can be more at ease than we were last winter,” said Jessica Stern, PhD, a clinical psychologist at the Steven A. Cohen Military Family Clinic at NYU Langone Health.

In a vicious cycle, SAD can make it even more difficult to cope with COVID-19 anxiety.

“Seasonal affective disorder can lead to a sluggishness or lowness that can even further decrease motivation to engage in healthy habits, like eating healthy, staying active, and managing stress,” Stern said.

### **Tips for managing SAD and COVID-19 anxiety**

If you’re feeling the double whammy of seasonal affective disorder and pandemic anxiety, experts recommend the following coping mechanisms that can help ease symptoms of both.

#### **Maintain a routine**

Having some semblance of a daily routine is very important, especially when things seem overwhelming, Borland said. “What I mean by that is having small, achievable goals to work toward each day,” he explained. “So for someone who, as soon as they open their eyes in the morning, they start to feel overwhelmed by all the demands on them, identifying those small goals and crossing them off their list can make a big difference.” These goals can be as simple as taking 10 minutes out of every morning for deep breathing and stretching.

“That’s not a huge goal, but it’s something to cross off the list,” Borland explained. “So you attended to yourself for 10 minutes, and now you’re a bit more charged to start the day.”

#### **Try light therapy**

Phototherapy, or light therapy, is a recommended treatment for seasonal affective disorder. It involves sitting or working near a light therapy box, which mimics natural outdoor light.

Borland encourages his patients get a little creative with it. “I have one patient who uses their light therapy and combines it with listening to some relaxing music, and they visualize that they’re at the beach,” he said.

#### **Get moving**

Studies show that physical activity can improve mental health and overall well-being.

“As I tell my patients, exercise doesn’t have to mean going to the gym or taking a fitness class,” Borland said. “It’s really just any type of physical activity that you can get, [like] taking a walk, doing some exercise at home, using a quick YouTube workout video — those all count.”

#### **Find your community**

“Surround yourself (in-person or virtually) by people who support you, inspire you, or are just fun to talk to,” Stern said. If you’re feeling stressed or overwhelmed, lean on that social support system to help you get through tough times. “Probably one of the most important coping tools is not keeping things bottled up, but sharing with your loved ones how you’re feeling,” Borland said.

#### **Practice mindfulness meditation**

A proven way to help ease symptoms of depression and anxiety, mindfulness meditation encourages people to slow down their thoughts and breathe deeply. “What that does is really help us focus on the present moment,” Borland explained. “We are so good at thinking about the past and worrying about the future, that we often miss the present moments.” If you have trouble controlling your thoughts and getting into a meditation practice, Borland recommended starting with small goals.

“The expectation is not that you turn your brain off, but I like to think of it in terms of volume,” he said. “So if you feel like your brain is at a nine or a 10, in terms of volume... the expectation is that doing some deep breathing is just going to turn it down a little.”

“The expectation is not that you’re going to go from a nine to a one. And if that’s the expectation, that’s where people get frustrated,” he added.

#### **Create a tangible bucket list**

Having plans for enjoyable activities can help ease day-to-day stresses. While COVID-19 has limited options over the last year and a half — whether that’s because of fears of becoming sick or financial strain — even making small plans can be helpful. “Plan fun activities for yourself, regardless of how

small they may seem to you,” Stern suggested. “This could include doing a wine tasting from home, creating a weekly movie and dinner night, or building a fort in your living room.”

### **Lean into nostalgia**

There’s a reason it feels so good to rewatch your favorite sitcoms or revisit beloved holiday movies each year. “Movies, TV shows, stand-up comedy segments that you know and love can bring a sense of comfort and familiarity,” Stern said. “Have a few of your favorites on standby — whether that means holiday classics that you love or a TV series you can binge.” You can even pair it with your favorite recipe or takeout food and amp up the nostalgia, she suggested.

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### **HOLIDAYS: It’s Beginning to Look a Lot Like Holiday Social Anxiety**



Going on two years of atypical social interaction, the holidays may feel more overwhelming than usual for some. In a *New York Times* article, psychologists shared advice for anyone dreading a busy end-of-year social calendar, including: Only commit to events that you feel excited about; make a post-event plan of self-care, such as a cup of tea or phone call with a trusted friend; create space for downtime during events, and acknowledge the awkwardness of conversations in this transitional phase.

See: <https://www.nytimes.com/2021/11/24/well/mind/holiday-social-anxiety.html>

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### **Re-thinking Work: The Great Resignation:**



Recent statistics indicate that 4.4 million Americans left their jobs in September, a phenomenon psychologist Anthony Klontz, PhD, has coined “The Great Resignation.” *BC News* interviewed psychologist David Blustein, PhD, about why the COVID-19 pandemic has prompted so many workers to leave their jobs, how those former employees are faring without a paycheck, whether stimulus checks and rising home values have contributed to workers quitting, and more.

See: <https://www.bc.edu/bc-web/bcnews/nation-world-society/education/q-a-the-great-resignation.html>

### **Essential Science Conversations: Anti-Racism in Psychological Science**



How can psychological scientists work toward anti-racism? Learn concrete steps you can take at the latest installment of APA’s Essential Science Conversations series. The Dec. 9 webinar will feature Idia Thurston, PhD, an associate professor at Texas A&M University; Mia Smith Bynum, PhD, APA’s new senior director for science equity, diversity, and inclusion; and Maysa Akbar, PhD, APA’s chief diversity officer.

See: <https://www.apa.org/science/programs/essential-conversations>

**PREVIOUS ITEMS: NOVEMBER-DECEMBER, 2021:** - see previous newsletter

- The promise and challenges of AI  
<https://www.apa.org/monitor/2021/11/cover-artificial-intelligence>
- Veterans Struggle With Issues That Are Often Invisible to Others

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

- **Reenvisioning Self-Care:**  
<https://www.apa.org/monitor/2021/11/conversation-boxley>
- **Creating a Better Holiday:**  
<https://files.constantcontact.com/ac06501c401/8c72f84a-8acc-4856-9c8f-569810e95314.pdf>
- **Anticipating Difficult Holiday Interactions**  
<https://files.constantcontact.com/ac06501c401/b35d5901-008c-45c6-a545-ceb627eda965.pdf>
- **Coping with Difficult Days After a Loss**  
<https://files.constantcontact.com/ac06501c401/132f1d7e-272f-4ad2-bc2b-fdb51c3f35d9.pdf>

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

As we write (27.12.21) the WHO Coronavirus Disease ‘dashboard’ indicates that there are now **279,114,972 confirmed cases of COVID-19, including 5,397,580 registered deaths** world-wide reported to the WHO - including a **world-wide increase of more than 22 million registered cases in the past month alone ...** (compared to: 23.11.21: 256,966,237 confirmed cases including 5,151,643 deaths; 25.10.21: 243,260,214 cases and 4,941,039 deaths; 21.9.21: 228,394,572 cases, 4,690,186 deaths; 23.8.21: 211,373,303 cases, including 4,424,341 deaths; 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 27.12.21, a total of 8,649,057,088 vaccine doses** of COVID-19 vaccine have been administered world-wide (compared to 21.11.21: 7,408,870,760 vaccine doses; 20.10.21: 6,655,399,359; 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). Sadly, the majority of these have been given in the developed world with less-well-off continents/countries still lagging (e.g. in Africa: COVID-19 vaccination rates stand at 7.35% for the continent, with many countries hovering around 1%, according to the Africa Centers for Disease Control)

**See: WHO:**

[https://covid19.who.int/?gclid=EAIAIQobChMkPFX79Px7QIV2w0rCh2N\\_w2GEAAYASAAEgKQm\\_D\\_BwE](https://covid19.who.int/?gclid=EAIAIQobChMkPFX79Px7QIV2w0rCh2N_w2GEAAYASAAEgKQm_D_BwE)

### **COVID-19 Headlines: (18<sup>th</sup> December, 2021):**

- There were just under 4.4mn new Covid-19 cases this week (18.12.21), the ninth consecutive increase, with Europe accounting for just under half that number, but infections also rising in the US and Canada, South Africa and Vietnam.
- The increase in infections over the past week was largely in the UK, South Africa, Spain, Italy, the US, Vietnam, France and Canada.
- The highest cumulative infection and death rates (since the onset of the pandemic) have been in Europe, South and North America.
- Restrictions have been eased this month in Canada, Taiwan, Australia and NZ, but tightened in the UK, Germany, Italy, Norway, Ireland and Turkey.
- 27 countries have now fully vaccinated more than 70% of their population, another 12 are close to that threshold, and 21 more are over 50%.
- Japan, Canada, Australia and New Zealand have fully vaccinated a higher proportion of their populations than the UK, the EU or the US.
- 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.

- The available evidence tentatively suggests that although the omicron variant is more infectious, vaccines still prevent more serious illness or death.
- Voter approval of governments' handling of Covid has improved in Asia (except for Singapore) but has cratered in Germany.
- In Australia:
  - 17,130 new infections were recorded this week, the highest ever, reflecting a surge in NSW and continued high numbers in Victoria – although hospitalization rates remain low.
  - People aged under 40 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, but nearly all older Australians are fully vaxxed.
  - Mobility indicators are showing how 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](#) )

**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**

**(January, 2022)**

**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: [Integratinghealthintopriamrycare\\_pdf.pdf](#)

Also: [Integratingmhintopriamrycare2008\\_lastversion.pdf](#) (who.int)