

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



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### **Table of Contents: January, 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 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:** 9<sup>th</sup>/10<sup>th</sup> January; **next meeting:** 3<sup>rd</sup>/4<sup>th</sup> 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](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:

**29<sup>th</sup> 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](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](https://iaapsy.org/site/assets/files/2236/iaap_webinar_mcdaniel_salas_references_032922.pdf)

**9<sup>th</sup> 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/>

**15<sup>th</sup> 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. 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>

**For Items/resources of professional interest**

**DECEMBER, 2024 – JANUARY, 2025:**

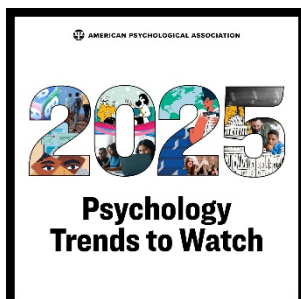
(see next page)

## 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](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](#) 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.**

**Div. 17 E-News Editor:**

**Robyn F. Vines, PhD**



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**(January, 2025)**

**See:**

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

**Longer 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: [Integratinghealthintopriarycare\\_pdf.pdf](#)

Also: [Integratingmhintopriarycare2008\\_lastversion.pdf \(who.int\)](#)

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## **APPENDIX:**

**Items/professional resources of interest (with thanks to the APA, APS, WHO, etc.)**

**(from previous editions of Division 17 E-News: December, 2021 – March, 2024 E-News)**

## **PREVIOUS ITEMS/RESOURCES:**

### **DECEMBER, 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](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](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>

### **AUGUST, 2024: (with thanks to the APA, APS, WHO, PBS, BBC etc.)**

#### **Suicide Prevention:**

**In 2 Years Since the Launch of 988, 10 Million Contacts Have Been Answered**

<https://abcnews.go.com/Politics/2-years-988-launch-10-million-contacts-answered/story?id=111786282>

Despite initial concerns about staffing and funding, the 3-digit 988 Suicide & Crisis Lifeline is 2 years into providing critical nationwide support, as highlighted in an ABC News article. “In its first year, [the old 10-digit Lifeline] served about 45,000 people, and to think that we serve that many people in less than a week now is sort of mind-boggling,” said **Tia Dole, PhD**, licensed clinical psychologist and chief 988 Suicide & Crisis Lifeline officer for the lifeline's administrator, Vibrant Emotional Health.



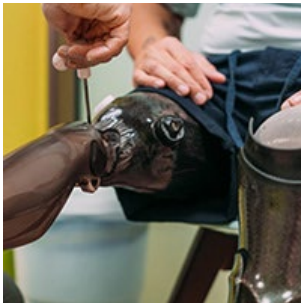
#### **Election Stress:**



### Stressed About Politics? Here Are 5 Ways to Take Care of Your Mental Health

<https://www.npr.org/sections/shots-health-news/2024/07/18/nx-s1-5041980/politics-election-anxiety-mental-health-tips>

With months to go until the presidential election, anxiety over politics is already soaring. In an NPR article, psychologists share how you can manage any political stress. Among their suggestions: Acknowledge the discomfort with uncertainty and focus on what you can control; limit how much news you consume; engage in activities that are meaningful to you; and stay socially connected.



### The Future of Brain-Computer Interfaces

- <https://www.apa.org/news/podcasts/speaking-of-psychology/brain-computer-interfaces>
- <https://www.apa.org/monitor/2024/07/developing-prosthetics>

A few decades ago, the idea of a computer responding to your thoughts would have sounded like science fiction. But today researchers and companies are testing brain-computer interfaces that allow patients to move a computer cursor or control a prosthetic limb with their mind.

**Nicholas Hatsopoulos, PhD**, joined APA's *Speaking of Psychology* podcast to discuss the future of brain-computer interfaces, how they work, the practical challenges researchers face, and what scientists have learned about the brain as they develop this technology. [Related: Read more about psychology's role in developing pioneering prosthetics.]



### How To Reverse the Alarming Trend of Health Misinformation

- <https://www.apa.org/monitor/2024/07/ending-health-misinformation>
- <https://convention.apa.org/agenda/main-stage#health-misinformation-headline>

Falsehoods about evidence-based cancer treatments, birth control, sunscreen, and other health-related topics have caused confusion, conflict, and premature death. Despite the growing threat to global health, social media companies have backtracked on promises to stop the spread of misinformation on their platforms. That has left users—especially young people, who frequently encounter anti-science views online—vulnerable to being deceived. Learn more about safeguarding public health in the misinformation era at APA 2024, either in Seattle or virtually.



### Moving in Childhood Contributes to Depression, Study Finds

[https://www.nytimes.com/2024/07/17/health/moving-childhood-depression.html?unlocked\\_article\\_code=1.9E0.blaA.9WNGRXbr-2Ct&smid=url-share](https://www.nytimes.com/2024/07/17/health/moving-childhood-depression.html?unlocked_article_code=1.9E0.blaA.9WNGRXbr-2Ct&smid=url-share)

A *JAMA Psychiatry* study of more than 1 million adults in Denmark found that those who moved frequently in childhood were at a higher risk of depression than those who lived the same house throughout their childhood. The effect was more pronounced than the increased risk of depression for adults who grew up in poorer neighborhoods. In this *New York Times* article highlighting the study, experts talk about whether or not these findings are applicable to Americans and how communities can use the insights to best support youth.





## When Envy Strikes, Try These Six Things for Better Mental Health

Envy, like all emotions, is something to notice and validate, writes San Francisco psychologist **Juli Fraga, PsyD**, in a *Washington Post* article. Self-reflection and other strategies can help reduce the uncomfortable emotion. Fraga suggests acknowledging the envy, treating envy as information about what you want to achieve, and practicing gratitude.

[https://www.washingtonpost.com/wellness/2024/07/14/envy-sympathetic-joy-feelings/?pwapi\\_token=eYDeXAIoiJKV1QiLCJhbGciOiJIUzI1NiJ9.eYjZWZfb2Z4OiJnaWZ0IiwibmJmIjoXNzIxNmJlOWDAwLjpc3MiOiJzdWJzY3JpcHRpb25ziwiZXhwIjoXNzIxMDAzMtk5LjclpYXQIQioE3MjE2MjA4MDAsImRpOXAiSi6iIjE1MDE2YzYwLVVkbNDItNDRmYyO4ZmFILTgyYTM0MTNhZDQ0OCIsInVybiBhcmlhbmh0dG8idpd3c2Indhc2hpbmR0b25wb3N0LmNvbS93ZXBxbmVzczy8yMDIOLEA3LEoL2Vudnk0c3ltcGF0eGV0aWwtMm95LWZlYW9ybmdzLjY9.SHWKvPC-X1Hn6NkP9KJQtgll7ncpsheuy6z4wQHMT-Q](https://www.washingtonpost.com/wellness/2024/07/14/envy-sympathetic-joy-feelings/?pwapi_token=eYDeXAIoiJKV1QiLCJhbGciOiJIUzI1NiJ9.eYjZWZfb2Z4OiJnaWZ0IiwibmJmIjoXNzIxNmJlOWDAwLjpc3MiOiJzdWJzY3JpcHRpb25ziwiZXhwIjoXNzIxMDAzMtk5LjclpYXQIQioE3MjE2MjA4MDAsImRpOXAiSi6iIjE1MDE2YzYwLVVkbNDItNDRmYyO4ZmFILTgyYTM0MTNhZDQ0OCIsInVybiBhcmlhbmh0dG8idpd3c2Indhc2hpbmR0b25wb3N0LmNvbS93ZXBxbmVzczy8yMDIOLEA3LEoL2Vudnk0c3ltcGF0eGV0aWwtMm95LWZlYW9ybmdzLjY9.SHWKvPC-X1Hn6NkP9KJQtgll7ncpsheuy6z4wQHMT-Q)

**JULY, 2024: (with thanks to the APA, APS, WHO, PBS, BBC etc.)**

**"Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It"**  
by Richard V. Reeves See: <https://www.amazon.com.au/Boys-Men-Modern-Struggling-Matters/dp/0815739877>

## A positive vision for masculinity in a postfeminist world

Boys and men are struggling. Profound economic and social changes of recent decades have many losing ground in the classroom, the workplace, and in the family. While the lives of women have changed, the lives of many men have remained the same or even worsened.

Our attitudes, our institutions, and our laws have failed to keep up. Conservative and progressive politicians, mired in their own ideological warfare, fail to provide thoughtful solutions.

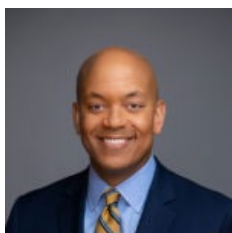
The father of three sons, a journalist, and a Brookings Institution scholar, Richard V. Reeves has spent twenty-five years worrying about boys both at home and work. His new book, *Of Boys and Men*, tackles the complex and urgent crisis of boyhood and manhood.

Reeves looks at the structural challenges that face boys and men and offers fresh and innovative solutions that turn the page on the corrosive narrative that plagues this issue. *Of Boys and Men* argues that helping the other half of society does not mean giving up on the ideal of gender equality.

## Why fewer young men are choosing to pursue college degrees

**PBS Newshour: Jun 25, 2024**

<https://www.pbs.org/newshour/show/why-fewer-young-men-are-choosing-to-pursue-college-degrees>



Geoff Bennett

College enrollment among young Americans has been declining over the past decade. That decrease is mostly driven by fewer young men pursuing degrees. A Pew Research study finds about one million fewer young men now enrolled in college compared to 2011. Geoff Bennett took a closer look at why for our series, *Rethinking College*.



### Mental Health in a Warming World

<https://www.apa.org/news/podcasts/speaking-of-psychology/heat-mental-health>

2023 was the world's warmest year on record, and 2024 is on track to bring another record-shattering summer. Psychologist Kim Meidenbauer, PhD, and public health researcher Amruta Nori-Sarma, PhD, joined APA's *Speaking of Psychology* podcast to discuss how heat affects people's mental health, emotions, and even cognitive abilities. She also discusses who is most vulnerable to the effects of extreme heat; and what policymakers could be doing to mitigate its effects.

See more on how heat affects the mind in **APA's Monitor on Psychology**:  
<https://www.apa.org/monitor>



### Sometimes, Forgiveness is Overrated

[https://www.nytimes.com/2024/06/27/well/mind/forgiveness-healing-peace.html?unlocked\\_article\\_code=1.6E0.Fatf.UKwnFN6Vz2eG&smid=url-share](https://www.nytimes.com/2024/06/27/well/mind/forgiveness-healing-peace.html?unlocked_article_code=1.6E0.Fatf.UKwnFN6Vz2eG&smid=url-share)

Forgiveness is often touted not only as a moral high road, but as a way to heal after you've been wronged. But some experts want to emphasize that forgiveness is not always necessary, especially in cases involving trauma. They suggest that rather than focusing on letting go of ill will, some survivors find freedom in allowing themselves to feel angry and unforgiving.

**A new report finds that people stressed about their finances are often worried that discussing it will lead to an argument.** [https://www.nytimes.com/2024/06/28/your-money/finances-budget-relationships-partner.html?unlocked\\_article\\_code=1.6E0.J8Lq.YGQN92MBW8VB&smid=url-share](https://www.nytimes.com/2024/06/28/your-money/finances-budget-relationships-partner.html?unlocked_article_code=1.6E0.J8Lq.YGQN92MBW8VB&smid=url-share)

Experts say conversations can help.

Brad Klontz, PsyD, CFP, a psychologist and financial planner, was quoted in a *New York Times* article about why some people don't talk about money with their partner. Klontz likes to prompt couples to talk about attitudes around money, asking about financial goals and sensitive areas around money.

### Gaming to Excess: Science-Backed Interventions Can Help People Press Pause

<https://www.apa.org/monitor/2024/07/problematic-video-gaming-interventions>



While there is some disagreement about the concept of gaming as a diagnosable addictive behavior, some people's gaming habits are significantly conflicting with multiple areas of their life, which calls for clinical attention. Cognitive behavioral therapy and mindfulness training are promising treatments for problem gaming.



### **That 'For You' Page Could Be Harming Your Health**

<https://www.politico.com/newsletters/digital-future-daily/2024/06/25/tiktok-for-you-page-algorithm-ban-00164887>

Legislators in New York are taking a unique approach to reducing social media harms by focusing on the algorithms that keep users engaged. "We know the notifications, and we know the endless scroll and we know the recommended content—all of those are very much designed to keep people engaged for longer than they would have otherwise," said Mitch Prinstein, PhD, APA's chief science officer, in a *POLITICO* article. Algorithms also often push fearful or angry content to increase engagement. The New York legislation requires

social media platforms to turn off personalized recommendation systems for kids.



### **In Just a Few Years, Half of All States Passed Bans on Trans Health Care for Kids**

<https://www.apa.org/monitor/2024/07/problematic-video-gaming-interventions>

In 2021, there were no state bans on youth gender-affirming care. Just 3 years later, 25 states have enacted such bans. The details of the bans vary by state, and many are facing challenges in court, as reported by NPR. Psychological science points to an increased risk of suicide and poor mental health amid the rise in anti-trans legislation.

### **A unique story: the extraordinary 'power of one':**

A wonderful account of an 'extraordinary/ordinary' individual. We all have the capacity to help!!!

<https://the-riotact.com/public-artwork-to-honour-canberras-soup-kitchen-lady/781567>

## **JUNE, 2024: Items/resources of professional interest**

### **Vale Dr Michael Mosley: A Champion of Behavioural/Lifestyle Medicine.**

Professionals and patients/clients around the world, whose lives he touched so positively, were deeply saddened to hear of the sudden and tragic death of Dr. Michael Mosley, practising physician for many years and BBC broadcaster. He pioneered extraordinary experiments, sometimes on himself as the subject, which led to a greater understanding of many of the lifestyle determinants of ill health and health and wellbeing (e.g nutrition, sleep and exercise). .... Our emphasis in Division 17 on 'integrated mental and general health care' highlights our similar enthusiasm for a focus on the behavioural and social determinants of health - and relevant interventions which frequently lead to more positive and sustainable outcomes for patients. Michael made a **huge** contribution in this area and will be greatly missed by all who were encouraged and inspired by his work.

**Michael Mosley's legacy: 'empowering science for the everyday'**



**Michael Mosley** was a man of science, and a communicator who possessed a rare gift of translating complex medical concepts into the everyday.

- <https://www.bbc.com/news/articles/czkkpkkeyn2o>
- <https://www.standard.co.uk/news/uk/michael-mosley-death-bbc-specials-final-interview-b1163711.html>
- <https://www.abc.net.au/listen/programs/conversations/michael-mosley-medicine-legacy-science-health-healthy-habits/103842906>

### **Why Do We Overindulge?**

<https://www.sciencedaily.com/releases/2024/05/240516122539.htm>

Being distracted while eating may lead to increased snacking later in the day, suggests research published in the *Journal of Personality and Social Psychology* and highlighted by ScienceDaily. Participants in the study who ate while doing other tasks like watching a video or playing a game reported lower enjoyment and satisfaction and a desire for more gratification. "Overconsumption often results due to a lack of self-control," said lead author **Stephen Lee Murphy, PhD**, of Ghent University in Belgium. "However, our findings suggest overconsumption may also often be driven by the simple human desire to reach a certain level of enjoyment from an activity. When distraction gets in the way, it's likely we may try to compensate by consuming more."



### **New resources to help midlife women stay healthy (LINK)**

MJA Insight: Issue 22 / 11 June 2024

<https://insightplus.mja.com.au/2024/22/new-resources-to-help-midlife-women-stay-healthy/>

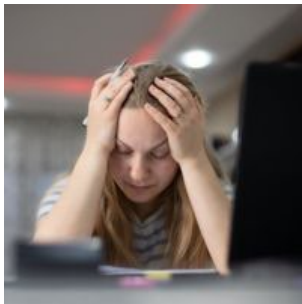
A new series of educational videos provide a useful tool for health practitioners who want to empower midlife women with knowledge to help them stay healthy for longer. Healthy ageing depends on complex interactions between biological, environmental, socio-economic, and cultural factors. Some of these factors are beyond personal control. Others, including smoking, poor nutrition, weight gain, and lack of physical activity, are potentially modifiable. Because these factors increase the risk of chronic conditions such as type 2 diabetes, joint pain, and cardiovascular disease, people need self-care strategies for optimising health in midlife to increase their chance of healthy ageing.



### **Choosing To Be Child Free**

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

A growing number of adults in the United States are choosing not to have children. **Jennifer Watling Neal, PhD**, of Michigan State University, joined APA's *Speaking of Psychology* podcast to talk about her research that's found that 1 in 5 adults are child free and explores why people are choosing not to have kids. She also discusses the stigma child-free adults face, whether people who decide not to have kids early in life usually stick with that choice, and how the prevalence of child-free adults in the United States compares with other countries.



### **Study Finds Lower Rate of Withdrawal From Quitting Antidepressants**

<https://edition.cnn.com/2024/06/05/health/antidepressant-discontinuation-withdrawal-symptoms-wellness/index.html>

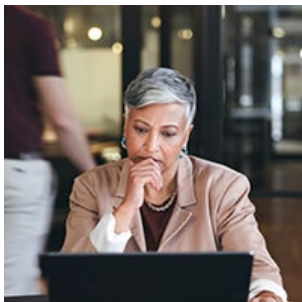
Roughly 15% of participants who discontinued antidepressants experienced withdrawal symptoms such as dizziness, headaches, nausea, insomnia, and irritability, found a meta-analysis published in *The Lancet Psychiatry* and highlighted by CNN. This rate is lower than previously estimated, and different medications had different withdrawal rates.



### **How to Cope With Political Stress This Election Season**

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

If the thought of the upcoming U.S. presidential election sends your stress level soaring, you're not alone. Psychologist **Brett Q. Ford, PhD**, and political scientist Kevin Smith, PhD, talk about how political stress affects people's well-being; what high levels of political stress mean for people's lives, for the United States, and for democracy; and how to stay politically engaged while still maintaining your mental health.



### **Standing Firm Against the Escalating Assault on Equity, Diversity, and Inclusion**

<https://www.apa.org/topics/equity-diversity-inclusion/standing-against-assault-equity-diversity-inclusion.html>

A new wave of anti-EDI bills, lawsuits, and complaints are creating barriers for the future of equity, diversity, and inclusion (EDI/DEI) efforts in higher ed and beyond. "[These bills would] prevent universities from determining for themselves what kind of programming and initiatives make sense for their students," said **Jeremy C. Young, PhD**, the Freedom to Learn program director at PEN America, a nonprofit dedicated to



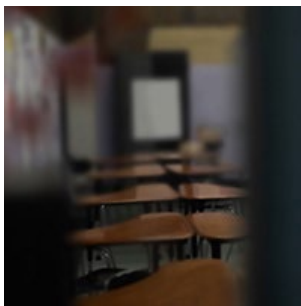
human rights and free expression, in an APA article on the alarming anti-EDI trend. Decades of research show the benefit of diversity for organizations, communities, and society. Education, preparation, advocacy, and collaboration are all critically needed to stop the anti-EDI movement.



### **Does Legalizing Cannabis Increase Adolescent Use? This Expert Found Mixed Results.**

- [https://www.nytimes.com/2024/05/20/health/marijuana-weed-adolescents-coley.html?unlocked\\_article\\_code=1.uU0.6tDL.z0X1LbIsr43I&smid=url-share](https://www.nytimes.com/2024/05/20/health/marijuana-weed-adolescents-coley.html?unlocked_article_code=1.uU0.6tDL.z0X1LbIsr43I&smid=url-share)
- <https://www.apa.org/monitor/2023/06/marijuana-effects-brain>

Teens are **particularly vulnerable to addiction**, one of several factors contributing to experts' concerns over a potential increase in adolescent cannabis use following legalization of the drug. However, developmental psychologist **Rebekah Levine Coley, PhD**, at Boston College found that cannabis use among minors was lower in states where it had been legalized. Coley spoke with *The New York Times* about the results and theories behind the stats.



### **Latest Peer-Reviewed Studies Within Psychology**

<https://www.apa.org/monitor/2024/04/research-violence-sleep-music>

Research highlights from the latest issue of APA's *Monitor on Psychology*: Suspending or expelling students may be the least effective way of addressing student violence against educators; athletes with underlying mood disturbances and athletes who recently had concussions perform comparably on neurocognitive tests; people with hypochondriasis tend to die at younger ages compared with those without the condition; within 1 year of starting ADHD medication, more than half of all teenagers, young adults, and adults had stopped taking it; and more.



### **Eight Ways to Give Yourself a Pep Talk When You Feel Stuck**

<https://psyche.co/ideas/eight-ways-to-give-yourself-a-pep-talk-when-you-feel-stuck>

Developing a habit of positive self-talk can help counteract low motivation and self-sabotage, writes clinical psychologist Rachel **Goldsmith Turow, PhD**, in a *Psyche* article. Turow shares strategies for tuning in to a kind observer who wants to support you. On her list: Name 10 things, no matter how small, that you've done that helped you, someone else, or the world; find a mantra that can be a go-to when you need it; and practice visualizing how you can physically process stressful moments, such as wiggling your toes during a dreaded meeting to redistribute the physical sensation of the anxiety. Turow says some of these strategies may feel fake at first, but that the ones that work for you will become second nature with practice.

### **How Heat Affects the Mind**

<https://www.apa.org/monitor/2024/06/heat-affects-mental-health>

Temperatures are rising as summer kicks off, and psychological scientists are sounding the alarm on what to be aware of in warmer temperatures. The physical consequences of heat, such as heat stroke and heat exhaustion, are well-known. But heat has psychological consequences as well—ranging from irritability to impulsivity to trouble concentrating. The impacts can put already-vulnerable people in crisis during heat waves and may also lead to worse mental health and increased friction within society.



### These Science-Based Tips Can Help You Manage Conflicts in Relationships

Research on conflict management in relationships find direct communication to be a key factor in healthy problem-solving, but couples can have different ways working through disagreement, as highlighted by psychologists in *The Washington Post*. For example, some couples can use expressions of anger productively during arguments as helpful indicators of serious problems that need to be changed and direct efforts appropriately.

[https://www.washingtonpost.com/wellness/2024/05/30/relationships-conflict-management-settle-strategies/?pwap\\_i\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzE3OTkyMDAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzE5Mzc0Mzk5LCJpYXQiOiJlMTc5OTIwMDAwIiwiaWp0aSI6IjBiNmEzZDI1LTkYyZyZtNDY5NC05NGFiLWFiMzQ0NmQxYmFkNCIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS93ZWxsbmVzcy8yMDI0LzA1LzAwLzJlOGF0aW9uc2hpcHMtY29uZmxpY3QtbWVudC1zZXRObGUtc3RyYXRIZ2llcy8ifQ.ozUeuauKKGYPmRhWE\\_r6MxOOuCO-cyxhM4neYaAO4QQ](https://www.washingtonpost.com/wellness/2024/05/30/relationships-conflict-management-settle-strategies/?pwap_i_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzE3OTkyMDAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzE5Mzc0Mzk5LCJpYXQiOiJlMTc5OTIwMDAwIiwiaWp0aSI6IjBiNmEzZDI1LTkYyZyZtNDY5NC05NGFiLWFiMzQ0NmQxYmFkNCIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS93ZWxsbmVzcy8yMDI0LzA1LzAwLzJlOGF0aW9uc2hpcHMtY29uZmxpY3QtbWVudC1zZXRObGUtc3RyYXRIZ2llcy8ifQ.ozUeuauKKGYPmRhWE_r6MxOOuCO-cyxhM4neYaAO4QQ)



### Black Women Face Extraordinary Maternal Mental Health Challenges

The challenges that expectant and new mothers face are amplified for Black women, and health care providers can help address maternal mortality with an interdisciplinary approach. *The Hill* shared reasons behind the increased maternal mental health risk for Black women, including anxiety around the increased risk of death from pregnancy-related issues for Black women, lack of recognition of mental health issues by health care providers (in the presentation of Black patients versus White patients), lack of access to care, and more.

[https://www.washingtonpost.com/wellness/2024/05/30/relationships-conflict-management-settle-strategies/?pwap\\_i\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzE3OTkyMDAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzE5Mzc0Mzk5LCJpYXQiOiJlMTc5OTIwMDAwIiwiaWp0aSI6IjBiNmEzZDI1LTkYyZyZtNDY5NC05NGFiLWFiMzQ0NmQxYmFkNCIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS93ZWxsbmVzcy8yMDI0LzA1LzAwLzJlOGF0aW9uc2hpcHMtY29uZmxpY3QtbWVudC1zZXRObGUtc3RyYXRIZ2llcy8ifQ.ozUeuauKKGYPmRhWE\\_r6MxOOuCO-cyxhM4neYaAO4QQ](https://www.washingtonpost.com/wellness/2024/05/30/relationships-conflict-management-settle-strategies/?pwap_i_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzE3OTkyMDAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzE5Mzc0Mzk5LCJpYXQiOiJlMTc5OTIwMDAwIiwiaWp0aSI6IjBiNmEzZDI1LTkYyZyZtNDY5NC05NGFiLWFiMzQ0NmQxYmFkNCIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS93ZWxsbmVzcy8yMDI0LzA1LzAwLzJlOGF0aW9uc2hpcHMtY29uZmxpY3QtbWVudC1zZXRObGUtc3RyYXRIZ2llcy8ifQ.ozUeuauKKGYPmRhWE_r6MxOOuCO-cyxhM4neYaAO4QQ)

**MAY, 2024:**

**‘Profiles in Mental Health Courage’: Patrick J Kennedy:**

See PBS Newshour: <https://www.youtube.com/watch?v=j10PW4HzLdg>

*Profiles in Mental Health Courage* portrays the dramatic journeys of a diverse group of Americans who have struggled with their mental health. This book offers deeply compelling stories about the bravery and resilience of those living with a variety of mental illnesses and addictions.

Several years ago, Patrick J. Kennedy shared the story of his personal and family challenges with mental illness and addiction—and the nation’s—in his bestselling memoir, *A Common Struggle*. Now, he and his *Common Struggle* coauthor, award-winning healthcare journalist Stephen Fried, have crafted this powerful new book sharing the untold stories of others—a special group who agreed to talk about their illnesses, treatments, and struggles for the first time.

When Kennedy’s uncle, President John F. Kennedy, published his classic book *Profiles in Courage*, he hoped to inspire “political courage” by telling the stories of brave U.S. senators who changed America.

In *Profiles in Mental Health Courage*, former Congressman Kennedy adapts his uncle’s idea to inspire the “mental health courage” it takes for those with these conditions to treat their illnesses, and risk telling their stories to help America face its crisis in our families, our workplaces, our jails, and on our streets. The resounding silence surrounding these illnesses remains persistent, and this book takes an unflinching look at the experience of mental illness and addiction that inspires profound connection, empathy, and action.

In this book, you’ll meet people of all ages, backgrounds, and futures, across politics and government, Hollywood and the arts, tech and business, sports and science—some recovering, some relapsing, some just barely holding on, but all sharing experiences and insights we need to better understand. You’ll also meet those trying to help them through—parents, siblings, spouses, therapists, bosses, doctors, and friends who create the extended families needed to support care and wellness.

The personal stories they share with Kennedy and Fried are intimate, sometimes shocking, always revealing. And they are essential reading for caregivers, family members, policymakers, and the general public—just as they are for those who often feel alone in experiencing these challenges themselves.



### **Healing the Pain of Estrangement**

Estrangement is a taboo topic, one that runs directly opposite to societal ideals about what family can and should be. But several recent high-profile estrangements, such as Prince Harry’s high-profile exit from the royal family and Jettie McCurdy’s detachment from the suffocating mother/daughter bond detailed in her best-selling *I’m Glad My Mom Died*, have brought attention to a deeply complex, often painful type of relationship. Psychologists can help patients identify relationships capable of salvation or help heal the pain of detachment. Learn more about coping with family estrangement with developmental psychologist **Lucy Blake, PhD**, on APA’s *Speaking of Psychology* podcast.

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



### **When Does ‘Old Age’ Begin? Public Perception May Be Skewing Later**

Middle-age and older adults believe that “old age” begins later in life than their peers did decades ago, according to research published in *Psychology and Aging* and highlighted by NBC News. Perceptions of old age have shifted, along with changes in life expectancy, said lead author **Markus Wettstein, PhD**. Participants who were less lonely, had better health, and women were more likely to think that old age started later.

<https://www.nbcnews.com/health/aging/how-old-is-old-age-study-rcna148619>



### **In a Decade of Drug Overdoses, More Than 320,000 American Children Lost a Parent**

And the rate is still rising—from 27 children who lost a parent per 100,000 children in 2011 to 63 per 100,000 children in 2021. "It's a call to arms to pay close attention to the consequences of a parent who dies due to a drug overdose," said Harvard neuroscientist **Charles Nelson III, PhD**, who studies the effects of early adversity on brain and behavioral development, in an NPR article. Long-term consequences for these children may include feelings of guilt, neglect in the home, stigma associated with overdose, and risk of future substance use.

<https://www.npr.org/sections/health-shots/2024/05/08/1249918051/drug-overdose-orphans-opioids-cdc-nida>



### **How To Show Up for a Friend Getting Divorced**

For such a common experience, divorce can feel incredibly isolating, said **Jeffrey Gardere, PhD**, a clinical psychologist in Manhattan, in a *New York Times* article. Experts recommend ideas to support a loved one going through a divorce, including making plans for when they feel most isolated (such as when they used to have a routine with their spouse), offering to share the news with mutual friends so they don't have to bring it up time and time again, and helping them rediscover an interest they may have forgotten about during their marriage.

[https://www.nytimes.com/2024/04/26/well/live/divorce-support-friends.html?unlocked\\_article\\_code=1.rk0.zzxcg.1o3JkRitfIG&smid=url-share](https://www.nytimes.com/2024/04/26/well/live/divorce-support-friends.html?unlocked_article_code=1.rk0.zzxcg.1o3JkRitfIG&smid=url-share)

### **Positive sibling relationships amongst Latinos:**

Belinda Campos, PhD, a professor and chair of the Department of Chicano/Latino Studies at the University of California, Irvine, was featured in an NPR article about the positive sibling relationships that Latinos develop. Campos shared about studies that have showed how Latino parents teach children to focus on taking care of family. More than focusing on teaching them how to be kind, they teach them to want to be kind.

<https://www.npr.org/sections/goatsandsoda/2024/04/24/1246586836/brothers-sisters-close-siblings-caring-latino-culture>

### **Rising suicide rates for Black boys and men:**

APA CEO Arthur C. Evans Jr., PhD, spoke at a congressional hearing on the alarming rising suicide rates for Black boys and men. Witnesses called for increased access to culturally competent therapists, increased funding for mental health in schools, and reduced stigma. "When it comes to our mental health...we want to be protective, we want to be secretive and if we really want to address these issues, we have to normalize it and talk about it," said Evans. (WSB-TV Atlanta2 – website unavailable in Australia where E-News is being written)

See: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10098101/#:~:text=A%20recent%20study%20revealed%20that,Black%20adolescent%20boys%20\(2\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10098101/#:~:text=A%20recent%20study%20revealed%20that,Black%20adolescent%20boys%20(2))

### **The treatment of hoarding disorder:**

Gregory Chasson, PhD, an associate professor of psychiatry and behavioral neuroscience at the University of Chicago, Marla Deibler, PsyD, a clinical psychologist based in Princeton, New Jersey, who specializes in the treatment of hoarding disorder, and Brad Schmidt, PhD, a distinguished research professor of psychology at Florida State University, were featured in a *USA Today* article about hoarding disorder and how to help. They discussed the importance of patience and kindness in the approach and addressed the deeper reasons behind hoarding. "Just eliminating or organizing existing clutter is not sufficient because clutter is usually a symptom of a broader issue," said Chasson.

<https://www.usatoday.com/story/life/health-wellness/2024/04/25/why-people-hoard-causes-hoarding/73285232007/>

### **New Report on Adolescent and Young Adult Mental Health Treatment**

As the youth mental health crisis continues, increasing numbers of adolescents and young adults are struggling with anxiety, depression, disillusionment, trauma, and hopelessness. For those who need more support than weekly therapy can provide, outpatient and/or residential treatment could make a meaningful impact.

New research from Newport Healthcare's Center for Research and Innovation indicates how residential and outpatient treatment creates clinically significant improvements across multiple measures of adolescent and young adult mental health, including anxiety, depression, well-being, suicide risk, traumatic distress, and

family attachment.

The Center's just-released report includes in-depth patient profiles, detailed outcomes, and insights into how treatment can make a difference for the many young people who are struggling to find hope and purpose in a challenging world.

<https://www.newporthealthcare.com/wp-content/uploads/2024/04/NH-Booklet-Outcomes-2023.pdf>

(LINK)

### **World Health Organization:**

In December 2021, the World Health Assembly established an Intergovernmental Negotiating Body (INB) to draft and negotiate a convention, agreement or other international instrument under the Constitution of the World Health Organization to strengthen pandemic prevention, preparedness and response.

The ninth meeting of the INB resumed on 29 April in hybrid format and continues until 10 May 2024 to discuss a new pandemic instrument. Representatives of WHO's 194 Member States are attending.

[https://www.who.int/news-room/events/detail/2024/04/29/default-calendar/ninth-meeting-of-the-intergovernmental-negotiating-body-\(inb\)-for-a-who-instrument-on-pandemic-prevention-preparedness-and-response-resumed](https://www.who.int/news-room/events/detail/2024/04/29/default-calendar/ninth-meeting-of-the-intergovernmental-negotiating-body-(inb)-for-a-who-instrument-on-pandemic-prevention-preparedness-and-response-resumed)

### **APRIL, 2024:**

#### **WHO World Health Day 2024: 7<sup>th</sup> April, 2024 (76<sup>th</sup> Anniversary)**

- **'Health For All':** Last year: **On 7 April 2023, the World Health Organization celebrated its 75<sup>th</sup> anniversary.**

History: In 1948, countries of the world came together and founded WHO to promote health, keep the world safe and serve the vulnerable – so everyone, everywhere can attain the highest level of health and well-being. Since the foundation of the World Health Organization, the world has experienced public health challenges that have required us all to come together with science, solutions and solidarity.

WHO's 75th anniversary year was an opportunity to look back at public health successes and milestones that have improved quality of life during the last seven decades. It remains an opportunity to motivate action to tackle the health challenges of today and tomorrow.

- **'My health, my right': Sunday 7<sup>th</sup> April, World Health Day 2024**

<https://www.who.int/campaigns/75-years-of-improving-public-health>

Around the world, the right to health of millions is increasingly coming under threat. Diseases, conflicts, and disasters loom large as causes of death and disability. At least 140 countries recognize health as a human right in their constitutions, but more than half of the world's population - 4.5 billion people - are not fully covered by essential health services. **'My health, my right'**, was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

The WHO is committed to **UN Sustainable Development Goal 3: 'Mental health and wellbeing'** for all.

**17<sup>th</sup> Annual Psychology Day at the UN:** Learn more and register: [www.psychologydayun.com](http://www.psychologydayun.com)



## 17th Annual Psychology Day at the United Nations



### Reducing Global Inequalities Through Education: Psychological Contributions

Thursday, April 25<sup>th</sup>  
11:00 am - 1:30 pm ET  
Online Event

The 17<sup>th</sup> Annual Psychology Day at the United Nations will highlight promising practices designed to increase equity in education, as well as address issues of societal inequality through education.

By promoting empirically-supported programming and interventions, Psychology Day offers the United Nations, Member States, NGOs, and humanitarians culturally-responsive international strategies for ensuring inclusive quality education and lifelong learning opportunities for all, underscoring the contributions of science in advancing the achievement of the SDGs and 2030 Global Agenda.

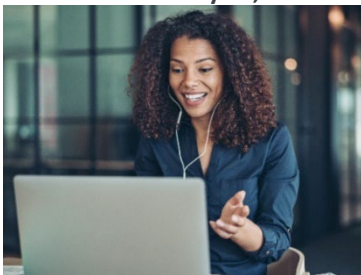


#### APA Visits the White House:

<https://www.apaservices.org/advocacy/news/aanhpi-mental-health>

APA 2024 President Cynthia de las Fuentes, PhD, spoke with Biden officials about the importance of reducing health disparities for the Asian American, Native Hawaiian, and Pacific Islander communities.

#### APA WEBINAR: May 1<sup>st</sup>, 2024



#### Good for Your Body and Mind: The Psychological Science Connecting Physical Activity and Overall Well-Being

Psychological science suggests that regular physical activity is related to positive psychological and biological outcomes. As a population, there are declining rates of physical activity. Join us for a conversation on how movement influences psychological well-being, physical health, memory, cognitive functioning, and productivity. Panelists: Rebecca Hasson, PhD Eli Puterman, PhD Wendy Suzuki, PhD Mitch Prinstein, PhD (Moderator)

[https://apa-org.zoom.us/webinar/register/WN\\_yr-XqzF1Qa6qTEKw0WqeoA#/registration](https://apa-org.zoom.us/webinar/register/WN_yr-XqzF1Qa6qTEKw0WqeoA#/registration)

## Youth Wellbeing: The Young Are Now the Most Unhappy People in the United States, New Report Shows

<https://www.usatoday.com/story/news/nation/2024/03/21/world-happiness-report-young-people-u-s/73051010007/>

The **World Happiness Report** ([LINK](https://happiness-report.s3.amazonaws.com/2024/WHR+24.pdf)) ( <https://happiness-report.s3.amazonaws.com/2024/WHR+24.pdf> ) was released last week; the United States wasn't among the top 20 happiest countries for the first time in 12 years. Self-reported data from people under 30 indicate a downward spiral among young people. In a *USA Today* article, psychologists discuss what's behind the decline, including unhappiness with support systems, cost of housing, confidence in government, and a lack of freedom to make life choices.



### Expressive Writing Can Help Your Mental Health

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

Writing can be a powerful tool to help people work through their challenges and improve their mental health. **James Pennebaker, PhD**, of the University of Texas at Austin, joined APA's *Speaking of Psychology* podcast to talk about why expressive writing can be so helpful and how to do it. He also discusses his research on language, and how analyzing the words people use most frequently can offer insights into their emotions, motivations, and personality.



### Artificial Intelligence: Ready or Not, AI Chatbots Are Here to Help With Gen Z's Mental Health Struggles

<https://apnews.com/article/chatbots-mental-health-therapy-counseling-ai-73feb819ff52a51d53fee117c3207219>

Countless new apps are using artificial intelligence-based chatbots to address the mental health crisis—but there is no data on whether they improve mental health. “There’s no regulatory body overseeing them, so consumers have no way to know whether they’re actually effective,” said **Vaile Wright, PhD**, APA’s senior director of health care innovation, in an *AP News* article. Experts are also raising strong concerns about how chatbots will handle situations involving suicidal ideation.



### Don't Bury Your Anger, Process It. Here's How.

<https://www.npr.org/sections/health-shots/2024/03/12/1236973762/anger-management-types-purpose-cause>

Anger can be a productive emotion when it's processed in a healthy way and used constructively. Understanding the purpose behind your anger can help you release it, say experts in an NPR article. They recommend these steps for releasing anger: Name the anger and voice your feelings; determine where you are feeling that anger in your body; decide what your angry impulses are telling you to do; and visualize what acting on those impulses would look like. Once you have released some of that anger, you can more clearly choose what to do next.

### 'From Yale to psychiatric prison: the undoing of a brilliant friend'

<https://www.abc.net.au/listen/programs/conversations/jonathan-rosen-michael-laudor-mental-illness/103508750>

(Interview: broadcast: Fri 15 Mar 2024)



**BOOK: 'The Best Minds: a story of friendship, madness, and the tragedy of good intentions'**

Jonathan Rosen has written a book about his childhood friend Michael Laudor, after their lives dramatically diverged while attending Yale University together.

When Jonathan Rosen was a child, he had a neighbourhood friend called Michael Laudor.

Michael and Jonathan did a lot together as kids - they played basketball together, went to the same parties, and then they both headed off to Yale together. But that is where their paths dramatically diverged.

While Jonathan was developing a name for himself as a writer after graduation, Michael ended up in a locked psychiatric ward and diagnosed with schizophrenia. Eventually, things were looking up for Michael, who was offered a book deal, and a possible Hollywood movie with Leonardo DiCaprio or Brad Pitt tapped to play him. But what could have been a great arc of redemption for Michael, ended somewhere very different.

*Published by Penguin (This episode of 'Conversations' was recorded at Adelaide Writers Week: 15.3.24)*

**Habituation: Why People Fail to Notice Horrors Around Them**



Habituation allows us to block out consistent distractions, such as a strong smell or loud background noise. But it also allows us to accept increasing terror around us in small increments, such as in war, corruption, and oppression. **Tali Sharot, PhD**, a neuroscience professor at University College London, coauthored a *New York Times* opinion essay detailing how this habituation happens and what can be done to counter it:

[https://www.nytimes.com/2024/02/25/opinion/brain-habituation-horrors.html?unlocked\\_article\\_code=1.cE0.LLbh.3aD9CKP0zAKf&smid=url-share](https://www.nytimes.com/2024/02/25/opinion/brain-habituation-horrors.html?unlocked_article_code=1.cE0.LLbh.3aD9CKP0zAKf&smid=url-share)

**Socioeconomic discrepancies in mental health stressors:**

**How a complicated benefits system lets some fall through the safety net**

<https://www.pbs.org/newshour/show/how-a-complicated-benefits-system-lets-some-fall-through-the-safety-net>

**Mar 11, 2024**

Amid many of the debates around entitlements and benefits, one thing is often lost to the public: Many people who qualify for help struggle to get and keep their benefits because it can be difficult to navigate the system. Economics correspondent Paul Solman looks at the challenge as part of our special series, America's Safety Net.

**A guide to starting your mental health journey:**

Jeff Ashby, PhD, a psychologist and professor at Georgia State University, and Marnie Shanbhag, PhD, APA's senior director of the Office of Independent Practice, were quoted in a comprehensive Vox guide to starting your mental health journey. Mental health experts cover everything from deciding to see a mental health provider to knowing when you've reached an endpoint in therapy.

<https://www.vox.com/even-better/24084051/mental-health-care-how-to-find-the-right-therapist-community-care>

**Loss and Grief:** [https://www.nytimes.com/2024/03/01/well/family/pet-loss-grief.html?unlocked\\_article\\_code=1.cE0.8yA2.KVh\\_C-7-TBZ0&smid=url-share](https://www.nytimes.com/2024/03/01/well/family/pet-loss-grief.html?unlocked_article_code=1.cE0.8yA2.KVh_C-7-TBZ0&smid=url-share)

Sherry Cormier, PhD, a psychologist in West Virginia and author of *Sweet Sorrow: Finding Enduring Wholeness After Loss and Grief*, was featured in a *New York Times* article about how to support someone who has lost a

pet. Cormier discussed validating the owner's loss, helping the person feel less isolated by asking to see photos or hear stories of their pet, and staying supportive through the cyclical stages of grief.

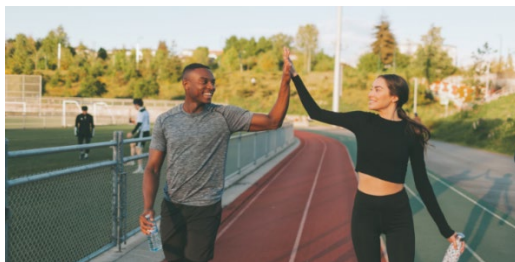
#### Understanding dementia:

[https://mooc.utas.edu.au/course/20179/Understanding\\_Dementia\\_2024-02.html](https://mooc.utas.edu.au/course/20179/Understanding_Dementia_2024-02.html)

The impacts of dementia, including loss of physical and cognitive capacity, are felt community wide. The latest research estimates that up to 40% of dementia cases may be preventable by attending to potentially modifiable risk factors.

**'Preventing Dementia':** draws on the latest scientific evidence, as well as the expertise of leading global experts in dementia research and education to outline and discuss the key risk factors for dementia. Expert neuroscientists, clinicians and epidemiologists outline ways of reducing risk.

**The Wicking Dementia Research and Education Centre** <https://mooc.utas.edu.au/> : is at the forefront of translational research and support for issues confronting people with dementia and their carers.



#### Optimal weight loss goals may be less than you think:

Research suggests that the amount of weight you need to lose for improved health is lower than what many people believe.

BMI (Body Mass Index) is often used as a benchmark for determining weight-related health, but emerging research suggests that both BMI and the weight loss industry's messaging may exaggerate the amount of weight individuals need to lose for improved health.

[https://www.sydney.edu.au/news-opinion/news/2024/03/06/how-much-weight-do-you-actually-need-to-lose--it-might-be-a-lot-.html?campaign=2024\\_SAM&source=email&area=university&a=alumni&type=o&pid=sam-extra-march-late](https://www.sydney.edu.au/news-opinion/news/2024/03/06/how-much-weight-do-you-actually-need-to-lose--it-might-be-a-lot-.html?campaign=2024_SAM&source=email&area=university&a=alumni&type=o&pid=sam-extra-march-late)

#### Body dysmorphia: Signs, symptoms, and treatment:

Body dysmorphia, also called body dysmorphic disorder (BDD), is a mental health condition where a person is obsessed with their own physical flaws. These flaws may be real but minor, or they may be entirely imagined. BDD (Body Dysmorphic Disorder) has similarities with obsessive-compulsive disorder (OCD), but is more common (affecting ~1 in 50 people), often more severe, and frequently goes unnoticed in clinical settings.

[https://therapist.com/disorders/body-dysmorphia/?utm\\_campaign=tcom\\_articles&utm\\_medium=email&hsmi=297588458&hsenc=p2ANqtz-uA2vT-MJT-rlllpzWKVIB9T0p1OBpjdZOBkYILSp6YF2AJs9JhCwoZ9fiCtUOH8sqOSsTwUG7tlOyOQ8q-Is9xrDogA&utm\\_content=297464108&utm\\_source=hs\\_email](https://therapist.com/disorders/body-dysmorphia/?utm_campaign=tcom_articles&utm_medium=email&hsmi=297588458&hsenc=p2ANqtz-uA2vT-MJT-rlllpzWKVIB9T0p1OBpjdZOBkYILSp6YF2AJs9JhCwoZ9fiCtUOH8sqOSsTwUG7tlOyOQ8q-Is9xrDogA&utm_content=297464108&utm_source=hs_email)

#### Orthorexia: The grey area between a diet and an eating disorder

Orthorexia, a fixation on eating healthily and an obsession with body image, which can lead to extreme behaviors and eating disorders like Anorexia.

The episode begins by asking listeners to visualise a pie chart describing who they are. This guide provides an understanding of how your thinking patterns can be dominated by food, weight, and body image. This exercise helps gauge the extent of your obsession and its impact on mental health and lifestyle.

Using intriguing statistics, the episode assesses time spent worrying about body image over a lifetime. This analysis reveals how a seemingly small percentage of your day spent stressing over body image accumulates over the years, encroaching on valuable time that could be spent on more meaningful pursuits.

- <https://infoc2b.podbean.com/e/exploring-orthorexia-and-our-obsession-with-weight/>
- <https://acfeb.thrivecart.com/change-your-relationship-with-food/>
- [https://www.amazon.com.au/Change-Your-Relationship-Journal-Workbook/dp/B0C91KG16R/ref=sr\\_1\\_3?crid=10KQ6XS7PTA9&keywords=change+your+relationship+with+food&qid=1705448202&srefix=change+your+rela%2Caps%2C241&sr=8-3](https://www.amazon.com.au/Change-Your-Relationship-Journal-Workbook/dp/B0C91KG16R/ref=sr_1_3?crid=10KQ6XS7PTA9&keywords=change+your+relationship+with+food&qid=1705448202&srefix=change+your+rela%2Caps%2C241&sr=8-3)







## **MARCH, 2024: Items/resources of professional interest**

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

### **Friday March 8<sup>th</sup>, 2024: International Women's Day:**

#### **When is it and why is it important?**

(see: <https://www.bbc.com/news/world-64723201> )

**For more than a century, people around the world have marked International Women's Day on 8 March.**

But what is the day for, and why does it matter?

#### **How did International Women's Day start?**

International Women's Day (IWD) grew out of the labour movement. The seeds were planted in 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay and the right to vote. A year later, the Socialist Party of America declared the first National Woman's Day. Clara Zetkin founded International Women's Day in 1910. The idea to make it an international event came from Clara Zetkin, a communist activist and advocate for women's rights. In 1910, she raised it at an International Conference of Working Women in Copenhagen. Her suggestion was unanimously backed by the 100 women from 17 countries who were at the conference. The first International Women's Day was celebrated in 1911, in Austria, Denmark, Germany and Switzerland. The United Nations (UN) started marking the event in 1975. The first theme adopted by the UN (in 1996) was "Celebrating the Past, Planning for the Future".

#### **Why is International Women's Day held on 8 March?**

Ms Zetkin's original idea for an international celebration was not tied to a particular day. The 8 March date was chosen after Russian women demanded "bread and peace" during a war-time strike in 1917. Four days into the strike, the tsar was forced to abdicate, and the provisional government granted women the right to vote. According to the Julian calendar which was then in use in Russia, the women's strike began on 23 February. In the Gregorian calendar used in much of the rest of the world, that date is 8 March.

#### **How is International Women's Day celebrated around the world?**

International Women's Day is a national holiday in many countries. In China, many women are given a half-day off work, as advised by the State Council. Thousands of events take place globally, including marches, talks, concerts, exhibitions and debates. ... In Italy, IWD is called Festa della Donna, and mimosa blossoms are a popular gift. Flower sales in Russia typically double around International Women's Day. ... In the US, March is **Women's History Month**. A presidential proclamation issued every year honours the achievements of American women. In an Instagram post at the beginning of March 2024, US President Joe Biden said the month would "celebrate the legacy of sung and unsung trailblazers, and advocates who have made the world a fairer, more just, and free place".

#### **What is the theme of International Women's Day 2024?**

The UN theme for 2024 is "***Invest in women: Accelerate progress***", which aims to highlight the importance of gender-equality measures. "Conflicts and rising prices may lead 75% of countries to cut public spending by 2025, negatively impacting women and their essential services," the UN warns.

The International Women's Day website:

- <https://www.internationalwomensday.com/>
- [https://iwda.org.au/take-action/international-womens-day/?gad\\_source=1&gclid=CjwKCAiAi6uvBhADEiwAWiyRdi-aPDirsDDR1S7KDYkdvM70KIMl8cceBhZKkb\\_Kggv9LDTTVHp5xhoCqhEQAvD\\_BwE](https://iwda.org.au/take-action/international-womens-day/?gad_source=1&gclid=CjwKCAiAi6uvBhADEiwAWiyRdi-aPDirsDDR1S7KDYkdvM70KIMl8cceBhZKkb_Kggv9LDTTVHp5xhoCqhEQAvD_BwE)

has chosen the theme "**Inspire Inclusion**". It says organisers and events aim to "break down barriers, challenge stereotypes, and create environments where all women are valued and respected."

#### **Why do campaigners argue that International Women's Day is needed?**

According to the **2023 Global Gender Gap Index**, published every year by the World Economic Forum, no country has yet achieved full gender equality or parity. It warns it is likely to take more than a century before it is reached across the globe.

- **NEWS RELEASE: Friday, 8 March 2024:**

#### **Diagnostic manual for mental, behavioural, and neurodevelopmental disorders.**

[https://hq\\_worldhealthorganizationdepartmentofcommunications.cmail20.com/t/d-e-eckdkt-ijiiisfdy-j/](https://hq_worldhealthorganizationdepartmentofcommunications.cmail20.com/t/d-e-eckdkt-ijiiisfdy-j/)

**New manual:** <https://iris.who.int/bitstream/handle/10665/375767/9789240077263-eng.pdf?sequence=1>

released to support diagnosis of mental, behavioural and neurodevelopmental disorders added in ICD-11.



**The World Health Organization (WHO) has today published a new, comprehensive diagnostic manual for mental, behavioural, and neurodevelopmental disorders:** “The clinical descriptions and diagnostic requirements for ICD-11 mental, behavioural and neurodevelopmental disorders (ICD-11 CDDR)”.

The manual has been developed using the latest available scientific evidence and best clinical practices and is designed to support qualified mental health and other health professionals to identify and diagnose mental, behavioural and neurodevelopmental disorders in clinical settings.

“An accurate diagnosis is often the first critical step towards receiving appropriate care and treatment. By supporting clinicians to identify and diagnose mental, behavioural and neurodevelopmental disorders, this new ICD-11 diagnostic manual will ensure more people are able to access the quality care and treatment they need” said Dévora Kestel, Director, Mental Health and Substance Use Department, World Health Organization.

The new diagnostic guidance, reflecting the updates to the ICD-11, includes the following features:

- Guidance on diagnosis for several new categories added in ICD-11, including complex post-traumatic stress disorder, gaming disorder and prolonged grief disorder. This enables improved support to health professionals to better recognize distinct clinical features of these disorders, which may previously have been undiagnosed and untreated.
- The adoption of a lifespan approach to mental, behavioural and neurological disorders, including attention to how disorders appear in childhood, adolescence, and older adults.
- The provision of culture-related guidance for each disorder, including how disorder presentations may differ systematically by cultural background.
- The incorporation of dimensional approaches, for example in personality disorders, recognizing that many symptoms and disorders exist on a continuum with typical functioning.

### **March 2024 APA ‘Monitor on Psychology’**

<https://www.apa.org/monitor/2024/2024-03-monitor.pdf>



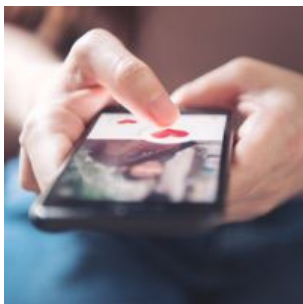
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### **How To Get Ready for Therapy:**

<https://psyche.co/guides/how-to-get-ready-for-therapy-and-achieve-better-progress>

For many patients, starting therapy can be daunting and they may not know what to expect. A *Psyche* guide written by clinical psychologist **Rochelle Frank, PhD**, lays out what patients can do at the outset to get the most out of therapy and feel comfortable going into their first session.



### **Love and Algorithms: The Future of Dating Apps**

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

Dating apps are now the most common way for people to meet a romantic partner. **Liesel Sharabi, PhD**, director of the Relationships and Technology Lab at Arizona State University, joined APA's *Speaking of Psychology* podcast to discuss whether relationships that start online are more or less likely to succeed, what you can do to avoid dating app burnout, and how AI and virtual reality could change dating in the future.



### **Study Reveals How Neighborhood Violence Alters Kids' Brain Development**

[https://www.wfmz.com/health/study-reveals-how-neighborhood-violence-alters-kid-s-brain-development/article\\_05297923-41a8-/](https://www.wfmz.com/health/study-reveals-how-neighborhood-violence-alters-kid-s-brain-development/article_05297923-41a8-/)

Research published in APA's journal *Developmental Psychology* found that teens who have experienced high levels of community violence show high levels of amygdala reactivity to fearful and angry faces, as highlighted by WFMZ-TV. "It's adaptive for adolescents to be more in tune to threats when living in a more dangerous neighborhood," said study co-author **Luke Hyde, PhD**. The researchers also found that nurturing parenting can counteract the effects of exposure to violence on the brain.



### 5 Ways to Reduce Stress in Your Body

In moments of panic and high stress, physical acts such as putting your hand on your heart can help you down. In a *Washington Post* article, clinical psychologist **Jenny Taitz, PsyD, ABPP**, points to some examples to try and shares the science behind why actions such as adopting a serene expression or looking into the distance can soothe our mental state.

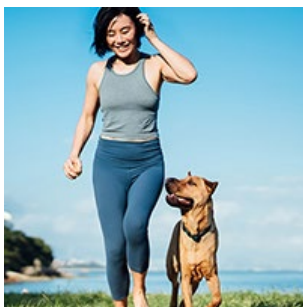


### Your First Step Toward a Better Mood: Better Sleep

In a survey on sleep in America, half of people who slept less than 7 hours each weekday reported having depressive symptoms, as highlighted in *The New York Times*. Poor sleep and poor mental health can have a “feed-forward effect” that compounds over time and worsens symptoms explained sleep researcher **Aric Prather, PhD**, who treats patients with insomnia. Cognitive behavioral therapy for insomnia can help reframe thoughts about sleep and stop the cycle.

Read more in APA’s *Monitor on Psychology* about diagnosing and treating sleep disorders:

<https://www.apa.org/monitor/2022/07/ce-sleep-disorders>



### In Brief: The Latest Peer-Reviewed Studies Within Psychology

Research highlights from the latest issue of APA’s *Monitor on Psychology*: Spending time with a pet dog can increase dog owners’ happiness and reduce their anxiety; boredom during tests can negatively impact results; content warnings may cause more distress than they prevent; people who work night shifts show high levels of cognitive impairment; and more.

<https://www.apa.org/monitor/2024/01/pets-reduce-anxiety>

### **Treating Non-Suicidal Self-Injury Behaviors:**

People self-harm for many reasons. While self-harm is not by itself a mental health disorder, it can be a sign that the person is struggling with their mental health. Use these worksheets to help your clients navigate and survive the turbulent periods of their lives where self-harm behaviors appear to be their primary options to cope.

**See:** [https://my.therapist.com/treating-non-suicidal-self-injury-behaviors-sq?utm\\_campaign=tcom\\_085170&utm\\_medium=email&hsmi=296322205&hsenc=p2ANqtz-84YX5Ns0Cswkpf2pIdmkQbn4a4cVYBBFTDpzcMj9Kpj5Gk2XEpMcQdW1yI3PHDcZSPu7YznQz--VeDOO1\\_w\\_i744Q&utm\\_content=296322912&utm\\_source=hs\\_email](https://my.therapist.com/treating-non-suicidal-self-injury-behaviors-sq?utm_campaign=tcom_085170&utm_medium=email&hsmi=296322205&hsenc=p2ANqtz-84YX5Ns0Cswkpf2pIdmkQbn4a4cVYBBFTDpzcMj9Kpj5Gk2XEpMcQdW1yI3PHDcZSPu7YznQz--VeDOO1_w_i744Q&utm_content=296322912&utm_source=hs_email)



**What reducing alcohol can do for your health: PBS Newshour: Jan 30, 2024 09:28 PM EST**

People have used things like the “sober curious” movement to reexamine their relationship with alcohol overall. “There's also now other months, like dry July and sober October,” said Katie Witkiewitz, distinguished professor of psychology and director of the Center on Alcohol, Substance Use.

<https://www.pbs.org/newshour/health/how-dry-january-affects-your-health>

**Preparing our communities for climate change**

"Getting more psychology services into disaster-affected communities is critical. Not only are they experiencing the challenges of extreme weather events – such as losing their homes – but in many cases these disasters also directly impact their livelihoods. The mental health impacts of climate change in these regions are often complex and layered." Climate change is impacting every sphere of life – including our health.

<https://psychology.org.au/about-us/news-and-media/media-releases/2024/addressing-the-psychological-impact-climate-change#msdyntrid=BD5wzElcSICpddCZlcrxfb3vGB46PN7Tu1u-aVQaKzs>

**American life expectancy has dropped again. Here's why:**



<https://www.pbs.org/newshour/health/american-life-expectancy-has-dropped-again-heres-why>

It is projected that as many as 1.6 million Americans may die in the decade leading up to 2025 from causes tied to **alcohol, substance use and** suicide if current trends persist. The report encouraged the adoption of a national resilience strategy, intended to boost supports, identify early warning signs



**A family's struggle with addiction in new memoir:**

<https://www.pbs.org/newshour/show/rep-dean-and-her-son-share-their-familys-struggle-with-addiction-in-new-memoir>

To believe that people turn to drugs or **alcohol** because they have had a traumatic time growing up. How do you explain that to people? Harry Cunnane: I think, if we look at this as a disease **and substance use** disorder as a disease, it makes that easier to understand.



**States look to involuntarily hospitalize people to confront growing mental health crisis**



<https://www.pbs.org/newshour/show/states-look-to-involuntarily-hospitalize-people-to-confront-growing-mental-health-crisis>

Anita Fisher: My son Pharaoh is 45 years old. **And** for the last 22 years, he's lived with a co-occurring condition of schizophrenia **and substance use** disorder. There have been wonderful periods of recovery where he is in treatment, on his medication, **and** that's the person who ...

**As opioid settlement money starts to flow in, states debate how best to use it:**

<https://www.pbs.org/newshour/show/as-opioid-settlement-money-starts-to-flow-in-states-debate-how-best-to-use-it>

5 billion over the next 18 years. Chrystal Weatherly: People need support. **And** people need to know that the stigma that is typically attached to **substance use** is not viewed that way by everybody.

**FEBRUARY, 2024**

AMERICAN PSYCHOLOGICAL ASSOCIATION

# TRENDS FOR 2024

## **12 Emerging Trends for 2024**

[https://www.newporthealthcare.com/professionals/mental-health-professionals/?utm\\_source=apa&utm\\_medium=referral&utm\\_campaign=nh\\_roles\\_professionals\\_national\\_dec-2023](https://www.newporthealthcare.com/professionals/mental-health-professionals/?utm_source=apa&utm_medium=referral&utm_campaign=nh_roles_professionals_national_dec-2023)

In 2024, psychology will play a major role in pointing the way toward a healthier, more just society. With rampant misinformation and a presidential election on the line, we all have a basic duty to engage, using the tools of psychological science to counter falsehoods. Psychologists are also guiding the development of generative artificial intelligence, but there is much to learn. And the outlook for higher education, women's and LGBTQ individuals' rights, racial equity, access to mental health care, workplace satisfaction, addiction rates, and much more will depend greatly on the work of psychologists.



## **2023's Mind-Bending Revelations in the Brain Sciences**

<https://www.scientificamerican.com/article/2023s-mind-bending-revelations-in-the-brain-sciences/>

Researchers made great advances in brain science in 2023, many related to key developments in artificial intelligence. *Scientific American* summarized the most innovative findings about brains and machines; decision-making and learning; and more.

## **How Psychology is Shaping the Future of Technology**

<https://www.apa.org/news/apa/2024/psychology-shape-future-technology>



From artificial intelligence to social media to gaming, psychologists are increasingly playing a central role in researching, developing, and implementing the technology shaping our lives. APA presented a series of science conversations at the 2024 Consumer Electronics Show, the world's leading technology conference, on Jan. 9. The sessions helped tech experts understand how input from psychologists will support innovation in artificial intelligence while protecting the public, helped to define the future of privacy and related equity issues, showed how behavioral science can help build games for good, and much more.



### **How to Fail Successfully**

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

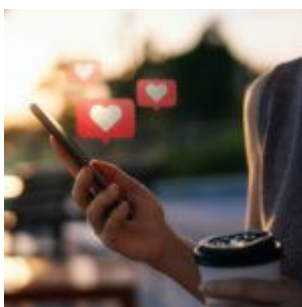
Do you remember New Coke? Colgate frozen lasagna? The Hawaii chair? History is littered with commercial failures. Harvard Business School professor **Amy Edmondson, PhD**, author of *Right Kind of Wrong: The Science of Failing Well*, and organizational psychologist **Samuel West, PhD**, curator of the Museum of Failure, joined APA's *Speaking of Psychology* podcast to talk about some of commerce's biggest flops; the difference between simply failing and "failing well"; and how individuals and organizations can get past the fear of failure, recognize its potential upsides, and learn from their mistakes.



### **How Black Churches Could Lead the Way on Teen Mental Health**

<https://www.vox.com/the-highlight/2023/12/4/23979847/teen-mental-health-youth-suicide-prevention-black-church-religion-psychology>

The misconception that Black people don't die by suicide was a significant barrier to prevention research for decades. Vox detailed work by psychologist Sherry Molock, PhD, to challenge that misconception and demonstrate the need for Black youth suicide prevention efforts. Her research has culminated in HAVEN Connect, a program that provides mental health programs at churches to strengthen social connections and improve mental health. The program is currently in two churches and Molock and her collaborators have received a \$1.5 million grant from the American Foundation for Suicide Prevention to expand the program to 12 more churches and continue studying the impact.



### **9 Ways to Reset Your Relationship With Social Media**

<https://time.com/6554322/how-to-use-social-media-less/>

Whether you're looking to reduce your screen time a little or completely revamp your social media habits, psychologists have strategies to reset your relationship with social media. Included in *TIME*'s tips from experts: Craft a mission statement to be intentional about your social media time, document the amount of time you spend on social media and how you feel afterward, make a list of activities you prefer to scrolling, establish social media-free zones, and more.

**An updated guide for managing menopause (MJA Insight: Issue 4: 5<sup>th</sup> February, 2024)**

[An updated guide for managing menopause | InSight+ \(mja.com.au\)](https://insightplus.mja.com.au/2024/4/an-updated-guide-for-managing-menopause/)

<https://insightplus.mja.com.au/2024/4/an-updated-guide-for-managing-menopause/>



Authored by SASHA TAYLOR, CHANDIMA HEMACHANDRA, SUSAN DAVIS

**The Practitioner's Toolkit for Managing Menopause has now been updated and is available to everyone, not just medical practitioners.**

### How self-compassion can help reduce depression in women (MJA Insight: Feb. 5<sup>th</sup>)



Authored by LYDIA BROWN; KIIRA GAVRALAS; CHRISTINA BRYANT

- <https://insightplus.mja.com.au/2024/4/how-self-compassion-can-help-reduce-depression-in-women/>

There are several ways women can build self-compassion to adopt a kinder, less self-critical attitude to the self.

- “Managing psychological distress following cardiac surgery”

Authored by WILLIAM D MCCANN; XIANG-YU HOU; SNEZANA STOLIC; MICHAEL J IRELAND

MJA Insight: Issue 4 / 5 February 2024

- <https://insightplus.mja.com.au/2024/4/managing-psychological-distress-following-cardiac-surgery/>

Psychological distress can have an important influence on the physical and psychological health of cardiac patients following surgery, highlighting the merits of pre-surgery education and attending cardiac rehabilitation programs.

### “Awe and Wonder”: (Something to start 2024 with!!)

‘The Awe Hunters’: with Julia Baird

Julia Baird with Dacher Keltner: Psychologist; University of California. Berkeley

ABC COMPASS: <https://iview.abc.net.au/video/RN2211H025S00>

Julia Baird faces down the darkness of her cancer diagnosis and joins fellow seekers of wonder. She discovers that awe has shaped our civilisations, driven people to change their lives and ultimately make them happier.

### CALL FOR YOUR INPUT: Have your say:



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION  
SERVICES, INC.

**THE APA is calling for input on advocacy and policy-making: see announcement below:**

“The current political climate makes it critical for psychology to have a stronger voice in policymaking decisions impacting our discipline, profession, and the communities we serve. If you could take a brief survey to share your advocacy priorities and engagement activities, your input will inform our advocacy goals and strategies for 2025 and beyond.

To advance the practice and discipline of psychology, [APA Services](#) pursues [advocacy priorities](#) aligned with the [association's strategic plan](#). Priorities are informed by input from American Psychological Association (APA) members, governance, and state, provincial and territorial associations, developed by the Advocacy Coordinating Committee (ACC), and approved by the Board of Directors.

Thank you in advance for taking the time to have your voice heard before the March 15, 2024 deadline. We

anticipate the survey will take 5-10 minutes for you to complete. The link for the survey is below.

**Survey:**

[https://apamr.co1.qualtrics.com/jfe/form/SV\\_1IgIAX7r4cVf6tg?Q\\_DL=YYjmUTUebL96HWW\\_1IgIAX7r4cVf6tg\\_CGC\\_VAHAmobydt4kLKy&Q\\_CHL=email](https://apamr.co1.qualtrics.com/jfe/form/SV_1IgIAX7r4cVf6tg?Q_DL=YYjmUTUebL96HWW_1IgIAX7r4cVf6tg_CGC_VAHAmobydt4kLKy&Q_CHL=email)

**From the APA Advocacy Coordinating Committee**

**Other key URLs:**

- Advocacy priorities: <https://www.apaservices.org/advocacy/actions/advocacy-priorities>
- APA Strategic Plan: <https://www.apa.org/about/apa/strategic-plan>

If interested in making a contribution, please feel free to copy us your views as we too are keen to pursue via the IAAP all advocacy possibilities of benefit to the communities we serve.

## **JANUARY, 2024:**

### **The crucial importance of Self Care:**

Growing stressors on psychologists have been widely studied and reported, especially in response to the pandemic. A recent APA study showed that almost half of U.S. licensed psychologists (45%) reported feeling burned out in 2022, with similar levels reported in 2020 (41%) and 2021 (48%). These issues aren't disappearing anytime soon. In recent surveys of APA members, burnout and work-life balance are consistently cited as among their top issues of concern.

The APA's E-booklet offers a concentrated self-care resource for APA's collective membership—whether they are embedded in educational institutions, operating clinical practices, or conducting scientific research. It offers well-researched tools and strategies for having greater agency within a host of circumstantial and personal stressors. With interviews and research from leading psychologists and other experts, it tackles common challenges psychologists face in creating and sustaining a healthy work-life balance, with tried-and-true tactics for getting back on course.

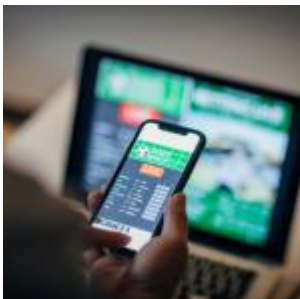
- <https://irp.cdn-website.com/90e1a3b7/files/uploaded/Self-Care%20FINAL%20R.pdf>



#### **Why We Need Hope**

When the news is filled with war, climate change, and other disasters, remaining hopeful about the future can feel impossible. But psychologists' research has found that hope is not an unrealistic luxury, it's a necessity. **Jacqueline Mattis, PhD**, of Rutgers University, and **Chan Hellman, PhD**, of the University of Oklahoma, joined APA's *Speaking of Psychology* podcast to discuss the difference between hope and optimism, why cultivating hope can help people facing adversity and trauma, and what all of us can do to find hope in trying and uncertain times.

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



#### **An Explosion in Sports Betting Is Driving Gambling Addiction Among College Students**

Sports betting among college students is becoming increasingly commonplace and problematic. One out of 10 college students is a pathological gambler, according to research cited in a *TIME* article about the surge. The new ease of sports betting eliminates previous barriers, allowing gamblers to bet from their homes without anyone seeing their addictive behavior. Psychologist **Jim Lange, PhD**, the executive director of the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery at The Ohio State University, is working with other researchers to form a consortium of university substance use experts to address gambling among college students. See more from APA's *Monitor on Psychology* about how gambling affects the brain and who is most vulnerable to addiction.

**See:** <https://time.com/6342504/gambling-addiction-sports-betting-college-students/>





### **More Couples Are Divorcing After Age 50 Than Ever Before. Psychologists Are Helping Them Navigate Through Change.**

While divorce has declined among adults in their 20s and 30s, the rate among adults age 50 and older has surged upward. The logistics and stakes involved in later divorce can present unique challenges, such as having more assets to split, mutual social ties that may stretch back decades, and adult children who will be emotionally impacted in differing ways. Psychologists can help their patients foster and maintain the emotional resiliency that middle-age and older adults are more likely to have accrued through a lifetime of weathering difficult experiences.

<https://www.apa.org/monitor/2023/11/navigating-late-in-life-divorce>



### **It's OK to Suck When You Try Something New**

How many hobbies have you given up when you tried them and weren't immediately good? For many people, the answer is at least a few. In a Vox article, psychologists share why it's good to push through the discomfort of being bad at something and keep trying. They offer these tips to help you stick with it: Maintain a growth mindset and know that you can get better; celebrate small improvements in your effort; and remember that others are likely thinking about your failures far less than you are.

<https://www.vox.com/even-better/23979535/permission-to-suck-terrible-hobbies>

### **NOVEMBER, 2023:**

#### **The APA Statement: Coping with the trauma of war**

#### **APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

#### **Trauma (for all items below see: <https://www.apa.org/topics/trauma> )**



Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.

While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help them find constructive ways of managing their emotions.

Adapted from [Recovering emotionally from disaster: Coping with the trauma of war in the Middle East](#)



**Talking to children about war:** Conversations with kids about conflicts can help them feel safer and more secure. Here's what psychologists recommend

<https://www.apa.org/topics/resilience/kids-war>



**How does trauma haunt future generations?**

Researchers and clinicians are examining the long-term impacts of war and other traumatic events on survivors, as well as their children and grandchildren

<https://www.apa.org/topics/trauma/trauma-survivors-generations>



**How to cope with traumatic stress**

Psychologists recommend people lean on loved ones, prioritize self-care, and be patient with themselves to help manage the stressful effects of trauma

<https://www.apa.org/topics/trauma/stress>



**Students exposed to trauma**

Teachers play a critical role in guiding students suffering from trauma, which if left unaddressed can disrupt a student's behavior, and emotional well-being, academic success, and health.

<https://www.apa.org/ed/schools/primer/trauma>



#### **Reassuring preschoolers during a time of war**

You may think they're too young to understand, but even very young children can absorb frightening events from the news or overheard conversations

<https://www.apa.org/topics/resilience/preschool-war>



#### **Helping teens move beyond the fears that a time of war brings**

Although your teens may tower over you, they are still young and can keenly feel the fear and uncertainty of a time of war.

<https://www.apa.org/topics/resilience/teen-war>



#### **APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

## OTHER TOPICS:

### Depression After Weaning Can Be a Serious Concern for Some New Moms



<https://click.info.apa.org/?qs=50470298b09253846d5efff2aa668ce3ffdd537ed79595d442862e07ba5af9ed0ef735e62e3146ab3249ec519fc6f6d4aa0f4e3415f08704>

While postpartum depression is relatively well studied, a lesser-known condition known as postweaning depression needs more research and public education, experts say. The conditions are similar in that each is caused by a drop in hormones, with estrogen and progesterone dropping in postpartum depression and prolactin and oxytocin dropping in postweaning depression. The number of affected women is unknown because of a lack of research, experts say in a *Washington Post* article. Increasing public awareness of the condition and of strategies that can help, such as weaning slowly, is needed.

### How To Help With Math Anxiety <https://www.apa.org/news/podcasts/speaking-of-psychology/math-anxiety>

Math is essential to our everyday lives, from household budgeting to buying the right size rug for a room. But for people with math anxiety, tasks involving math can cause dread and fear. **Molly Jameson, PhD**, of the University of Northern Colorado, joined APA's *Speaking of Psychology* podcast to talk about where math anxiety comes from, whether you can be good at math but still suffer from math anxiety, how it affects people's lives, and what parents and teachers can do to help math-anxious kids overcome their fears and excel in math. Read more about the causes, consequences, and prevention methods of math anxiety.



### How COVID-19 Changed Life for People Terrified of Needles

<https://time.com/6323014/needle-phobias-covid/>

COVID-19 forced many people with a fear of needles to confront their phobias after decades of avoidance in order to get crucial vaccines, as highlighted by *TIME* magazine. Experts hope that the efforts to overcome such fears may lead to a longer-term interest among health care providers to adopt best practices for handling and treating people with needle phobia. See more from APA's *Monitor on Psychology* about how psychologists can help patients with injection fear.



### 'I'd Rather Not Know': Why We Choose Ignorance

<https://www.apa.org/news/press/releases/2023/10/why-we-choose-ignorance>

When given the choice to learn how our actions will affect someone else, 40% of us choose ignorance, often to have an excuse to act selfishly, suggests research published in *Psychological Bulletin*. "Examples of such willful ignorance abound in everyday life, such as when consumers ignore information about the problematic origins of the products they said lead author **Linh Vu, MS**, a doctoral candidate at the University of Amsterdam in Netherlands. "We wanted to know just how prevalent and how harmful willful ignorance is, as well as why people engage in it."





### **How To Stop Using Alcohol as a Confidence Crutch**

<https://edition.cnn.com/2023/10/15/health/how-to-be-confident-without-alcohol-wellness/index.html>

Alcohol is a widely accepted coping tool for artificial confidence, and science backs it too: Research has found that when people are intoxicated, their brains don't differentiate neutral and fearful faces as they would when they were sober. But using alcohol to get through social situations plays into the "lies feeding the habit," said **Ellen Hendriksen, PhD**, a clinical psychologist and author of *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*, in a CNN article. The lies tell us that what we're avoiding is actually dangerous and that we're not equipped to handle it; confronting those false beliefs help build the confidence that will ease the need to cope with alcohol.

### **JUNE, 2023: Items resources of professional interest:**

***with special thanks to the APA, APS, PBS, ABC, etc – and other sources:***

***(For previous 'items/resources of interest' from Division 17 E-News, see Appendix below)***

### **GENERAL ITEMS:**

#### **50<sup>th</sup> World environment day:**

- United Nations World Environment Day: <https://www.un.org/en/observances/environment-day>
- Climate Change: How is my country doing on tackling it?  
<https://www.bbc.com/news/science-environment-65754296>
- The real dangers of plastic pollution: As UN delegates meet in Paris with the aim of agreeing a legally binding treaty on plastic pollution, new research shows that plastic recycling could actually make things worse. So what needs to be done to save our environment? Guest: **Dr Denise Hardesty**, Principal Research Scientist at CSIRO Environment and a leading expert on plastic pollution (Broadcast: 4.6.23) <https://www.abc.net.au/radionational/programs/sundayextra/the-real-dangers-of-plastic-pollution/102415620>

**Integrated Care: 30<sup>th</sup> annual Medical Family Therapy/Integrated Care Intensive** is being held at the University of Rochester, New York State this week (Mon 5<sup>th</sup> -Fri 9<sup>th</sup> June) – as mentioned in Division 17 "Activities" above: <https://www.urmc.rochester.edu/psychiatry/institute-for-the-family/family-therapy/mfti.aspx>

### **Clinical, Lifestyle and social interventions: INTEGRATED CARE/LIFESTYLE MEDICINE**



#### **Recommendations for Adolescent Social Media Use**

<https://www.apa.org/news/press/releases/2023/05/adolescent-social-media-use-recommendations>

To guide educators, parents, policymakers, mental health practitioners, tech companies, and youth, APA has released research-based recommendations for healthy social media use among kids and teens. The recommendations emphasize minimizing the chances for harm and maximizing the benefits that social media can provide. See APA's tips for parents, based on the recommendations, and a Q&A with APA Chief Science Officer **Mitch Prinstein, PhD**, on how to provide social media literacy for children that will maximize the chances for balanced, safe, and meaningful experiences.



### **The Promise of Brain Stimulation Treatments for Depression**

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

Transcranial magnetic stimulation (TMS) used to treat major depression is not new, but in recent years, brain stimulation treatments have become more effective and more available. TMS is now also used to help people quit smoking and to treat obsessive compulsive disorder and anxiety. **Sarah Lisanby, MD**, director of the Noninvasive Neuromodulation Unit at the National Institute of Mental Health (NIMH), joined APA's *Speaking of Psychology* podcast to talk about how TMS works and recent treatment advances, as well as other brain stimulation treatments such as electroconvulsive therapy. Writer **Diana Daniele** also offers her perspective on how TMS helped her overcome treatment-resistant depression.



### **Loneliness Poses Profound Public Health Threat**

A recent advisory from U.S. Surgeon General **Vivek H. Murthy** likened the health risks of loneliness to those of smoking and obesity. "This isn't just people feeling good or bad about their social life," said **Julianne Holt-Lunstad, PhD**, professor of psychology and neuroscience at Brigham Young University and lead science editor of the advisory. "It truly has an impact on our physical health," Holt-Lunstad said in a *Washington Post* article.

[https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTg1LCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaXhwIjoxNjgzNTU1MTk5LCJpYXQiOiJlZ2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZW5WE0ODA3ZTcyNSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWZsdGgvMjAyMy8wNS8wMi9sb25lbGluZXNzLWhtYWx0aC1jcmIzaXMtc3VyZ2Vvbi1nZW5lcmFslYj9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZW5Tn2zPIY](https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTg1LCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaXhwIjoxNjgzNTU1MTk5LCJpYXQiOiJlZ2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZW5WE0ODA3ZTcyNSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWZsdGgvMjAyMy8wNS8wMi9sb25lbGluZXNzLWhtYWx0aC1jcmIzaXMtc3VyZ2Vvbi1nZW5lcmFslYj9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZW5Tn2zPIY)

### **ADHD clinics capitalise on diagnosis explosion**

<https://www.abc.net.au/radionational/programs/healthreport/adhd-health-report/102405098>

A new kind of ADHD clinic is cashing in on surging demand for diagnoses — and promising salaries of more than \$900,000 to recruit psychiatrists. As the need for services has grown, so have waitlists. Patients who might otherwise choose to wait longer for affordable care are being forced to choose between fees as high as \$3,000, or no care at all. For more, listen to **Part 1** and **Part 2** of the "Schmeitgeist" investigation.

**Credits:** Angela Lavoipierre, Presenter; Broadcast Mon 29 May 2023

### **MAY, 2023: Items resources of professional interest:**

#### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **The World Obesity Federation warns (BBC: 1.5.23): More than half the world's population will be classed as obese or overweight by 2035 if action is not taken.**

See: <https://www.bbc.com/news/world-64831848>

More than four billion people will be affected, with rates rising fastest among children, its rises. The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.

- **Mental health and wellbeing for practitioners:**

A new resource for better mental wellbeing - [www.aapbooks.com](http://www.aapbooks.com) :

- [https://www.australianacademicpress.com.au/books/details/344/The\\_Clever\\_Self\\_Care\\_Guide?utm\\_source=sendinblue&utm\\_campaign=Self-Care\\_openers\\_3&utm\\_medium=email](https://www.australianacademicpress.com.au/books/details/344/The_Clever_Self_Care_Guide?utm_source=sendinblue&utm_campaign=Self-Care_openers_3&utm_medium=email)

Life can be full of challenges rocking our boat so strongly that we risk drowning in a sea of stress and mental ill-health. That's why self-care is such a vital skill.

Dr Nadine Hamilton has spent over 17 years in her psychology practice helping professionals and businesses get on top of stress and psychological fatigue to avoid burnout, depression and self-harm. Her 2019 international best-seller *Coping With Stress and Burnout as a Veterinarian* targeted a profession with a suicide rate almost four times higher than the general population.

Now, after two years of social, personal, and financial impacts from a global pandemic, she has found herself working with her clients (and herself) more and more on self-care — how to use self-understanding and practical psychological tools to attain and maintain better mental wellbeing.

Time then, to release a new book to help anyone who is finding life at work and home a tough ask at times. Nadine gives us a clever guide to self-care covering topics such as setting boundaries, dealing with stress and anxiety, self-esteem, coping with grief, resilience, compassion fatigue, mentally healthy workplaces, and the imperative to build more hope and optimism into our daily lives.

Its a great little resource for personal use or, or those you know could do with a little practical help to take back control of their life.

### **GENERAL ITEMS: (see next page)**



### **Washington Used to Abhor Talking About Mental Health. No More.**

**See:**

<https://www.politico.com/news/2023/04/17/mental-health-fetterman-senate-00092233>

*Politico* examines the shift in culture toward mental health demonstrated by the positive response to Sen. John Fetterman’s treatment for clinical depression. “In the ’50s and ’60s, nobody said the word cancer. We talk about cancer now. We need to get to that point where we talk about depression. We talk about bipolar disorder. We talk about PTSD. We talk about schizophrenia, and acknowledge that these are illnesses for which there is treatment, and people can have satisfying, fulfilling lives,” said **Lynn Bufka, PhD**, APA’s associate chief of practice transformation.

### **Effective Learning: There Are Better Ways to Study That Will Last You a Lifetime**

(Guest Essay in the New York Times):

[https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked\\_article\\_code=PoZky1luu2e-R6ES8eeluKKMeY-7ojbyN3b-p3qTTIX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiynpiBC-EZUV8kCuyIHbZRCaOSZs3\\_UkyrKYHn7B2yN5sgcNbXZExckfyFv6jziPyU6VGOCwF1XePnq04LIQEQQOFvHrImTAKIzg2pFWScgnx\\_dWH8\\_hu9tmapEbsobW8o\\_N7ckyOuX2xoPCuGXx8Hr-s3QjVgfhNm25ldU0C9mjkXm&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked_article_code=PoZky1luu2e-R6ES8eeluKKMeY-7ojbyN3b-p3qTTIX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiynpiBC-EZUV8kCuyIHbZRCaOSZs3_UkyrKYHn7B2yN5sgcNbXZExckfyFv6jziPyU6VGOCwF1XePnq04LIQEQQOFvHrImTAKIzg2pFWScgnx_dWH8_hu9tmapEbsobW8o_N7ckyOuX2xoPCuGXx8Hr-s3QjVgfhNm25ldU0C9mjkXm&giftCopy=1_CurrentCopy&smid=url-share)

Most students aren’t studying in the most effective ways—they’re doing what feels easy and what seems to be working in the moment, says **Daniel T. Willingham, PhD**, a psychology professor at the University of Virginia in an opinion essay for *The New York Times*. Educational psychologists’ research shows why some commonly used methods like highlighting and rereading aren’t helpful in the long run, and why strategies like practicing how much information you’ve retained work better. Willingham advocates for wider dissemination of the most effective strategies, such as by requiring a study skills class in high schools.

### **How Do You Build a Successful Team?**

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

Very few people do their jobs entirely on their own. For most of us, doing our job well means being part of a well-functioning team. **Eduardo Salas, PhD**, of Rice University, joined APA’s *Speaking of Psychology* podcast to talk about the key ingredients for highly effective teams, the difference between team training and team building, what to consider when working on a remote team, the role of team leaders, and how industries such as aviation and medicine—where breakdowns in teamwork can have dire consequences—have evolved in their approach to teamwork.



### **Want to Make a Change? Conjure Your 'Possible Selves.'**

Imagining our possible future selves, either positive or negative, can motivate us toward action. Social psychologists **Hazel Markus, PhD**, and **Paula Nurius, PhD**, coined the concept of possible selves and found that our ideas of what we might become inform our current self-concepts. Psychologists share in a *New York Times* article about how we can bridge the gap between our present and future selves, including by taking small steps toward our envisioned future, enlisting a trusted companion, sharing our goals, and more.

[https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked\\_article\\_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dj2KXOuCs64bLU8Ca-sXpmpbAJx27rM5qht6K8A8f8jXv9WMNz ORilrXc7xTv4CUULNgmri ppp8P6vv0NwrzAok4nuoCbYMR5wmSlcb1M hcgnom8M9SiGwJ06OLD6GJ-7O5lw DNq-YiyAE8NZnujaOeeBoQ2CmKjmm25l dhMnYFfEts7OChVRjx60AumbQtT7cAOJ bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UUfOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked_article_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dj2KXOuCs64bLU8Ca-sXpmpbAJx27rM5qht6K8A8f8jXv9WMNz ORilrXc7xTv4CUULNgmri ppp8P6vv0NwrzAok4nuoCbYMR5wmSlcb1M hcgnom8M9SiGwJ06OLD6GJ-7O5lw DNq-YiyAE8NZnujaOeeBoQ2CmKjmm25l dhMnYFfEts7OChVRjx60AumbQtT7cAOJ bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UUfOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1_CurrentCopy&smid=url-share)

**APRIL, 2023:**

### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **Will future generations turn away from alcohol? (ABC: 2.4.23)**

<https://www.abc.net.au/radionational/programs/futuretense/will-future-generations-turn-away-from-alcohol-102119836>

Could alcohol go the way of cigarettes and become socially unacceptable?(AAP: Daniel Munoz)

Are attitudes towards drinking changing as we learn more about the impact alcohol can have on our bodies?



Drinking has been part of our social and cultural activities for centuries. But cultural norms appear to be shifting.

#### **Guests:**

- Terry Slevin -CEO of the [Public Health Association of Australia](#)
- [Professor Steve Allsop](#)- National Drug Research Institute, Curtin University
- [Ruby Warrington](#) - author and editor
- [Carl Erik Fisher](#) - addiction physician and a person in recovery
- [Clare Hughes](#) - Chair of the Nutrition and Physical Activity Committee, Cancer Council Australia
- [Sarah Milov](#) - Associate Professor of history at the University of Virginia, author of *The Cigarette: A Political History*
- [Dr Ineka Whiteman](#) - neuroscientist, Director of Dynamic Thought Consulting

#### **Credits**

- [Jennifer Leake](#), **Presenter** and **Producer**
- [Jennifer Leake](#), **Producer**

### **PHYSICAL ACTIVITY AS MEDICINE:**

- **Exercise brings benefits for treatment of cancer**

<https://www.abc.net.au/radionational/programs/scienceshow/exercise-brings-benefits-for-treatment-of-cancer/102167466>



ABC: 1 Apr 2023: **Guest:** [Robert Newton](#); Professor of Exercise Medicine; Edith Cowan University;



The old approach was to prescribe bed rest after surgery. Now patients are told to get out of bed and to move. Robert Newton leads research at Edith Cowan University in Perth into the benefits of exercise in preventing and treating conditions such as cancer. He says there are important molecules released when our muscles work. These molecules suppress cancer and reduce tumour development. They also reduce the toxicity effects of chemotherapy allowing full doses to be administered. Robert Newton says exercise is a medicine bringing highly coordinated biochemical changes within the body with no side effects.

**Presenter:** Robyn Williams: Broadcast 1 Apr 2023 1 Apr 2023

- **Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews:** (See [LINK2](#))

<https://doi.org/10.1136/bjsports-2022-106195>

Published in British Journal of Sports Medicine online, pp. 1-10

Authors:

- Ben Singh (Allied Health & Human Performance, University of South Australia) – et al

Subjects: [depression](#); [anxiety](#); [psychological distress](#); [systematic reviews](#); [physical activity](#) [adult](#); [chronic disease](#)

- **The Limerick Declaration on Rural Healthcare**

The 19th World Rural Health Conference (17-20.6.22), hosted at the University of Limerick in rural Ireland (with 650+ participants from 40 countries and 1600 engaging online), considered how best to empower rural communities to improve their own health and the health of those around them. The conference focused on the role of national health systems and other stakeholders, to keep their commitments to the UN Sustainable Development Goals to reach the *'highest attainable standard of health as one of the fundamental rights of every human being'*. This conference issued *'the Limerick Declaration on Rural Healthcare'*, designed to inform rural communities, academics and policymakers about how to achieve the goal of delivering high quality health care in rural and remote areas most effectively. Based on current evidence and best international practice, participants of the conference endorsed a series of recommendations for the creation of high quality, sustainable and cost-effective healthcare delivery for rural communities both in Ireland and globally. The recommendations focused on several major themes:

- rural healthcare needs, delivery and equity of access.
- rural workforce, advocacy and policy, and
- research for rural health care.

The Declaration calls on all governments, policymakers, academic institutions and global communities to commit to providing rural dwellers with equitable access to properly-resourced, patient-centred health care as a crucial marker of democracy.

Keywords: *family medicine, general practice, health inequities, health policy, multidisciplinary, nursing recruitment, primary care, retention, rural healthcare research, rural-proofing.*

(See attached Article: [LINK3](#))

- **Half of world on track to be overweight by 2035** (See attachment [LINK 4 & 5](#)) More than four billion people will be affected, with rates rising fastest among children, its report says. Low or middle-income countries in Africa and Asia are expected to see the greatest rises.

The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.

The president of the federation, Prof Louise Baur, described the report's findings as a clear warning to countries to act now or risk repercussions in the future.

See: <https://www.bbc.com/news/world-64831848>

**Counteracting obesity**



March, 2023:

## Psychologists share advice for Managing distress about earthquakes from afar:

<https://www.apa.org/topics/disasters-response/distress-earthquake>

## Death Toll Climbs to 33,000 people in Turkey-Syria Earthquake, Groups Provide Support:

The death toll has risen to 33,000 people from the earthquake in Turkey and Syria and is expected to continue to rise. CNN details some of the efforts of rescue and recovery, including work by the Palestinian Red Crescent. The group has a psychosocial support team that is providing mental health services to children and their families in hospitals and shelters.

### Earthquake recovery operations:



## These Radically Simple Changes Helped Lawmakers Actually Get Things Done



It's generally agreed that the US Congress could function better. *The Washington Post* shares the story of a congressional committee at a standstill of hostility. They asked **I/O psychologist Adam Grant, PhD**, and other experts to help them work together more effectively, and the new strategies were met with success. "We learned by conversation—not confrontation. It was the most profoundly meaningful and gratifying time I've spent in Congress," said Rep. Dean Phillips (D-Minn.).

[https://www.washingtonpost.com/opinions/2023/02/09/house-modernization-committee-bipartisan-collaboration-lessons/?hpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.ejYzdWJpc2l6IGZNTU5MTgILCjYWFwZm42OijnaWZ0liwbmlmjlloxNjc2MjY0NDAdAwLJCpc3MiOiJpdWVzcyJ3cHpbRpb25ziwiXzhwlfoxNjc3NTYwMzk5SLCJpcyXXQioEJ2NZyYnJQMdAsImpo4Si6glJMxN2U0NzQzLGf2ymYtNdK0CN04DY4LWY2YjExZWhtYEtyMSIsInRoOCkImh0MDHBZo8IdvS3LDhc2Thpbmd0bD25wb3N0LmNvbS9vcGluaW9ucTlwZGlzYW47Y29sbGI3bjRhOGlvbm1szXN2bz25ZlVy9.WkoOUu8IFRRaaftGkpA08LTvlfrMrIUqUU475ga4H8U](https://www.washingtonpost.com/opinions/2023/02/09/house-modernization-committee-bipartisan-collaboration-lessons/?hpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.ejYzdWJpc2l6IGZNTU5MTgILCjYWFwZm42OijnaWZ0liwbmlmjlloxNjc2MjY0NDAdAwLJCpc3MiOiJpdWVzcyJ3cHpbRpb25ziwiXzhwlfoxNjc3NTYwMzk5SLCJpcyXXQioEJ2NZyYnJQMdAsImpo4Si6glJMxN2U0NzQzLGf2ymYtNdK0CN04DY4LWY2YjExZWhtYEtyMSIsInRoOCkImh0MDHBZo8IdvS3LDhc2Thpbmd0bD25wb3N0LmNvbS9vcGluaW9ucTlwZGlzYW47Y29sbGI3bjRhOGlvbm1szXN2bz25ZlVy9.WkoOUu8IFRRaaftGkpA08LTvlfrMrIUqUU475ga4H8U)

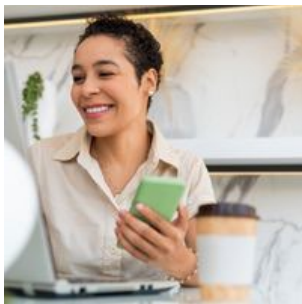


### **How To Add the Voice of Psychological Research to Current Events**

Op-eds are a vehicle to publicize research and data that is often held hostage by the peer-review process. Op-eds have the power to persuade—research suggests that they can influence readers immediately, 10 days later, and 30 days later. Psychologists with expertise share their tips for writing op-eds, including avoiding an excess of data, making it personal, and including a clear call to action.

<https://www.apa.org/monitor/2023/04/op-ed-psychology-research>

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### **Why Our Attention Spans Are Shrinking**

Most of us live our lives tethered to our computers and smartphones, which are unending sources of distraction. Research has shown that over the past couple of decades people's attention spans have shrunk in measurable ways. **Gloria Mark, PhD**, of the University of California Irvine, joined APA's *Speaking of Psychology* podcast to talk about how the internet and digital devices have affected our ability to focus, why multitasking is so stressful, and how understanding the science of attention can help us to regain our focus when we need it.

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



### **How To Stop Ruminating**

The mental loop that plays after an embarrassing moment, tough breakup, or tense conversation can sometimes be hard to interrupt. In a *New York Times* article, experts share tips for breaking the cycle, such as setting a worry timer. By dedicating a specific amount of time for worrying, you can avoid the feedback loop in which you feel bad about ruminating and relieve pressure and guilt.

<https://www.nytimes.com/2023/02/01/well/mind/stop-rumination-worry.html>

### **What Psychologists Are Talking About ...**

**Why we need to decolonise psychology:** <https://www.youtube.com/watch?v=Db6U7qOm7IM>

**Thema Bryant, PhD**, APA's 2023 president and director of the Culture and Trauma Research Lab at the Graduate School of Education and Psychology at Pepperdine University, presented at a TEDx event in Nashville. Bryant spoke about 'why we need to decolonize psychology' and the context of our lives that influence our psychology.

### **What to do when your child hates school:**

<https://www.huffpost.com/entry/what-to-do-kid-hates-school> I 63e12803e4b0c8e3fc866572

**Anjali Ferguson, PhD**, a clinical psychologist in Virginia, was featured in a *HuffPost* article about what to do when your child hates school and when common dislike of school crosses over into school anxiety. Ferguson offered tips for talking with your child about school, teaching them coping strategies, enlisting help, and more. Ferguson also explained how anxiety about school often presents as physical symptoms. “They still are developing a way to connect their thoughts and their physical sensations and their feelings,” she said. “Developmentally, they’re not there yet. So you see it play out really physiologically for kids.”

**Protecting Children on-line:** <https://www.judiciary.senate.gov/meetings/protecting-our-children-online>

**Mitch Prinstein, PhD**, APA’s chief science officer, testified at a Senate hearing on protecting children online and the harms of social media. “Social media offers the ‘empty calories of social interaction’ that appear to help satiate our biological and psychological needs, but do not contain any of the healthy ingredients necessary to reap benefits,” Prinstein said in his testimony.

### **February, 2023:**

#### **Reviewing our Professional Competencies:**

At the beginning of each calendar year, it is crucial that we review our professional competencies and develop a Learning Plan for our Continuing Professional Development (CPD) during the forthcoming year.

Competencies are a ‘*set of benchmarks that describe the knowledge, skills, abilities, behaviours, values and other attributes needed to perform safely and effectively in our profession as psychologists*’. We are all required to meet, at a minimum, the ‘competency thresholds’ defined by our national professional regulation authorities.

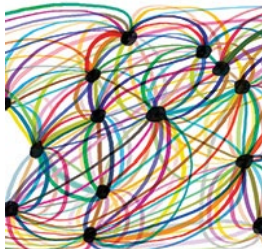
Requirements for both Competencies and CPD vary slightly from country-to-country. Hence a good reference point/set of guidelines for our International Association (and for our own learning goals over the coming year), is provided by the ‘**International Declaration on Core Competences in Professional Psychology**’

(finalised by the IAAP and ICP in 2016 –

see: [file:///C:/Users/61477/Downloads/ICP+-+THE+DECLARATION+Final+27+07+16%20\(3\).pdf](file:///C:/Users/61477/Downloads/ICP+-+THE+DECLARATION+Final+27+07+16%20(3).pdf) )

It is important that we re-familiarise ourselves with this crucial document (together with our own specific national guidelines) in planning our professional lives for the coming year.

#### **Other items of interest:**

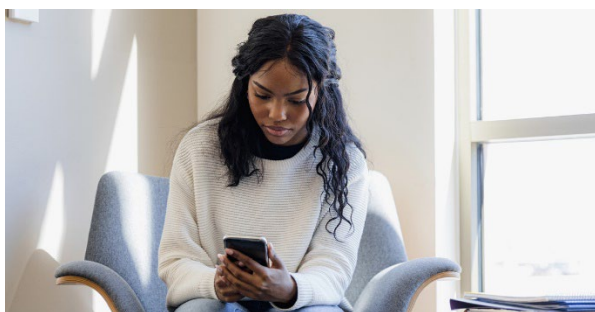


#### **Scientists Are Reaching a Wider Audience**

<https://www.apa.org/monitor/2023/01/trends-communicating-psychological-science>

Communicating psychological science to the public is vital, and an increasing number of psychologists are reaching beyond their patient base, academic circles, research labs, and other traditional workplaces to broaden their impact. Psychologists are hungry for this immediacy—to deliver psychology and psychological research to the public themselves and often during their personal time.

#### **Artificial Intelligence:**





### A Mental Health Tech Company Ran an AI Experiment on Real Users. Nothing's Stopping Apps from Conducting More.

<https://www.nbcnews.com/tech/internet/chatgpt-ai-experiment-mental-health-tech-app-koko-rcna65110>

Koko, an online mental health support chat service, ran an undisclosed experiment in which GPT-3 (a popular new artificial intelligence chatbot) wrote the responses to users writing in for help. While groups that receive federal support are required to follow rules of institutional review boards, private corporations and nonprofit groups are not held to this standard.

Experts discuss in an NBC News article the need for informed consent and responsible use in a time of rapidly advancing technologies.

Evolving technologies continue to raise questions of whether AI might help those dealing with isolation and depression.



### Laughter Really Is Contagious—And That's Good

Laughter's numerous benefits include lessening depression and anxiety symptoms, increasing tolerance for pain, lowering stress levels, and strengthening friendships. A *Washington Post* article highlights psychologists' work in studying laughter contagion—such as how it's like yawn contagion because people are wired to mirror one another, how we're more likely to laugh with those we know, and how the brain responds to sounds of laughter by preparing our facial muscles to join in.

See:

[https://www.washingtonpost.com/wellness/2023/01/15/laughing-is-](https://www.washingtonpost.com/wellness/2023/01/15/laughing-is-contagious/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTg1CjY2ZWZb24iOiJnaWZ0liwibm_0.8nHDbTalyz9NE02yV6ep4ctRIKPB5GOA8z1op8Gcx_A)

[contagious/?pwpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTg1CjY2ZWZb24iOiJnaWZ0liwibm\\_0.8nHDbTalyz9NE02yV6ep4ctRIKPB5GOA8z1op8Gcx\\_A](https://www.washingtonpost.com/wellness/2023/01/15/laughing-is-contagious/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTg1CjY2ZWZb24iOiJnaWZ0liwibm_0.8nHDbTalyz9NE02yV6ep4ctRIKPB5GOA8z1op8Gcx_A)

### Can a Pathological Liar Be Cured?

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

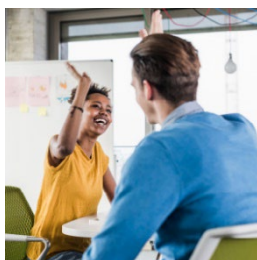
Almost everyone lies occasionally, but for a small percentage of people, lying isn't something that they do every once in a while—it's a way of life. **Drew Curtis, PhD**, of Angelo State University, and **Christian L. Hart, PhD**, of Texas Woman's University, authors of a new book on pathological lying, joined APA's *Speaking of Psychology* podcast to talk about what drives "big liars" to lie, why they believe pathological lying should be classified as a mental health disorder, whether liars really are more prevalent in professions such as politics and sales, and how you can recognize lies and protect yourself from being duped.

### December, 2022-January, 2023

#### **How Some Therapists Are Tackling Structural Racism in Their Practice:**

NPR highlights efforts from therapists to help patients heal with acknowledgement of structural racism amid a field that is predominantly White and caters to a White lens. Therapists share their perspectives on how they use culturally responsive techniques and how they can make therapy more inclusive.

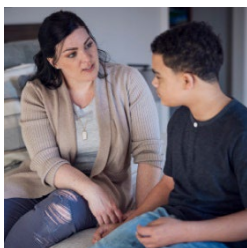
<https://www.npr.org/sections/health-shots/2022/11/25/1137754258/heres-how-some-therapists-are-tackling-structural-racism-in-their-practice>



### The Opposite of Schadenfreude Is Freudenfreude. Here's How to Cultivate It

Psychologists share the reasons why we sometimes revel in others' failures and how we can instead respond with genuine joy for their successes. In a *New York Times* article, experts share evidence-based tips, such as viewing success as a community achievement: "No one gets to the top alone, and when we elevate others, we're often carried up with them," said clinical psychologist **Emily Anhalt, PsyD**, cofounder of Coa, a mental health app.

<https://www.nytimes.com/2022/11/25/well/mind/schadenfreude-freudenfreude.html>



### The New Sex Talk to Have With Teens — Why It's More Important Than Ever

In *Everyday Health*, psychologists share advice for conversations with teens in a post-Roe era. They highlight the importance of overcoming qualms about having difficult conversations about sex, acknowledging that abstinence-only sex education is typically not based in reality, and continuing the conversation past the first talk. People "need to stop thinking of this as a conversation you have once and start thinking of it as a conversation you have often and in bite-size pieces," said **Julie Bindeman, PsyD**, a reproductive psychologist and co-director of Integrative Therapy of Greater Washington in Rockville, Maryland.



<https://www.everydayhealth.com/sexual-health/the-new-sex-talk-to-have-with-teens-and-why-its-more-important-than-ever/>



#### **Drug Overdose Deaths Among Seniors Are Rising**

Overdose deaths have more than tripled in the past two decades among people age 65 and older, as highlighted by CNBC. Some deaths were accidental as older adults tempted to cope with chronic pain, life changes, and more, but many were suicides. APA's *Monitor on Psychology* shares how psychologists [can help a greater number of patients struggling with drug use](#) amid stress and uncertainty. See: <https://www.apa.org/monitor/2021/03/substance-use-pandemic>



#### **The Science of Comfort Food**

Why do some foods evoke certain feelings, such as comfort or a twinge of nostalgia? In *The New York Times*, experts share the reasons behind the associations we make with our food and research on how early experiences shape our cravings later in life.

<https://www.nytimes.com/2022/11/24/well/eat/comfort-food.html>

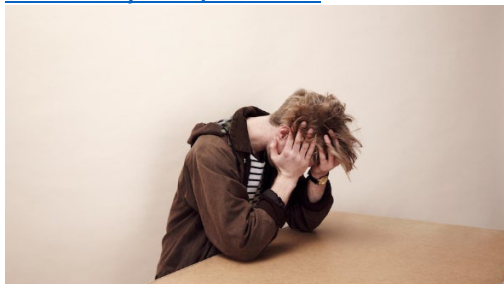
#### **Research in Brief**

See the latest peer-reviewed studies within psychology and related fields. Research includes: Fewer youth attempt suicide in states with hate crime laws that protect LGBTQ individuals; misinformation requires less cognitive effort to process and appeals to emotions more than information from reliable sources; caffeinated shoppers seem to spend more money and buy more items; virtual reality can make users feel like they have extra limbs; and more.

<https://www.apa.org/monitor/2022/11/humanlike-robot-research>

**October- November, (2022) (with thanks to the APA, APS, PBS, ABC – and other sources)**

**Are we in an anxiety crisis? (1.10.22):** <https://www.abc.net.au/radionational/programs/saturdayextra/are-we-in-an-anxiety-crisis-/101492086>



Anxiety levels ramped up during the pandemic around the world. In the US, over 40 million people show symptoms, leading to a recommendation that all US adults under 65 be screened for the mental health condition. Should the same be done in Australia? And what can we learn from the ancient Stoics about handling anxiety?

Duration: 17 minutes 7 seconds 17m

**Social determinants of health and wellbeing:**

### Slouching towards Utopia:

<https://www.abc.net.au/radionational/programs/saturdayextra/slouching-towards-utopia/101492544>



Economic historian and former Clinton adviser, Brad DeLong's new book "Slouching towards Utopia" explores the economic history of the period 1870-2010 which he calls the long 20th century. Previous generations would have thought such wealth to be a guarantee of utopia, but has it really turned out this way? Duration: 18 minutes 8 seconds 18m

### Lifestyle Factors:

#### General Health and Wellbeing:

**"Being physically inactive is expensive" (27.10.22)**

WHO highlights high cost of physical inactivity in first-ever global report

<https://www.who.int/news/item/19-10-2022-who-highlights-high-cost-of-physical-inactivity-in-first-ever-global-report>

World Health Organization: [worldhealthupdates@campaign.who.int](mailto:worldhealthupdates@campaign.who.int)



**"Health in Australia today — what will increase our chance of a healthy life?"**

ABC Interview (1.11.22) : <https://www.abc.net.au/radionational/programs/healthreport/1730-magdas-big-hea>

Magda Szubanski talks about her own reaction to the extent of chronic illness in Australia and why it's not just a fa The ABC series '*Magda's Big National Health Check*': see: <https://iview.abc.net.au/show/magda-s-big-national-h>

### Substance Use Disorders:

- **The shocking rise in alcohol-induced deaths (1.11.22):** The latest statistics on causes of deaths in Australia For some of the alcohol-related conditions the levels were the highest in about ten years. This is avoidable and, in fact, advocates for greater alcohol control measures have been warning for years Guest: Caterina Giorgi CEO of FARE (Foundation for Alcohol Research and Education) See: <https://www.abc.net.au/radionational/programs/healthreport/rise-in-alcohol-induced-deaths/101591878>
- **'Delivering a message: alcohol causes breast cancer' (24.10.22):** Authored by BELINDA LUNNAY; SAMAN 'Breast cancer is the *most common cancer affecting women in Australia and alcohol accounts for 10% of diagnoses. Alcohol is a Class-1 carcinogen.* However, we live in an "alcogenic" society in Australia where alcohol is everywhere.' 24 October 2022 Insight: *Medical Journal of Australia*: Issue 41, 24.10.22: <https://insightplus.mja.com.au/2022/41/delivering-a-message-al> Contact: [editorinsight@mja.com.au](mailto:editorinsight@mja.com.au)
- **Drug and Alcohol/Substance Use Disorder: Six Revelations From Matthew Perry's Diane Sawyer Interview** The 'Friends' star talks about drug abuse, addiction and his book '*Friends, Lovers, and the Big Terrible Thing*'. He his *Friends* experience was shaped by it. During the hour-long interview on ABC, Perry elaborated on his drug abuse, how he wants to settle down
  - <https://tvline.com/2022/10/28/matthew-perry-diane-sawyer-interview-video-jennifer-aniston-crush-friends/>

- <https://www.hollywoodreporter.com/tv/tv-news/revelations-matthew-perry-diane-sawyer-interview-1235251249/>

### **Talking About Grief with Anderson Cooper: New Yorker Interview**

“All There Is”: by [Amanda Petrusich](#)

‘After my husband died unexpectedly this summer, I found comfort in Cooper’s podcast about death and loss’

[https://www.newyorker.com/culture/the-new-yorker-interview/talking-about-grief-with-anderson-cooper?](https://www.newyorker.com/culture/the-new-yorker-interview/talking-about-grief-with-anderson-cooper?utm_source=nl&utm_brand=tny&utm_mailing=Tdev&utm_medium=email&utm_term=tny_daily_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccb03faa7cd2&)

[utm\\_source=nl&utm\\_brand=tny&utm\\_mailing=Tdev&utm\\_medium=email&utm\\_term=tny\\_daily\\_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccb03faa7cd2&](https://www.newyorker.com/culture/the-new-yorker-interview/talking-about-grief-with-anderson-cooper?utm_source=nl&utm_brand=tny&utm_mailing=Tdev&utm_medium=email&utm_term=tny_daily_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccb03faa7cd2&)



**How To Stop Mass Shootings:** <https://www.apa.org/news/podcasts/speaking-of-psychology/mass-shootings> Americans have become accustomed to tragic headlines of mass shootings in schools, grocery stores, and other pu APA’s *Speaking of Psychology* podcast to talk about research on what drives most mass shooters, why thinking of m workplaces, and elsewhere to make the next mass shooting less likely.

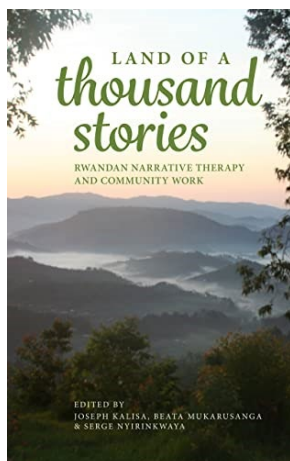


### **Rwandan Narrative Therapy and Community Work”**

See: [https://www.amazon.com.au/dp/B0BHVLDFSM/ref=monarch\\_sidesheet](https://www.amazon.com.au/dp/B0BHVLDFSM/ref=monarch_sidesheet)

“This unique and powerful book shares stories of original work by Rwandan narrative practitioners as they search for local ways of responding to profound social sufferings and mental health struggles.

From the early work of the counsellors of Ibuka (the national genocide survivors association) to current decolonising and culturally congruent forms of practice, these stories from the land of a thousand hills will move, challenge and inspire. From Beata Mukarusanga's preface: *‘This book conveys a journey that started with the Ibuka workers in response to the profound trauma of the genocide against the Tutsi, a trauma that continues to affect our lives individually and collectively in so many ways. It is a journey that moves also through territories and landscapes of resilience, new hopes, new ways of living. It’s a journey through both the painful past and the preferred story of Rwandans.’* .... *‘Throughout Rwandan history, our people have always searched for local ways to comfort and alleviate pain and sorrow. This is true in the cities and also in rural areas... In this book you will read of the contemporary search to find local solutions and create culturally resonant ways of working, in the quest for decolonising practices that inspire a search for cultural healing in all communities.’*”



### **September-October, (2022)**

#### **Suicides from firearms prompt movement to address mental health stigmas (PBS Newshour: Aug 23, 2022)**

**See:** <https://www.pbs.org/newshour/show/high-rate-of-suicides-prompt-movement-to-address-mental-health-and-firearms> When it comes to gun deaths in America, suicide is still the leading cause. A new poll finds that most Americans, 71 percent, believe gun laws should be stricter, one in five now say that they, a family member or a close friend has experienced gun violence or been threatened by it in the past five years. Among Black Americans, that number jumps to more than 50 percent. At the same time, 60 percent say it's still important that people can own guns for personal protection. When it comes to gun deaths in America, suicide is still the leading cause.... **William Brangham** recently went to Wyoming, the state with the highest suicide rate, to look at a movement trying to change the conversation around mental health and firearms.

### **August-September, 2022:**

**For items/resources of interest from previous Division 17 E-News, see Appendix below)**

- **How Psychology Can Help Fight Climate Change—And Climate Anxiety**

Speakers at APA 2022 made it very clear (as reported by 'TIME'): Psychology is crucial to addressing the climate crisis, both in identifying ways to change human behavior and helping people with mental health challenges brought on by extreme weather. The speakers offered tips such as harnessing anger for action and connecting with meaningful dialogue about climate change denial.

**See:** <https://time.com/6204083/climate-change-mental-health-psychology/>

- **Why Tween Girls Especially Are Struggling So Much**

Children's mental health is not a new issue (although it is worsening), and many psychologists are concerned for tween girls in particular, as highlighted by the *Washington Post*. The middle school years can be especially rough for girls, as puberty often sets in just as increases in pressures in appearance, friendship, academics, and sports are occurring. Young girls are more likely to use social media than boys and more likely to be negatively affected by it. **See:**

<https://www.washingtonpost.com/health/2022/08/08/tween-girls-mental-health/>

- **For Psychologists of Color, Self-Care is Much More Than That**

Living in a world that is not just, equitable, or safe has reinforced why many psychologists of color choose to think deeply and be more intentional about how they practice self-care. Among their new ideas: Self-care should incorporate one's community, values, and culture; it involves setting boundaries; and it's about claiming joy, pleasure, and rest despite a legacy of oppression.



See: <https://www.apa.org/> (Reference: [For psychologists of color, self-care is much more than that](#))

- **Alzheimer's Researchers Are Looking Beyond Plaques and Tangles for New Treatments**

Past research on Alzheimer's disease has looked at plaques and tangles in the brain, which are a "hallmark" of the disease, said **Maria Carrillo, PhD**, chief science officer of the Alzheimer's Association, but that research hasn't pinpointed how the plaques and tangles kill brain cells. Carrillo and other neuroscientists are rethinking the approach to study the changes in the brain and develop new treatments, as highlighted by *NPR*.

See: <https://www.npr.org/sections/health-shots/2022/08/01/1113825311/alzheimers-researchers-are-looking-beyond-plaques-and-tangles-for-new-treatments>

- **APA Adopts Racial Equity Action Plan**

At APA 2022, APA outlined next steps the association and psychology should take to prioritize and operationalize the commitments made in the association's 2021 apology for its role in contributing to racism. Among the steps recommended: Ensure equitable representation of scholars of color in leadership positions; redesign traditional research methodologies to improve equity, diversity, and inclusion; implement efforts that mitigate barriers to graduate training completion; and more. The newly created Racial Equity Fund, developed to move this work forward, will be seeded by a \$1.1 million grant from APA.

See: <https://www.apa.org/> (Reference: [APA adopts racial equity action plan](#) )

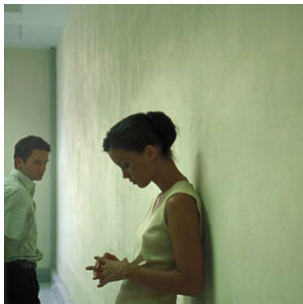
- **Workplace Well-Being Survey:** A new survey reveals 71% of workers believe their employer is more concerned about mental health now than in the past. See: <https://www.apa.org/> (Reference: ["Workers appreciate and seek mental health support in the workplace"](#) )



- **APA resources for coping with mass shootings, understanding gun violence: A Cascade of Collective Traumas:**

The regularity of mass shootings is razing Americans' mental health—heightening stress and dulling compassion in ways that demand broader concern, engagement, and change. “Just because we can’t fix a problem in its entirety doesn’t mean that we shouldn’t do what we can do to make a difference,” said Paul Slovic, PhD, a professor of psychology at the University of Oregon. “We cannot afford to let our minds deceive us into underreacting.” See APA resources for coping with mass shootings and understanding gun violence.

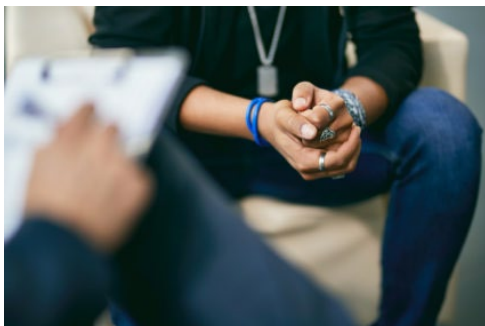
See: <https://www.apa.org/> (Reference: “APA resources for coping with mass shootings, understanding gun violence”)



- **How to Forgive Ourselves for What We Can’t Change**

Our feelings of regret sometimes lead to change, but sometimes simply simmer for years. What’s behind action or inaction, and how can we live with our choices either way? Psychologists **Shai Davidai, PhD**, and **Everett Worthington, PhD**, experts on regret and forgiveness, spoke with *The Atlantic* on what sticks with us and how we can process those feelings.

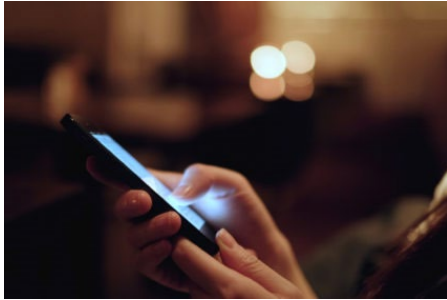
See: <https://www.theatlantic.com/world/> (Reference: [Simple Steps to Forgive Yourself and Overcome Regret](#) )



- **Lack of adequate mental health care places heavy burden on young people (PBS Newshour: Jun 29, 2022 10:40 PM EDT)**

... some information from you, OK? Is he currently safe right now? ‘Youth Villages’ funds its crisis hot line through the Tennessee Department of Mental Health. And for many families, these intensive in-home services are funded through the State’s Medicaid program.

See: <https://www.pbs.org/newshour/show/lack-of-adequate-mental-health-care-places-heavy-burden-on-young-people>



- **Rollout of new national mental health hotline in the USA faces obstacles**  
(PBS Newshour: Jun 29, 2022 10:35 PM EDT)  
*"... because they know they can't get the response. The worst thing is when people take that brave step. You're struggling with your **mental health**. It takes a lot to step forward and to call. And we want to make sure, when people call, they get connected and ..."*  
See: <https://www.pbs.org/newshour/show/rollout-of-new-national-mental-health-hotline-faces-obstacles>

**July-August, 2022**

- **WHO's MENTAL HEALTH REPORT: released 1<sup>st</sup> July, 2022**  
**Press Release and REPORT (LINKS)**



## **MEDIA ADVISORY**

**Science in 5: Mental Health**

Friday, 1 July, 2022

WHO's World Mental Health Report says that Mental Health is the leading cause of disability. How did the pandemic impact our mental health? What are the signs and how can we keep ourselves mentally healthy? Dr Mark Van Ommeren explains in Science in 5. Refer to the full [Report](#) .

- **Ken Burns Film Explores Youth Mental Health: "Hiding in Plain Sight: Youth Mental Illness:**  
See PBS Newshour: <https://www.pbs.org/newshour/show/ken-burns-film-explores-youth-mental-health>  
Awareness of mental health across all spectrums of the population has been growing after years living in the COVID pandemic. But there are particular concerns about the youngest generations. Those topics are explored in *Ken Burns' film, "Hiding in Plain Sight: Youth Mental Illness,"* which airs Monday night on PBS. Student Reporting Labs' Matt Suescun and Faiza Ashar spoke to Burns to learn more.  
(PBS NEWSHOUR: June 27<sup>th</sup>, 2022)
- **Psyched Up: The race to make psychedelic drugs part of mainstream medicine**  
In Australia and overseas there's a push to make psychedelic drugs part of mainstream medicine for the treatment of trauma and other mental health conditions.

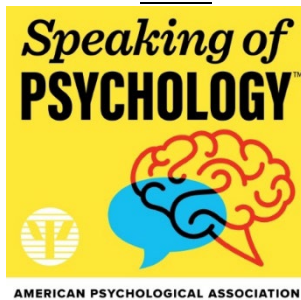
Results from clinical trials are promising for PTSD sufferers where conventional treatments have failed.

Four Corners investigates the world of psychedelic drugs, including the underground supply which is being sourced by increasing numbers of people who don't want to wait for the clinical trials to be concluded.

25<sup>th</sup> July, 2022: 48 minutes

See: <https://www.abc.net.au/4corners/>

- **A Post-Roe Future: - articles about the Supreme Court Decision to overturn Roe vs Wade**



- **Speaking of Psychology: A Post-Roe Future**

**Antonia Biggs, PhD**, a social psychologist at the University of California San Francisco, talks about the results of the Turnaway Study, which examined how receiving an abortion—or being denied one—affects mental health and well-being and what a post-Roe future might look like.

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

- **The Facts About Abortion and Mental Health**

More than 50 years of international psychological research shows that having an abortion is not linked to mental health problems, but restricting access to safe, legal abortions does cause harm. Research shows people who are denied abortions have worse physical and mental health, as well as worse economic outcomes than those who seek and receive them.

See:

- <https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>
- [https://www.ansirh.org/sites/default/files/publications/files/mental\\_health\\_issue\\_brief\\_7-24-2018.pdf](https://www.ansirh.org/sites/default/files/publications/files/mental_health_issue_brief_7-24-2018.pdf)

- **Title IX: 50 Years Later**



The landmark law has helped improve equity, safety, and wellness on college campuses since its passage in 1972, but there's still plenty of work to do.

See: <https://www.apa.org/news/apa/2022/title-ix-landmark>

**SLEEP HYGIENE:**





**Stop Doomscrolling and Get Ready For Bed. Here's How To Reclaim a Good Night's Sleep.**

Psychologists share in an *NPR* article why delaying our sleep in favor of stressing about the next day's work or problems can be an attempt to assert control over our time—and what to do if you want to get a better night's sleep.

See: <https://www.npr.org/2022/06/14/1105122521/stop-revenge-bedtime-procrastination-get-better-sleep>



**The Impact of Misinformation on Public Health**

Join us July 13 for a virtual national conversation between journalists, psychology and public health officials, and the public to discuss misinformation's effects on public health and psychology's potential for impact on solutions to address the pervasive issue.

See: <https://input.apa.org/f/rebuilding-trust>



**14% of Students Say They Dropped Out of College Because of Mental Health Challenges**

And nearly a third say it was at least a contributing factor to not finishing their degree. Students who left college for mental health issues were less likely to indicate they are planning to return than students who left for financial issues, as highlighted in a *Fortune* article.

See: <https://fortune.com/well/2022/06/15/college-students-drop-out-of-college-mental-health-challenges/>

**June-July, 2022: (with thanks to the APA, APS, PBS, ABC – and other sources)**

- **APA STATEMENT: Reaction to Texas Mass Shooting**

Statement by Frank C. Worrell, PhD, president of the American Psychological Association: in response to the mass shooting at an elementary school in Uvalde, Texas, that left at least 21 people dead, 19 of them children.

*"It is long past time to act to ensure that schools are safe havens for our children", says APA's president.*

<https://www.apa.org/news/press/releases/2022/05/gun-reform-texas-mass-shooting>

- **The Science Behind Creativity:** Psychologists and neuroscientists are exploring where creativity comes from and how to increase your own.

<https://www.apa.org/monitor/2022/04/cover-science-creativity>



- **How to Assess and Intervene With Patients at Risk of Suicide:**

Suicidal ideation is on the rise. Recent advances in clinical research have identified critical and effective treatments.

<https://www.apa.org/monitor/2022/06/continuing-education-intervene-suicide>

**APA Sponsored Webinar: Caring for Suicidal Patients:** A look at how to support clinicians and family members caring for those struggling with suicidal behavior.

[https://zoom.us/webinar/register/WN\\_EJ33-wWzRQ6yo-eVN7Kq2Q](https://zoom.us/webinar/register/WN_EJ33-wWzRQ6yo-eVN7Kq2Q)

(June 10th, 2022 – accessible via APA website)

- **Loneliness, the costly silent killer:** Julian Morrow on 'The Roundtable'

<https://www.abc.net.au/radionational/programs/the-roundtable/13942606>

Health advocates are calling on the new Albanese Government to appoint a Minister of Loneliness.

The title Minister of Loneliness almost sounds comedic but the UK and Japan each have a Government Minister to address what's now being described as a global epidemic of social isolation and loneliness.

The World Health Organisation has taken up the cause saying loneliness is a major contributor to ill health and it's not just an issue for older people..

A study by researchers at Curtin University in WA puts the economic cost of poor health outcomes due to loneliness at nearly 3-billion dollars each year in Australia.

**Guests:**

- **Alana Officer**, Head World Health Organisation Demographic Change and Healthy Ageing Unit
- **Dr Michelle Lim**, Clinical Psychologist, Chief Scientific Advisor, Ending Loneliness Together organisation
- **Phil McAuliffe**, Creator, The Lonely Diplomat website



- **Unraveling the Mystery of Lyme Disease:**  
Research shows the oft-misdiagnosed tick-borne disease can lead to serious mental health problems that can erode a person's quality of life.  
<https://www.apa.org/monitor/2022/06/feature-lyme-disease>
- **Standing Tall: A New Stage for Incompetency Cases:**  
A growing number of people with serious mental illness are entangled in the legal system instead of receiving proper mental health care.  
<https://www.apa.org/monitor/2022/06/feature-incompetency-cases>
- **Improving Traffic Safety:**  
U.S. traffic fatalities started rising 2 years ago after several years of declines. Psychologists around the world are looking for ways to make driving safer for everyone:  
<https://www.apa.org/monitor/2022/06/feature-traffic-safety>
- **"In brief": The latest peer-reviewed studies within psychology and related fields**  
<https://www.apa.org/monitor/2022/06/dementia-studies-research>

#### **May-June, 2022**

- **BPS May, 2022 – New report calls for more psychologists to be embedded into GP practices**  
<https://www.bps.org.uk/news-and-policy/new-report-calls-more-clinical-psychologists-be-embedded-gp-practices>  
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Clinical%20Psychology%20in%20Primary%20Care%20-%20Full.pdf>
- **USA: Restricting Access to Abortion Likely to Lead to Mental Health Harms**  
<https://www.apa.org/topics/abortion>
- **Mental Health in the Workplace**  
Most adults will spend a large amount of their lives at work and organizational support for employees' mental health is imperative.  
<https://www.apa.org/topics/workplace/mental-health/train-managers>  
<https://www.apa.org/topics/workplace/mental-health/reexamine-health-insurance>  
<https://www.apa.org/topics/workplace/mental-health/edi-policies>  
<https://www.apa.org/monitor/2022/04/feature-parental-leave>
- **Canadian Doctors Are Prescribing Free Passes to National Parks to Treat Patients**  
A new evidence-based initiative in Canada called PaRx encourages health care providers to prescribe spending time in nature to improve people's mental and physical health, as reported by CNN.  
<https://edition.cnn.com/2022/04/30/health/canada-doctors-prescribe-nature-wellness/index.html>
- **How To Get Comfortable Talking With the Media**  
A critical lesson of the COVID-19 pandemic has been seeing the importance of scientists communicating their findings to the public in an engaging and accessible way.  
<https://www.apa.org/monitor/2022/04/career-talking-media>
- **7 Podcasts to Support Your Mental Health**  
Podcasts about mental health can deliver research to a wider group of people in an accessible way and can be a helpful addition for those in therapy or a resource for people with barriers to treatment.  
<https://www.livestrong.com/article/13771942-best-mental-health-podcasts/>

- **How Many Friends Do You Really Need?**

Loneliness is associated with an increased risk for mental and physical health issues, but what does it take to not be lonely?

<https://www.nytimes.com/2022/05/07/well/live/adult-friendships-number.html>

### **April-May, 2022**

**Prolonged Grief Disorder recognised as a mental health condition**

<https://www.abc.net.au/radionational/programs/sundayextra/prolonged-grief-disorder-recognised-as-mental-health-condition/13813018>

The age-old saying “time heals all wounds” may be relevant for some, but for others grief is an ongoing and debilitating disorder. This year American Psychiatric Association has recognised ‘Prolonged Grief Disorder’ as an official psychiatric illness in its Diagnostic and Statistical Manual of Mental Disorders. Guest: **Dr Katherine Shear**, Director of the Center for Prolonged Grief and Marion E. Kenworthy Professor of Psychiatry at Columbia University Producer - Katie Fuller; **Duration:** 12min 30sec **Broadcast:** Sun 3 Apr 2022, 7:36am

**The Burden of Weight Stigma:** The increase in weight gain linked to the COVID-19 pandemic is taking a psychological toll, because weight stigma—bias against individuals because of their body size—is also on the rise. Weight stigma increases a person’s risk for mental health problems and undermines health behaviors and preventive care, causing disordered eating, decreased physical activity, health care avoidance, and weight gain. Psychologists are researching interventions for disrupting the pattern. **See:**

<https://www.apa.org/monitor/2022/03/news-weight-stigma>

**How To Keep Anger From Getting the Best of You:** How do you keep anger from rising to a level that interferes with your health and happiness? Howard Kassinove, PhD, of Hofstra University, and Raymond “Chip” Tafrate, PhD, of Central Connecticut State University, joined APA’s Speaking of Psychology podcast to discuss the difference between healthy and harmful anger, strategies to cope with anger, and why primal scream, rage rooms, and other forms of anger catharsis can do more harm than good. **See:**

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

- **Where creativity comes from and how to increase your own.** Listen to APA’s *Speaking of Psychology* podcast episode on creativity and ‘eureka moments’: **See:** <https://www.apa.org/monitor/2022/04/cover-science-creativity>

- **The Need for Paid Parental Leave:** Psychological research shows why employers and policymakers should consider doing more: <https://www.apa.org/monitor/2022/04/feature-parental-leave>

- **More Psychological Growth in Less Time:** Psychologists are applying research on single-session interventions to improve patients’ symptoms in one visit. **See:** <https://www.apa.org/monitor/2022/04/feature-growth-patients>

- **Discussing firearm safety:** Providers can help reduce injuries and deaths by talking with patients about safe storage and temporary transfers during high-risk periods. **See:** <https://www.apa.org/monitor/2022/04/ce-firearm-safety>

**Supporting Parents Via Instagram:** Psychologists have become the go-to parenting gurus of Instagram. Can their reach impact families for the better? **See:** <https://www.apa.org/monitor/2022/04/career-instagram>

**Research In brief:** How funny memes help us cope with the stress of COVID-19, and other research:

The latest peer-reviewed studies within psychology and related fields – see:

<https://www.apa.org/monitor/2022/04/inbrief-memes-research>

### **March-April, 2022**

- **What’s driving the dramatic rise in alcohol-related deaths during the pandemic?**

During the first year of the pandemic, alcohol-related deaths increased dramatically by 25 percent, according to a new study. In 2020, deaths jumped from about 79,000 a year to 99,000, with the spike seen across all drinking-age groups. Katherine Keyes, an epidemiologist at Columbia University’s Mailman School of Public Health, joins William Brangham to discuss.

**PBS Newshour: 23.3.22:** <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic> ;

**Full Transcript:** <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic#transcript>



## DISASTER PREPAREDNESS (in light of recent floods, fires, and other disasters world-wide)

- **Psychological First Aid:** This psychological first aid guide is for people working in disaster preparedness, response and recovery. It provides an overview of best practice in psychological first aid following disasters and traumatic events: [https://psychology.org.au/for-the-public/psychology-topics/disasters/recovering-from-disasters/psychological-first-aid-supporting-people-disaster?utm\\_medium=email&utm\\_campaign=220324\\_APSU\\_DRN&utm\\_content=220324\\_APSU\\_DRN+CID\\_2764159e348b5688207e3397759d80d7&utm\\_source=Email%20marketing%20software&utm\\_term=Psychological%20First%20Aid%20A%20guide%20to%20supporting%20people%20affected%20by%20disaster](https://psychology.org.au/for-the-public/psychology-topics/disasters/recovering-from-disasters/psychological-first-aid-supporting-people-disaster?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Psychological%20First%20Aid%20A%20guide%20to%20supporting%20people%20affected%20by%20disaster)
- **Preparing and recovering from floods:** [https://psychology.org.au/for-the-public/psychology-topics/disasters/floods?utm\\_medium=email&utm\\_campaign=220324\\_APSU\\_DRN&utm\\_content=220324\\_APSU\\_DRN+CID\\_2764159e348b5688207e3397759d80d7&utm\\_source=Email%20marketing%20software&utm\\_term=Preparing%20for%20and%20recovering%20from%20floods](https://psychology.org.au/for-the-public/psychology-topics/disasters/floods?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Preparing%20for%20and%20recovering%20from%20floods)
- **Guidelines for provision of psychological support to people affected by disasters (APS members and affiliates only):** [https://psychology.org.au/membership/member-login?returnurl=%2ffor-members%2fresource-finder%2fresources%2fassessment-and-intervention%2fguidelines-for-provision-of-psychological-support%3futm\\_medium%3demail%26utm\\_campaign%3d220324\\_APSU\\_DRN%26utm\\_content%3d220324\\_APSU\\_DRN%2bCID\\_2764159e348b5688207e3397759d80d7%26utm\\_source%3dEmail%2520marketing%2520software%26utm\\_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters](https://psychology.org.au/membership/member-login?returnurl=%2ffor-members%2fresource-finder%2fresources%2fassessment-and-intervention%2fguidelines-for-provision-of-psychological-support%3futm_medium%3demail%26utm_campaign%3d220324_APSU_DRN%26utm_content%3d220324_APSU_DRN%2bCID_2764159e348b5688207e3397759d80d7%26utm_source%3dEmail%2520marketing%2520software%26utm_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters)

## COPING WITH TRAUMA:

- **As a Crisis Hotline Grows, So Do Fears It Won't Be Ready:** The National Suicide Prevention Lifeline (USA) will have its own three-digit number, 988, starting in July—a shift that is expected to grow exponentially the number of callers over the next few years. The increased access is important, but experts say that more funding is needed to effectively staff the line. Roughly 17% of the lifeline's two million calls last year were abandoned before a caller could get help, as reported by *The New York Times*. Read more from APA about crisis lines during the pandemic. <https://www.nytimes.com/2022/03/13/us/suicide-hotline-mental-health-988.html>
- **Addressing the Pandemic's Mental Health Fallout:** <https://www.cbsnews.com/news/addressing-the-pandemics-mental-health-fallout/#>  
Even when COVID-19 recedes, Americans will still be left with the trauma the virus has left in its wake, including more than 140,000 children who have lost a parent or caregiver. APA CEO **Arthur C. Evans Jr., PhD**, spoke with *CBS News* about the need to address the ongoing mental health crisis. "Because what we know from research is that when people experience these kinds of traumas—after 9/11, or Hurricane Katrina—we expect to see people experiencing problems for at least another seven to ten years out," Evans said.
- **American's Stress is Spiking Over Inflation and War in Ukraine:**  
The APA's newest '**Stress in America**' survey found that over 80% of Americans said inflation, global uncertainty, and issues related to invasion of Ukraine are significant sources of stress. This is the highest number of people who have said they're significantly stressed about any issue in the 15 years APA has conducted this survey. "Typically, our highest levels of stress have been in the mid-60s, so hitting, for example, 87% for inflation as a source of stress is truly astounding," said psychologist **Vaile Wright, PhD**, APA's senior director of health care innovation in an NPR article: <https://www.apa.org/news/press/releases/stress/2022/march-2022-survival-mode>

## OTHER:

- **Navigating thorny topics in therapy:** Clinicians and ethics experts share guidance on maneuvering disclosures about **politics, religion, and other hot-button topics** that can affect the therapeutic relationship: <https://www.apa.org/monitor/2022/03/career-navigating-therapy>
- **Improving Sibling Relationships:**  
Eight in 10 children in the United States are growing up with a sibling—more than the number of kids living with a father. Over a lifetime, siblings are often the people with whom an individual will ultimately share the most years. Psychologists' research can help to improve these important relationships. Hear more about how our siblings influence our lives on APA's *Speaking of Psychology* podcast: <https://www.apa.org/news/podcasts/speaking-of-psychology/siblings>

### **February-March, 2022:**

*A number of members have expressed a wish to know **what practitioners are doing around the world with regard to COVID in their practices**. We would be grateful if you could let us know what issues have arisen (including those outlined by the APA below) and how practitioners are dealing with them. Feedback appreciated.*

- **The Anatomy of a Misinformation Attack**  
<https://www.apa.org/news/apa/2022/news-anatomy-misinformation>
- **Fighting Fake News in the Classroom**  
<https://www.apa.org/monitor/2022/01/career-fake-news>
- **Why Teens Need More Sleep, and How We Can Help Them Get It**  
<https://www.washingtonpost.com/parenting/2022/01/18/kids-teens-more-sleep/>  
<https://www.apa.org/monitor/2020/07/ce-corner-sleep>
- **Healing Pain by Treating the Mind**  
<https://www.apa.org/news/podcasts/speaking-of-psychology/healing-pain>
- **The Top 10 Journal Articles of 2021**  
<https://www.apa.org/monitor/2022/01/top-journal-articles>

### **January – February, 2022**

- **Two years into the pandemic, students still struggle with their mental health:** (Jan 25, 2022; PBS Newshour): <https://www.pbs.org/newshour/show/two-years-into-the-pandemic-students-still-struggle-with-mental-health>
- **IAAP WEBINAR: "Economic Behavior and the COVID-19 Pandemic: Cooperation, Consumption, and Entrepreneurship"** (available on the IAAP Website)
- **14 emerging trends for 2022:** The pandemic era has changed attitudes toward science and mental health; See: <https://www.apa.org/monitor/2022/01/special-emerging-trends>
- **"Do Your Own Research": It's Not That Simple.**  
See: <https://www.nytimes.com/2022/01/03/opinion/dyor-do-your-own-research.html>
- **How the Science of Habits Can Help Us Keep Our New Year's Resolutions:**  
See: <https://www.apa.org/news/podcasts/speaking-of-psychology/behavioral-habits>

### **EVENTS, WEBINARS and NEW RESEARCH:**

- **Social Media for Psychological Research in Ethical, Productive, and Prosocial Ways**  
<https://register.gotowebinar.com/register/6437901583821128720>
- **Essential Science Conversations: Mixed Feelings and Mixed Methods in Psychological Science:** See: <https://register.gotowebinar.com/register/8316517256834408717>
- **Understanding the No Surprises Act: How to provide estimates for your services**  
See: <https://www.apaservices.org/practice/legal/managed/no-surprises-act>

**SES and Health:** For new mothers, feeling low in social status poses risk to health, according to new research published by APA:

See: <https://www.apa.org/news/press/releases/2022/01/new-mothers-social-status>

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### **December, 2021 - January, 2022**

- **How can we minimize Instagram's harmful effects?**  
See: <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects>
- **Coping with Seasonal Affective Disorder During Another Pandemic Winter**

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- **HOLIDAYS: It's Beginning to Look a Lot Like Holiday Social Anxiety**  
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- **Essential Science Conversations: Anti-Racism in Psychological Science**  
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