

**APRIL, 2026 E-News**  
**Division of Professional Psychology (Division 17)**  
<https://www.iaapsy.org/division-17>



**President (2022-2026)**

**Susan McDaniel, PhD**

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**President-Elect (2022-2026)**

**Tim Carey, PhD**

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**April E-News:**

We've had an active month since our last E-newsletter in March, with multiple projects on the go:

- **SPARK Award: Supporting Psychology Application, Research, and Knowledge**

We've been asked to participate, as one of two Divisions, in piloting this initiative which aims to: *'foster greater engagement and ownership among IAAP divisions while advancing IAAP strategic goals, particularly:*

- *Goal 1: enhancing psychology's influence on global development initiatives and*
- *Goal 2: increasing the number and diversity of engaged members.'*

The primary objective is to advance applied psychology's role in the UN's sustainable development objectives by engaging IAAP divisions in designing, selecting, and implementing both research- and practice-oriented initiatives which foster both division-specific priorities and these broader IAAP and UN goals. Each division will manage a jury process to assess project proposals and select those seen to be most in line with these goals.

- **Digitilisation Advocacy Work at the UN:**

One of our Div 17 Executive Members: **John-Francis Leader (IAAP, EFPA and APA)** is participating in an ongoing process of advocacy at the UN on the impact of digitilisation and AI globally. As he indicates: 'Digitalisation is very much a cross-cutting topic, with implications in psychological research and practice, but also broadly throughout society in contexts like engagement with (social) media, effects on education, and changes to the workplace. These broader societal implications are increasingly being considered as digital determinants of wellbeing'. See attached article summarising progress thus far; we'll aim to provide up-dates as this work progresses.

- **Monthly Division 17 Executive Committee zoom meeting:**

As outlined in our previous E-Newsletters, we meet monthly as a team to discuss professional practice issues and the Division of Professional Psychology's contribution to IAAP. This month's meeting was held on 14<sup>th</sup>/15<sup>th</sup> April with attendance from Executive members in the USA, Ireland, Rwanda and Australia ([see attached Minutes \(14/15.4.26\)](#))

**Monthly presentation:** Each month, we have a presentation from one of our Executive members on their current work.

**Robyn Vines presented her work in Primary Care Psychology in Regional NSW in Australia.**

**Robyn highlighted three key domains of her work:**

- **The development of integrated mental health care between psychologists and GPs/family physicians in the primary care setting:** This collaborative model of care focuses on early intervention and prevention of more serious disorders in primary care, as well as decreasing the stigma still associated with accessing secondary and tertiary care services. The framework provided the original model for the 'Better Access under Medicare' initiative.
- **Provision of equitable service delivery in rural and remote settings:** through provision of bulk-billing services in primary care enabling greater access to care for the socioeconomically disadvantaged. Her role in the Western Sydney University Medical School's Rural Clinical School has been focused on 'rural pipeline training' for medical students in optimal approaches to mental health service delivery, the overall aim being to increase the recruitment and retention of all health service providers in rural areas. Robyn was founding Chair of the APS Board of Directors Regional, Rural and Remote Advisory Group and has worked in primary care in regional Australia for several decades.
- **The integration and inclusion of lifestyle factors** (including sleep, nutrition, exercise, addictive behaviours, social connection, etc.) as an integral part of all psychotherapeutic interventions – given that research evidence indicates that most of these single factors are more efficacious than antidepressants in treating the common mental disorders. Robyn has been an early proponent of lifestyle medicine and continues to advocate for these integrated care frameworks in both medicine and psychology. The BRCS (Bathurst Rural Clinical School) has developed access to a number of 'social prescribing' options within the community including 'no-cost-low cost exercise options' for professionals to refer to.

#### **Key points:**

- health services remain overly committed to a biomedical model
- there is a need to move more deliberately towards a biopsychosocial framework in which lifestyle interventions and social prescribing are embedded as mainstream care rather than exceptional additions.
- if such approaches are to become normal practice, they must be supported through structural systems including: clinical pathways, practice software adaptations, and practical resources that make them easier for clinicians to use.
- local collaboration between professions is essential for any meaningful shift in service delivery.
- social inclusion should be at the centre of community-based health improvement

#### **Next meetings: 19<sup>th</sup>/20<sup>th</sup> May; 16<sup>th</sup>/17<sup>th</sup> June:**

##### **Meeting Agenda items will include:**

- SPARK Initiative
- Preparation of ICAP invited symposia
- Inclusion of early career psychologists in Div 17 - to ensure mentorship and 'succession planning' into the next generation.
- Future work presentations:
  - Joe Kalisa (May):
  - Nadine Kaslow (June)

**ICAP in Florence (21<sup>st</sup>-25<sup>th</sup> July, 2026):** Division 17 is presenting an invited double-symposium on the need for integrated general and mental health care involving psychologists as a core part of a multi-disciplinary team in primary and hospital-based mental health care.

The two symposia will be focused on clinical interventions and training and workforce development issues.

We look forward to welcoming as many IAAP members as possible to this latest annual forum.

(The double-symposium is in line with our 16-year-campaign of presentations focused on the theme of ‘*The Role of Psychology in Integrated General and Mental Health Care*’ as follows: (ICAP in Melbourne in 2010; ICP: 2012, Capetown; ECP: 2013, Stockholm; ICAP: 2014, Paris; ECP: 2015, Milan; ICP: 2016, Okinawa; ECP: 2017, Amsterdam; ICAP: 2018, Montreal; post-COVID – ECP: 2023, Brighton; ICP: 2024, Prague; ECP: 2025, Cyprus ).

- **Welcome to New Members:**

Since Registration for ICAP (International Congress of Applied Psychology) requires IAAP membership, we usually have a Congress-related-influx of new members at this time. For those of you who have joined and expressed a preference for affiliation with the Division of Professional Psychology (Div 17) we say **Welcome!!** We are hoping to organise a **Social Event at ICAP/in Florence** to enable us to meet you. Please keep reading our E-Newsletters for up-dates.

- **IAAP Elections:**

Given the four-year cycle of elections focuses around ICAP and the meeting of the IAAP Board of Directors (Bod) at the Congress), most of our elections are held either prior to or at this time.

**Nominations** have now closed for:

Division 17 President-Elect (final date for voting: 30.4.26)

‘Members-at-Large’ of the IAAP Board of Directors (final votes/appointments at BoD in Florence)

- **Publications by Division Members:**

**Forthcoming:** Kalisa, J: ‘*Strengthening the quality and safety of community mental health care for children and young people: A critical review of innovations from low-and middle-income countries*’:

**Frontiers in Health Services** (peer-reviewed, open-access journal)

Upon final publication we will provide a link to the article.

**Our President-Elect, Tim Carey** continues to write monthly blogs/articles (as he has since 2014), for the internationally renowned publication: ‘**Psychology Today**’ –

**RELATIONSHIPS**

**Latest articles:**

- ‘*All Thinking Is Biased Thinking*’ (9.4.26)  
If you’d like to improve your life, thinking about your current situation and your goals might help. And the goals you bring to mind are only a teensy bit of all your goals.
- ‘*Countercontrol Could Be the Reason You’re Stressed*’ (6.3.26): By understanding control, countercontrol, and how goals work, we can all get more of what we want more of the time.
- ‘*The Problem With Coercive Control*’ (20.1.26): Harmonious social living occurs when people get what they want without stopping others from getting what they want.
- ‘*You Don’t Have to Worry about Giving Your Best Shot*’ (10.12.25)
- ‘*No One Else Can Look in the Mirror for You*’ (31.10.25)

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

**(For Items and Resources of Interest: See below)**

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

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

**Division 17 E-News Editor**



Robyn F. Vines, PhD

**Immediate Past-President; Division of Professional Practice**

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Website: <https://www.iaapsy.org/division-17>

**(April, 2026)**

### **GENERAL INFORMATION**

Website: see: <https://www.iaapsy.org/division-17> (Including previous editions Division 17 E-Newsletters)

**Division 17 and UNITED NATIONS INTEGRATED CARE INITIATIVE:**

Statement: **Integrating Mental Health Care into Primary Health**

See: <file:///C:/Users/61477/Documents/.Word%202011/APS/IntegratedMentalHealthCareUnitedNations.pdf>

**Webinars:**

- **15<sup>th</sup> May, 2019:** *'The Critical Role of Psychology in an Integrated Primary Care Model': James Bray PhD and Robyn Vines PhD*
- **9<sup>th</sup> October, 2021:** *'The role of psychology in integrated healthcare: Migraine, a work in progress': Paul Martin PhD*
- **29<sup>th</sup> March, 2022:** *'Integrated primary care and the science of teamwork': Susan McDaniel PhD and Eduardo Salas PhD*

### **APRIL, 2026: ITEMS/ RESOURCES OF PROFESSIONAL INTEREST:**

**(with thanks to: APA, PBS, APS, WHO, NPR, BBC, New York Times, etc.)**

**(See next page)**



**WHO launches 2026 appeal to help millions of people in health emergencies and crisis settings: 3 February 2026**

See: <https://www.who.int/news/item/03-02-2026-who-launches-2026-appeal-to-help-millions-of-people-in-health-emergencies-and-crisis-settings#:~:text=These%20emergencies%20span%20sudden%20onset,most%20fragile%20and%20vulnerable%20settings.>

As of early 2026, the global general and mental health landscape is defined by a "silent crisis" driven by a convergence of prolonged armed conflicts, escalating climate emergencies, economic volatility, and the aftermath of the COVID-19 pandemic. This confluence of stressors has resulted in a "new world disorder" that is eroding psychological well-being globally.

**Key Impacts in 2026:**

- "The Great Disconnection" and Numbness
- Chronic Stress and Survival Mode
- Youth Mental Health Crisis
- Widespread Distress
- Digital Fatigue

### Factors Exacerbating the Crisis:

- **Unmet Care Needs:** The gap between needed and available services is immense; up to 90% of people with severe mental health conditions in some countries receive no care.
- **Economic Strain:** Depression and anxiety continue to cost the global economy approximately US\$ 1 trillion annually due to lost productivity.
- **Systemic Failures:** Government spending on mental health remains extremely low, averaging just 2% of health budgets globally—a figure that has not changed since 2017.
- **Workplace Pressure:** About 82% of employees are at risk of burnout, with 1 in 4 having considered leaving their jobs due to mental health pressures.

World Health Organization (WHO) +4

### Emerging Trends & Responses:

- **Focus on Mindfulness and Connection:** There is an increased push toward integrating mindfulness and strengthening social connections to combat loneliness.
- **Community-Based Care:** The World Health Organization (WHO) is urging the transition from institutional, hospital-based care to community-based mental health services.
- **Trauma Support:** Long-term rehabilitation and psychological support are critical in regions with high casualties and displacement, such as Ukraine, where 46% of people report a decline in their mental health.



World Health Organization (WHO)

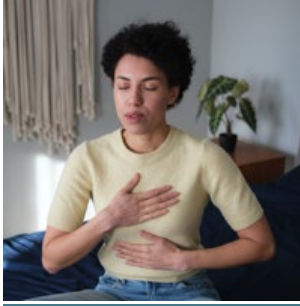
- <https://www.who.int/news/item/03-02-2026-who-launches-2026-appeal-to-help-millions-of-people-in-health-emergencies-and-crisis-settings#:~:text=These%20emergencies%20span%20sudden%20onset,most%20fragile%20and%20vulnerable%20settings.>



### **APA Concerned About Far-Reaching Consequences From Supreme Court Decision Regarding Therapy as ‘Free Speech’**

On March 31, the U.S. Supreme Court ruled in *Chiles vs. Salazar* that Colorado’s law banning conversion therapy on minors may violate mental health professionals’ First Amendment right to freedom of speech. In a press release about the ruling, APA’s CEO **Arthur C. Evans Jr., PhD**, noted the decision leaves open whether states can regulate clinical talk therapy, potentially undermining licensing boards’ ability to enforce best practices. “APA is unsettled that the Court would treat restrictions against ineffective and harmful treatments as a violation of a counselor’s speech rather than regulation of professional conduct,” Evans said.

**See:** <https://www.apa.org/news/press/releases/2026/03/chiles-salazar-therapy-free-speech>



### **How Some People Are Incorporating Movement in Their Therapy Sessions**

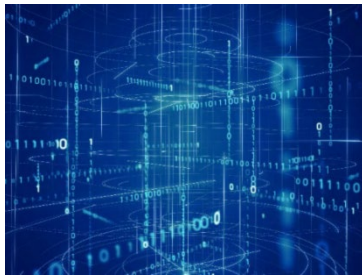
*The New York Times* examines the increasing popularity of somatic therapy, a body-centered approach to psychotherapy that uses physical movements including shaking, grounding exercises, and breathwork to process emotional stress. Experts advise that while these nontraditional methods are trending online, they are most effective when guided by a clinician who can help patients safely navigate the intense feelings that physical release can trigger.

See: [https://www.nytimes.com/2026/04/06/well/mind/somatic-therapy.html?unlocked\\_article\\_code=1.ZIA.rnv.bez0kBGkSTrt&smid=url-share](https://www.nytimes.com/2026/04/06/well/mind/somatic-therapy.html?unlocked_article_code=1.ZIA.rnv.bez0kBGkSTrt&smid=url-share)



**Why We Use Slang:** Slang functions as much more than a collection of linguistic quirks; it is a dynamic social code that fosters identity and belonging. According to APA's *Monitor on Psychology*, these informal terms act as "lexical metadata," allowing youth, especially, to signal group membership while remaining opaque to outsiders. This process is deeply neurological, as using group-specific language activates the brain's reward centers, reinforcing the pleasure of connection and shared identity within both digital and physical communities.

See: <https://www.apa.org/monitor/2026/04-05/psychology-slang-identity-belonging>

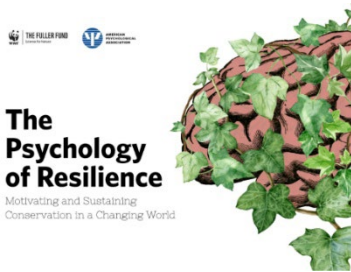


### **APA SCIENCE TRAINING SESSION**

#### **What Scale Is Best? Understanding Sources of Validity Evidence for Depression Measurement**

April 28, 2026 | 12:00-1:30 PM ET

See: [https://apa-org.zoom.us/webinar/register/WN\\_VTcCTLcNT0mTPA8d7V92cA#/registration](https://apa-org.zoom.us/webinar/register/WN_VTcCTLcNT0mTPA8d7V92cA#/registration)



### **PSYCHOLOGY OF RESILIENCE SERIES**

#### **Motivating Community Stewardship**

April 28, 2026 | 3:00-4:00 PM ET

See: <https://www.worldwildlife.org/our-work/science/fuller-science-for-nature-fund/seminar-series/the-psychology-of-resilience/>

**APA STYLE**

Join the APA Style team for their latest webinar:  
*Go Figure! Creating Effective Figures in APA Style*

April 29, 2026  
 2:00 p.m. ET



**APA STYLE WEBINAR**

**Go Figure! Creating Effective Figures in APA Style**

April 29, 2026 | 2:00-3:00 PM ET

See: [https://apa-org.zoom.us/webinar/register/3917751405928/WN\\_7iXqGV3xTmCIDqMrywiyjQ#/registration](https://apa-org.zoom.us/webinar/register/3917751405928/WN_7iXqGV3xTmCIDqMrywiyjQ#/registration)



**Beyond Productivity: Building a Sustainable Psychology Practice**

May 13, 2026 | 1:00-2:00 PM ET

See: [https://apa-org.zoom.us/webinar/register/WN\\_rt6HBzw0Q5iT8Z8rR-zC4A#/registration](https://apa-org.zoom.us/webinar/register/WN_rt6HBzw0Q5iT8Z8rR-zC4A#/registration)



**The AI-Assisted Case Consultation: Using Conversational AI to Enhance Clinical Decision-Making in Psychotherapy**

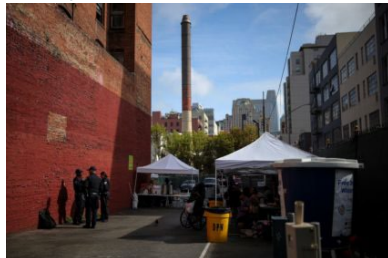
May 15, 2026 | 1:00-2:00 PM ET

See: [https://apa-org.zoom.us/webinar/register/WN\\_jj7T6u6nR1iI9ob0s4K6hw#/registration](https://apa-org.zoom.us/webinar/register/WN_jj7T6u6nR1iI9ob0s4K6hw#/registration)

**White House slashes, then restores, funding to treat mental health and addiction**

<https://www.pbs.org/newshour/show/white-house-slashes-then-restores-funding-to-treat-mental-health-and-addiction>

Jan 15, 2026 11:30 PM EDT



This work's support is dangerously fragile. Key mental health workers are already exhausted and already working with people who are severely ill, people who are using fentanyl or methamphetamines, who have severe mental illnesses. This is tough work and funding unpredictability does not help.



### **Overwhelmed and stressed: Mothers open up about worrying decline in mental health**

<https://www.pbs.org/newshour/show/overwhelmed-and-stressed-mothers-open-up-about-worrying-decline-in-mental-health> Aug 05, 2025 10:35 PM

Whether it's from increased self-awareness, societal expectations or economic pressures, the **mental health** of mothers is a complex issue that Columbia researcher Jamie Daw says needs to be addressed. Jamie Daw: I would hope that our ...

### **What to know about the rise of mental health misinformation on social media**

**PBS NewsHour:** <https://www.youtube.com/watch?v=QdI2kEivaRk> Jul 20, 2025

In recent years, people have become more comfortable sharing their personal experiences about mental health, a sign that stigma around it is diminishing. On Instagram and TikTok combined, there are nearly 90 million posts with the hashtag “mental health.” But not all the information online is accurate. Stephanie Sy speaks with licensed psychologist Taisha Caldwell-Harvey to learn more.

**(April, 2026)**

**PLEASE SEE IAAP DIVISION 17 WEBSITE FOR EARLIER ‘ITEMS AND RESOURCES OF PROFESSIONAL INTEREST’:** <https://www.iaapsy.org/division-17>

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