

JANUARY, 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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Wishing you all a Happy New Year and may 2026 be a productive and peaceful year ahead! We look forward to seeing as many of you as possible at ICAP in Florence in July - and to communicating regularly about IAAP Division 17 matters throughout the year.

January, 2026 E-News:

Division 17: Professional Psychology: Monthly E-News

- Monthly Executive meeting: Topic: 'Fostering Psychological Literacy and Career Readiness in Psychology Training: Insights from a Work-Integrated Undergraduate Course'
- Updates: Election of Division President-Elect; ICAP; etc
- Items of professional interest (compiled with thanks to APA, APS, PBS, etc.)

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

We meet monthly as a team to discuss professional practice issues and the Division of Professional Psychology's contribution to IAAP.

Our last meeting was held on **12th/13th November** (attendees from the USA, Ireland, Rwanda and Australia) with Our Division President, Susan McDaniel presenting her work at the 'Institute for the Family' in the Department of Psychiatry, University of Rochester, New York (see:

<https://www.urmc.rochester.edu/psychiatry/institute-for-the-family>)

Our next meeting is on 22/23 January with one of our Executive Committee members:

Professor Judith Gullifer: *Deputy Head of School (Education), School of Psychological Sciences Turner Institute for Brain and Mental Health, Monash University*
presenting on the following topic:

Fostering Psychological Literacy and Career Readiness in Psychology Training: Insights from a Work-Integrated Undergraduate Course

Abstract: Undergraduate psychology degrees are among the most popular globally, with graduates pursuing diverse career pathways beyond traditional clinical roles. This talk presents PSY3034: *Psychological Science in Practice*, a work-integrated course unit at Monash University, and its alignment with the International Competences for Undergraduate Psychology (ICUP) framework. Using unit-level student evaluation data, we examine how placements, reflective portfolios, and collaborative learning experiences develop psychological literacy, ethical reasoning, cultural responsiveness, and transferable professional skills relevant to multiple areas of work. Findings highlight the unit's effectiveness in preparing students for diverse career pathways, providing a model for evidence-based curriculum design that bridges disciplinary rigor with real-world applicability. Attendees will gain practical insights into applying competency frameworks to enhance course design, teaching, assessment, and graduate employability in psychology. see: [International Declaration on Core Competencies in Professional Psychology](#)

Relevant articles:

- Nolan, S. A., Cranney, J., de Sousa, L. K., Goedeke, S., Gullifer, J., et al. (2023). International competences for undergraduate psychology (ICUP). <https://osf.io/6y38x/>
- Nolan, S. A., Cranney, J., Narciss, S., Machin, T., Gullifer, J., Goedeke, S., et al. (2025). Gamma.R3 Version: International Competences for Undergraduate Psychology (ICUP). Open Science Foundation. Preprint. <https://osf.io/6vz8s>

Other Meeting Agenda items will include:

- Preparation of ICAP invited symposia
- Adding a junior member to our committee to ensure mentorship and 'succession planning' into the next generation.
- **ICAP in Florence (21st-25th July, 2026):**

A number of our executive team have reviewed submitted **papers and symposia for Division 17**, as requested by the Congress team. Abstracts for 21 papers and symposia were sent to us to canvas, to ensure the quality of presentations being undertaken as part of our Division. We look forward to hearing from the Congress Committee about the final program to be held in our Division.

Invited symposia and other presentations: on 'Integrated health care'

Our Executive Team are presenting a 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**.

We look forward to welcoming as many IAAP members as possible to this latest forum. The double-symposium is in line with our 15-year-campaign of presentations focused on the theme of 'Integrated Psychological Care' at the following Congresses: *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*).

IAAP Elections: Given the four-year cycle of elections which focus on ICAP (the International Congress of Applied Psychology), early 2026 is IAAP 'Election Season' with a number of important positions coming up.

See: <https://www.iaapsy.org/governance-and-structure>

Please feel free to gain information and consider nominating for these positions.

Division 17 President-Elect

Rules and Procedures for Election of IAAP Division Presidents-Elect

Election for and appointment of our next Division President-Elect is due to occur by the end of ICAP (International Congress of Applied Psychology). Potential nominees are welcome to consider nominating themselves or a colleague for this position. Given that it is a 'ten-year rolling position' (2026-2030: President-Elect; 2030-2034: President; 2034-2036: two years as Past-President) it is important to give thought to what it is you would like to enable the Division to achieve during this time, prior to nomination.

Please note the requirements for running below. All the materials need to be emailed to me as the Past-President/Chair of the Division Elections Committee (robynvines@bigpond.com) by March 15, copied to Christine as requested below (christine.roland.levy@gmail.com).

See: https://assets.noviams.com/novi-file-uploads/iaap/migrated%20assets/rules_of_procedure_for_division_elections_as_ratified_by_bod_2020-12-17_a4.pdf

Members at Large of the Board of Directors of the *International Association of Applied Psychology* (IAAP) for 2026 to 2030

See: <https://www.iaapsy.org/governance-and-structure>

Fellowships (closing date has past)

Publications by Division Members:

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

Latest articles:

- ***'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.

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.

Div. 17 E-News Editor:

Robyn F. Vines, PhD



Past-President; Division of Professional Practice

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(January, 2026)

GENERAL INFORMATION

Website: see: <https://iaapsy.org/divisions/division17/>

Longer Division Newsletters:

- October, 2020: 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>

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 : : 15th May, 2019: *'The Critical Role of Psychology in an Integrated Primary Care Model':*

James Bray PhD and Robyn Vines PhD

- 9th October, 2021: *'The role of psychology in integrated healthcare: Migraine, a work in progress':* Paul Martin PhD
- 29th March, 2022: *'Integrated primary care and the science of teamwork':* Susan McDaniel PhD and Eduardo Salas PhD

ITEMS/ RESOURCES OF PROFESSIONAL INTEREST: with thanks to the APA, APS, WHO, PBS, BBC etc.

JANUARY, 2026:



What's Ahead for Psychology? 9 Trends to Watch in 2026

What forces are shaping psychology right now—and what's coming next? The latest annual trends issue from APA's *Monitor on Psychology* explores how psychological science is responding to a rapidly changing world, drawing from voices across the discipline. From integrated care and AI-driven tools to new approaches in advocacy, workplace well-being, science communication, and mental health for children and teens, these trends reflect a field in motion, highlighting both challenges and opportunities for psychologists to lead with insight and impact.

See: <https://www.apa.org/monitor/2026/01-02/nine-trends-to-watch>



Nine Ways to Take Care of Your Mental Health in 2026

As we step into the new year, *The New York Times* offers nine expert-backed tips for better mental and cognitive well-being. Suggestions include walking regularly to reduce dementia risk, “soft decluttering” by tidying small areas, staying socially connected, boosting creativity and focus by spending time in nature, and prioritizing deep and REM sleep. These simple strategies can help you start the year sharper, calmer, and more resilient.

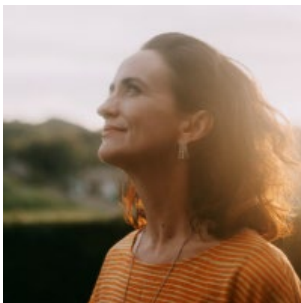
See: https://www.nytimes.com/2025/12/30/well/mind/brain-mental-health-tips.html?unlocked_article_code=1.C1A.iDQV.kW52gCtSjIFK&smid=url-share



Sober Curious? Here's How to Socialize Without Alcohol

Amid growing awareness of alcohol's impact on physical and mental health, people are reexamining their relationship with drinking. For those interested in cutting back, socializing without alcohol can feel intimidating, especially since alcohol can temporarily ease anxiety. Experts suggest strategies such as mindful habit tracking, shifting from bars and happy hours to non-alcohol-focused activities, and practicing self-compassion to make sober socializing easier.

See: <https://www.apa.org/topics/substance-use-abuse-addiction/socializing-no-alcohol.html>



Hope in a Time of Cynicism

Cynicism is on the rise, with nearly 80% of Americans doubting their children will have a better future. In this *New York Times* article, experts note that hope is a mindset that drives action. New research reveals that hope is linked to improved well-being, immune function, and recovery. To cultivate hope, practical steps include setting short-term goals, creating clear plans, replacing cynicism with healthy skepticism, and practicing “positive gossip” to focus on what's good.

See: https://www.nytimes.com/2026/01/01/briefing/hope-in-a-time-of-cynicism.html?unlocked_article_code=1.C1A.jai6.WAlsJJGzGGkn&smid=url-share



How Will AI Companions Change Our Human Relationships?

What does it mean to have an AI boyfriend or girlfriend, or to turn to an AI friend for emotional support? **Ashleigh Golden, PsyD**, and **Rachel Wood, PhD**, joined APA's Speaking of Psychology podcast to discuss the rise of AI companions and how they may change our human relationships. They also explored the differences (and overlaps) between AI companions and general chatbots, the role of psychologists in developing ethical AI, and what the future holds for AI-human relationships as technology continues to advance.

See: <https://www.apa.org/topics/substance-use-abuse-addiction/socializing-no-alcohol.html>



A New Study Links the Psychological Benefits of Swearing

Cursing can temporarily boost strength and endurance, finds a new study in *American Psychologist*. Researchers asked 300 participants to perform a chair push-up by lifting their body off a chair using only their hands and holding it as long as possible. When swearing, participants lasted longer than when repeating neutral words. The effect stems from "state disinhibition," which reduces self-restraint. Euphemisms like "sugar" don't work; real taboo words matter. Researchers tell NPR they're exploring whether swearing can also help overcome hesitation in situations like public speaking or social interactions.

See: <https://www.npr.org/2025/12/27/nx-s1-5654708/a-new-study-links-the-psychological-benefits-of-swearing>

Ways parents can reduce the risks of teens interacting with chatbots

Ursula Whiteside, PhD, clinical psychologist and CEO of the mental health nonprofit Now Matters Now, and Jacqueline Nesi, PhD, assistant professor at Brown University, were featured by NPR discussing ways parents can reduce the risks of teens interacting with chatbots. Their recommendations include having frequent, nonjudgmental conversations with your kids, developing digital literacy, setting time limits, and seeking additional support for vulnerable teens such as those already struggling with mental health or social skills.

See: <https://www.npr.org/2025/12/29/nx-s1-5646633/teens-ai-chatbot-sex-violence-mental-health>

'Weaponized incompetence' in relationships and how people can work toward productive change

Clinical psychologist Jelena Kecmanovic, PhD, of Georgetown University has written an article for *The Washington Post* on "weaponized incompetence" in relationships and how people can work toward productive change. "In my therapy room, my patients express exhaustion, frustration, anger and resentment related to this imbalance every week," she said.

See: <https://www.washingtonpost.com/wellness/2025/12/07/weaponized-incompetence-relationships/>