

MARCH, 2026 E-News
Division of Professional Psychology (Division 17)

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



President (2022-2026)

Susan McDaniel, PhD

Emails: SusanH2_McDaniel@URMC.Rochester.edu



President-Elect (2022-2026)

Tim Carey, PhD

timothy.carey.phd@gmail.com

March E-News:

The world has changed dramatically since we last wrote (IAAP February. E-News) with the **28.2.26 outbreak of war in the Middle East**. All of us: practitioners, patients/clients, our families and friends, have been impacted by the sudden uncertainty facing the world situation: physically, politically and economically

We have attached **several resources which may be of help:**

- The Global Psychology Alliance (GPA) tip sheet, **“Coping in Times of Geopolitical Uncertainty,”** translates psychological science into practical and meaningful actions to support those impacted worldwide. The link between sustained political stress and widespread and measurable physical and mental health effects is well established and the tip sheet provides evidence-based, practical pointers for coping in the current environment.
- The APA’s **Guide to Self Care for Psychologists**

See also items provided below under ‘Items and Resources of Interest’

Again, as with COVID and the outbreak of war in Ukraine four years ago (and ongoing) this is the environment in which we as practitioners and our patients/clients are living, with increasing global uncertainty characterising the world around us. All we can do is hope (and pray!) that this time next month when we’re next in touch, things will have improved.

We are sending positive messages of encouragement to you all as we face this together!

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 17th/18th March: see attached **Minutes (18.3.26)**

Susan’s presentation on her recent visit to Japan:

Susan has been to Japan four times—3 times 10-12 years ago and once a few weeks ago; over time she’s observed ‘how alike we are and how different we are’:

- The work and exchange is fascinating. The language and culture remain significant issues.
- **Takasaki University of Health and Welfare:** for allied health professions: five day intensive on families and collaboration for people with seriously disabled children under 5. The conference was about 200 diverse professionals plus the mothers and children served by this impressive

program that demonstrated much of the interprofessional collaboration we talked about when the social worker who runs the program and put on the conference came to Rochester.

Japanese Society for Childcare Social Workers annual meeting was the congress. The social worker had developed a programme for parents and severely disabled children to teach parents how to facilitate the child's next incremental behavioural gain. They have PTs, OTs, pediatricians, who connect with the schools, all working together to integrate the children into mainstream schooling and education. They put together a truly collaborative environment for the children both at the Conference and in the school setting. The children attended the programme.

- **Medical school in Hamamatsu - Rochester's sister city** in Japan. Susan has been a mentor to a graduate from the school. They asked her to talk to the medical faculty about her doctor-patient communication research and the subsequent coaching program. The Dean/CEO of the Medical School/Medical Center, who introduced her, stayed for the duration of her presentation, despite indicating that he needed to leave 'immediately'.

- Some family therapists who had trained in America attended; they wanted to talk about the need to develop a clinical licensure process. Same for the psychologists who do not have credentialing, only a research role in Japan.

Psychiatrists tend to take the clinical workload: one psychiatrist provided an example of 'collaborative care': seeing 60 patients a day (!!)

- Susan **visited the ORs (Operating Rooms), NICU, Child Development Research Centre** – was given a comprehensive tour that, humorously, her own Dean (a surgeon) had not been provided with 3 years ago.
- **Tea Ceremony**: Endocrinologist was a certified tea ceremony provider, took them to one, and explained it.
- **Visit to Tokyo**: language was not an issue here as it had been in provincial settings; multiple cultural differences (e.g. warm toilet seats!!)

Next meeting: 14th/15th April: Meeting Agenda items will include:

- Preparation of ICAP invited symposia
- Invitation to Nadine's junior psychologist - to ensure mentorship and 'succession planning' into the next generation.
- Future work presentations:
 - Robyn (April):
 - Nadine (May)

- **ICAP in Florence (21st-25th 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 15-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!!**

- **IAAP Elections:**

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

Nominations have now closed for:

Division 17 President-Elect and
'Members-at-Large' of the IAAP Board of Directors

- **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'** –

RELATIONSHIPS
Latest articles:

- **'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.

Div. 17 E-News Editor



Robyn F. Vines, PhD

Immediate Past-President; Division of Professional Practice

Email: robynvines@bigpond.com ; r.vines@westernsydney.edu.au

(March, 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:

- **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

MARCH, 2026: ITEMS/ RESOURCES OF PROFESSIONAL INTEREST:

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

Coping in Times of Geopolitical Uncertainty

The Global Psychology Alliance has developed a tip sheet to support psychologists and their communities managing the health and mental health impacts of sociopolitical stress and uncertainty. Grounded in psychological science, the tip sheet offers clinicians practical guidance on factors to consider, warning signs to watch for, and strategies for responding when patients show signs of distress, such as sleep disruption, irritability, or expressions of hopelessness.

<https://www.apa.org/international/networks/global-psychology-alliance/tip-sheets-geopolitical-uncertainty>

The crucial importance of Self Care:

Growing stressors on psychologists (particularly since the time of the COVID Pandemic, with the outbreak of war in Ukraine 4 years ago and now in the Middle East) have been widely studied and reported. An APA study has highlighted 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%) and these issues no doubt will be exacerbated with the recent outbreak of war. Surveys of APA members have consistently shown that burnout and work-life balance are top issues of concern for professional psychologists.

The APA’s E-booklet offers a concentrated self-care resource for psychologists —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. We believe this is particularly pertinent in the current climate.

- <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>



Psychology Goes Everywhere: Turning Skills Into Opportunities

A psychologist’s training opens many doors. Meet a few psychologists who have used their skills in surprising ways, including one who [helped firefighters](#) manage the intense stress of their jobs, a clinical psychologist [leaning into science](#)

communication, and a psychologist working for NASA. For more inspiration: These psychologists are challenging and changing leadership norms in health care settings.

See: <https://www.apa.org/monitor/2024/09/psychologists-health-care-leadership> ;
<https://www.apa.org/monitor/2019/06/job-tran> ;
<https://www.apa.org/monitor/2023/07/conversation-science-popular-culture> ;
<https://www.apa.org/monitor/2025/10/space-exploration-nasa-suzanne-bell> ;

Why Do I Get Emotional After Drinking Alcohol? - The New York Times

Why Does Drinking Mess With My Emotions? Alcohol can make you feel anxious or irritable the next day. We asked experts what causes this — and how to manage it.

By Alessandra DiCorato: March 3, 2026

https://www.nytimes.com/2026/03/03/well/mind/alcohol-emotions-hangovers.html?campaign_id=190&emc=edit_ufn_20260320&instance_id=172844&nl=from-the-times®i_id=279809246&segment_id=216995&user_id=089663d0748b74d8e78dccb03faa7cd2

POPULATION HEAL

Supporting Cardiovascular Patients in Therapy

<https://www.apa.org/topics/health-care/cardiovascular-disease>

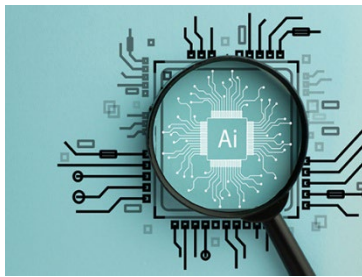


Stress, depression, and anxiety can increase people’s risk for heart disease, heart attack, and stroke. Clinical psychologist Kim Smolderen, PhD, works closely with cardiologists and other health care professionals to help patients reduce their risk factors. She breaks down how depression, anxiety, and trauma factor into cardiovascular disease risk and talks about what clinicians need to know to support patients through it.

Webinar: Enhancing outcomes in NHS Talking Therapy services: Improving Employment and Workforce Outcomes

(NHS England Talking Therapies Team: Autumn Statement Part: Professor David Clark)

<https://oxcadatresources.com/nhs-england-talking-therapies-team-2025-autumn-statement-part-2-webinar-on-further-enhancing-outcomes-in-nhs-talking-therapy-services/>



WEBINAR: Reaching New Patients With Traditional & AI Search

April 14/15, 2026

AI-powered tools such as ChatGPT are rapidly changing how patients search for mental health professionals. Google still dominates the space, but AI platforms are catching up. To survive in this ever-changing search landscape, you need to start optimizing your practice’s website for AI tools. This 60-minute webinar will help you with this task. We explore how patients find you through traditional vs. AI search engines and discuss how to rank in both types of search results.

Webinar Registration: https://apa-org.zoom.us/webinar/register/WN_1QwgUr5-SU-K8k7l86MmFA#/registration



WEBINAR: Understanding Sources of Validity Evidence for Depression Measurement: What Scale Is Best? April 28, 2026

Registration: https://apa-org.zoom.us/webinar/register/WN_VTcCTLcNT0mTPA8d7V92cA#/registration

SEE: APA Events Calendar: <https://www.apa.org/events>

CULTURAL COMPETENCE: see below:



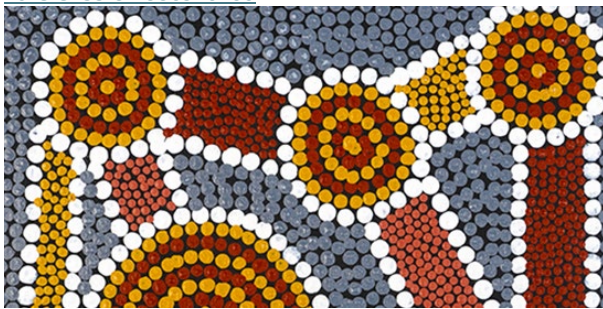
Learning the Landscape: Pursuing Cultural Competence in Rural Mental Health

Rural communities face many unique challenges that can increase the risk of mental health disorders, yet their access to psychological care is often limited. While PSYPACT enables psychologists to expand their practice to areas in need, effectively treating rural individuals requires unique cultural competence, including understanding rural norms, values, and challenges. Understanding the unique biopsychosocial contexts of rural individuals can help build trust and rapport, increasing the likelihood of positive outcomes in psychological care and supporting population health over time. Psychologists share these tips for working credibly in rural areas.

See: <https://www.apa.org/monitor/2026/06/cultural-competence-rural-mental-health>

Australian Psychological Society (APS) Reconciliation Action Plan (RAP)

https://psychology.org.au/community/reconciliation-and-the-aps/reconciliation-action-plan?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_260319&utm_campaign=APS%20Insights_260319#msdynmkt_trackingcontext=ab601934-63e4-4c78-8255-3f2936920200



Artwork by Anyupa Butcher ©

"Reconciliation is a two way process, it gives us all the chance to learn, value and respect new and different forms of knowledge and interventions. It enables us to learn about how best to work in ways that will assist Aboriginal and Torres Strait Islander people to heal, to feel values and have self-esteem as a distinct cultural group, and ultimately have the best mental health and live to be the best potential in their lives. It also provides an opportunity to enhance our profession through the wisdom of Aboriginal and Torres Strait Islander cultures and experiences." **Professor Pat Dudgeon**