

OCTOBER, 2025 E-News

Division of Professional Practice (Division 17)



President (2022-2026)
Susan McDaniel, PhD



President-Elect (2022-2026)
Tim Carey, PhD

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October, 2025 E-News:

KEY ACTIVITIES: Division of Professional Practice:

- **Preparation for ICAP, 2026: Florence: The International Congress of Applied Psychology (July 21-25, 2026)**
 - We have been asked by the Congress Committee to submit names of reviewers for abstracts submitted under Division 17: Professional Practice to the ICAP Scientific Committee. Names of abstracts for 21 papers and symposia have been forwarded to our Executive and two reviewers per abstract have been allocated. Full copy has been received by our reviewers, with a 20th November deadline. These reviews aim to ensure the quality of presentations being undertaken as part of our Division.
 - **Invited symposia and other presentations: ‘Integrated health care’**
In line with our 15-year-campaign, focused 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 have submitted multiple invited papers and other presentations advancing this cause. (*since 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*) –
Further details will be provided, once abstract submissions have been confirmed by the Congress committee.
 - **Abstracts for presentations are still welcome:** The previous ICAP submission **deadline has recently been extended to 31st October**. As indicated in previous Division 17 E-News, an [invitation](#) welcoming submissions has been issued by our Division President, Professor Susan McDaniel, welcoming all IAAP and Division members to submit ideas and abstracts for presentations of all kinds via the ICAP website: including symposia, papers, workshops, posters, etc.
We wish to ensure all members know this has been, and continues to be, an inclusive process - with positive results reflected in the number of submissions sent to us to review. Thank you to all who have contributed and to those still contemplating it - as outlined above, **the new submission deadline is 31st October**.

- **Monthly Division 17 Executive Committee zoom meeting:** we continue to meet monthly with our next meeting being held in early November (last meeting was held on 8th/9th October with attendees from the USA, Ireland, Argentina and Australia. **We now have a monthly series** in which members of the Executive make presentations about their work:
 - **Our President-Elect Professor Tim Carey** presented his work in Australia (and elsewhere) on the Method of Levels (MOL) approach to assessment and treatment - and other key items (summary notes below):
 - **Tim:** currently has numerous things on the go across the diverse areas of research, practice and policy development:
 - Queensland's Chief Scientist wants to raise the profile of the Social Sciences; Tim has been appointed to the QLD Social Sciences Reference Group. Health was discussed as a topic this week and a new committee has been established to report to/advise the QLD Minister for Health. Tim is keen to advocate for increased efficiency in mental health service delivery, rather than just effectiveness and efficacy (the three 'e's' need revitalizing!)
 - After his PhD he worked in the NHS in Scotland where efficiency of mental health interventions was a key focus.
 - Theory being promoted: a particular way of understanding behavioural activity (see: www.mindreadings.com) - the Phenomenon of Control in the face of varying/fluctuating circumstances as a characteristic of living things in general (not just people). Conceptual Control Theory i.e. homeostasis and return to control as the core process in all living phenomena (creator: William T. Powers: https://en.wikipedia.org/wiki/William_T._Powers; son of Treal Clifford Powers: https://en.wikipedia.org/wiki/Treal_Clifford_Powers). In Psychology, the theory views an individual's behaviour as an attempt to maintain control over their lives. MOL perspective (Method of Levels) is a way of understanding human behavioural strategies under varying circumstances
 - Tim has a new contract with Springer Publications focused on 'The Method of Levels'; Mattias Salgado has written one of the chapters
 - Another area of interest: rural and remote health inequities:
 - 'Deconstructing Health Equity' (<https://www.amazon.com.au/Deconstructing-Health-Inequity-Perceptual-Perspective/dp/3030680525>) – the gap in health outcomes of those in rural areas is always measured relative to metro health standards; why is this?
 - Editorial: 'Why settle for equity?' (<https://onlinelibrary.wiley.com/doi/am-pdf/10.1111/ajr.70048>) – In Australia, each local area has to develop their own public health plan: community consultation is at the core – Tim is looking at a number of these to establish a way of increasing their health intervention efficacy in rural areas
- Implementation science/translational research/learning health systems: all are ways of trying to understand the relationship between implementation and practice: synonyms which need to be viewed concurrently.
- **Our next meeting will be held in mid-November:**
 - **Agenda items** will include:
 - ICAP submissions – outcome of reviews (if abstracts have been received by then)
 - Adding a junior member to our committee to ensure mentorship and 'succession planning' into the next generation.

ONGOING DIVISION 17 ITEMS:

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

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

- **Webinars:** : 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 previous Div. 17 Webinars below:
 - **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

- **Publications by Division Members:**

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

Latest article: *Life Only Lasts an Instant* - Timothy A Carey Ph.D. on October 9, 2025

'Paying attention to the right-now instants of your life can help you make those instants be all that you want them to be.'

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

Other Publications Articles:

- Carey, Timothy A.: *'How Can Research Have Greater Beneficial Impact in Rural Australia?'* Australian Journal of Rural Health COMMENTARY OPEN ACCESS <https://onlinelibrary.wiley.com/doi/10.1111/ajr.70104>
- Osuagwu UL, Vines R. : *Service Providers' Perspectives on Delivering Support for Domestic Violence Victims in Rural New South Wales.* Inquiry. 2025 Jan-Dec;62:469580251366958. doi: 10.1177/00469580251366958. Epub 2025 Sep 3. PMID: 40899859; PMCID: PMC12409060.

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Items/resources of professional interest:

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



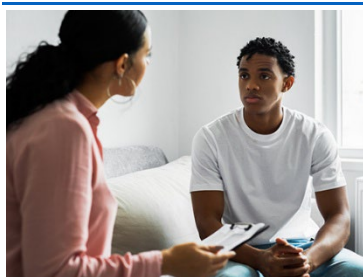
Webinar:

The Revised Common Rule: Challenges and Opportunities for Psychological Researchers

October 29, 2025 | 3:00-4:00 PM ET

Registration:

https://apa-org.zoom.us/webinar/register/WN_ttnEun2KRg-5qMROGsME-g#/registration



Beyond Efficacy: Unveiling the Mechanisms of Change in Psychotherapy

November 5, 2025 | 12:00-1:00 PM ET

Register: https://apa-org.zoom.us/webinar/register/WN_ocEly7DSTOOqhpdsy4xczA#/registration



ESSENTIAL SCIENCE CONVERSATIONS SERIES

Metascience: Accelerating Discovery by Understanding the Science of Science

November 13, 2025 | 5:00-6:00 PM ET

Register: https://apa-org.zoom.us/webinar/register/WN_XvH6KJFGRDuodw5cWbC15A



SCIENCE TRAINING SESSION

Suicide Risk Prediction and Prevention: What Can AI and Digital Tools Contribute

November 17, 2025 | 2:30-4:00 PM ET

Register: https://apa-org.zoom.us/webinar/register/WN_l1wflpIMSyCsNnVoX_TSug#/registration



Understanding Informed Consent:

For many psychologists, informed consent is an area of interest regarding the new Code of Conduct.

Many might question what has changed and how they can be sure their current consent processes align.

Educational and developmental psychologist Camelia Wilkinson FCEDP shares her insights to help you

understand the new guidelines.

See: https://psychology.org.au/insights/how-informed-consent-is-evolving?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_trackingcontext=f9349fac-8790-45de-abcd-cd43fc8b0100



Resources for Mental Health Month

We've compiled a list of practical resources for you to share with your clients this mental health month, to encourage a daily approach to building strong mental health and wellbeing.

See:

https://psychology.org.au/insights/resources-for-world-mental-health-day?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_f8790-45de-abcd-cd43fc8b0100



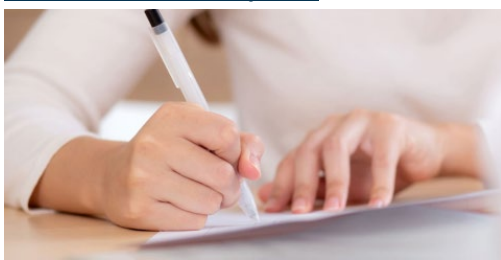
Insomnia management and menopause

Learn about the assessment and treatment of insomnia in menopause, including tailored CBTi strategies, key considerations, and diagnostic challenges.

1.50 CPD HOURS | WEBINAR; See:

https://psychology.org.au/event/25424?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_trackingcontext=f9349fac-8790-45de-abcd-cd43fc8b0100

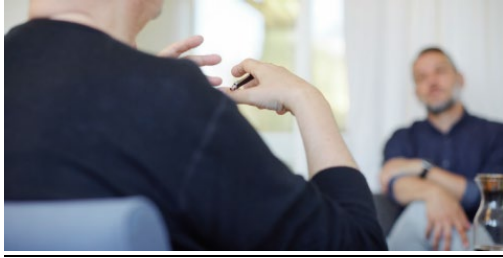
WAIS-5: the latest update



Strengthen your skills in assessment with the WAIS-5. This three-part series explores the latest updates, Australian standardisation, and PsyBA Competency 4 applications to enhance your practice.

4.50 CPD HOURS | WEBINAR SERIES

See: https://psychology.org.au/event/25582?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_trackingcontext=f9349fac-8790-45de-abcd-cd43fc8b0100



What AI can't do

Strengthen what matters most in practice: meaning, connection, and healing. This webinar explores how AI may shape but cannot replicate authentic therapeutic relationships with clients.

1.50 CPD HOURS | WEBINAR

See:

https://psychology.org.au/event/25351?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_trackingcontext=f9349fac-8790-45de-abcd-cd43fc8b0100



Attachment theory unpacked

Dive into attachment with this two-part webinar that unpacks theory, clinical application, and therapy dynamics, giving you insights to transform casework and strengthen therapeutic relationships.

8.0 CPD HOURS | WEBINAR WORKSHOP

See:

https://psychology.org.au/event/25426?utm_medium=email&utm_term=N%2FA&utm_source=aps-ci-j&utm_content=Insights_251016&utm_campaign=APS%20Insights_251016#msdynmkt_trackingcontext=f9349fac-8790-45de-abcd-cd43fc8b0100



The Science of Defiance: A Psychology Researcher Explains Why People Comply—and How To Resist
An article for *The Conversation* explores defiance as a skill to be practiced and a behavior that helps us act in line with our values. Research suggests people refrain from voicing opposing views because it can feel uncomfortable and they worry their noncompliance might be interpreted as a sign of distrust in another’s advice, values, or action. To practice defiance, **Sunita Sah, PhD**, of Cornell University, shares three questions to ask yourself in difficult situations: What are my core values? Will resisting have a positive impact? And how can I take responsibility and act in a manner consistent with my identity and values?.

See:



Wearable Patch Reduces Cravings for Alcohol and Drugs

Harvard Gazette highlights a new study published in *JAMA Psychiatry* showing that a non-drug, wearable device may be able to help people with substance use disorders manage stress, reduce cravings, and lower their risk of relapse in real time. The biofeedback device detects when the natural variation in time between heartbeats decreases—an indicator of stress and cravings—and provides visual or auditory cues to help restore heart rate variability and regulate mood and cognitive control. While the long-term benefits remain to be seen, the study found promising results with participants 64% less likely to use substances on any given day..

See:

<https://news.harvard.edu/gazette/story/2025/10/wearable-patch-reduces-cravings-for-alcohol-and-drugs/>



Conversion Therapy Case Lands at Supreme Court

Last week, the U.S. Supreme Court debated whether state bans on conversion therapy violate First Amendment rights. Psychological science shows that efforts to change sexual orientation or gender identity can lead to mental health problems such as depression, sexual problems, low self-esteem, and suicide. Additionally, mental health professionals caution the precedent this could set regarding therapy and free speech. “Therapy is not casual conversation, it is evidence-based mental health treatment provided by licensed professionals who are trained and regulated to protect patient well-being,” said APA’s **Lynn Bufka, PhD**, in an Axios article.

Related: Stay informed about APA/APASI’s response to recent federal policy changes affecting psychology with the [Response Center](#), where you can see policy insights on recent action including the federal government shutdown, federal grants, policies regarding misinformation, autism, and more.

See: <https://www.axios.com/2025/10/07/supreme-court-scotus-conversion-therapy-youth>

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.

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See:

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

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>

UNITED NATIONS INTEGRATED CARE INITIATIVE:

Statement: Integrating Mental Health Care into Primary Health

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

APPENDIX: Earlier Items/resources of professional interest:
(with thanks to the APA, APS, WHO, PBS, BBC etc.)