

IAAP E-News (April, 2019)
(Division 17)
Division of Professional Practice

Integrated care: As outlined in our previous E-Newsletters (see links below) a key priority for our Executive Team is the development of psychology as a key player in **integrated mental and general health care across the world.**

- We recently assisted our IAAP UN Team to develop a **United Nations position paper: “[Integrating Mental Health Care into Primary Health Care](#)”**. Our UN Representatives: Dr. Judy Kurianski and Ms. Lucy Fagan will provide an up-date on progress at the UN in an article in a forthcoming E-News. We are extremely grateful to Judy, Lucy and their team for progressing this.
- We have started an “**Integrated Health Care Psychology Interest Group**” (Division 17) with a membership list established from attendance and EOIs (Expressions of Interest) at our symposia on “*International Perspectives on Integrated and Primary Health Care*” at ICAP in Montreal. We hope to provide information about initiatives in integrated psychological service delivery in both primary and secondary care settings across the world (please send us your email if you are interested and/or know of any such initiatives in your locality).
- **IAAP Webinar:** Division 17 has been nominated to be the first in the new series of IAAP webinars – with our current President: Robyn Vines and immediate Past-President: James Bray leading a discussion on *Integrated Primary Health Care*. Look for this webinar in May. Please confirm your interest in attending with the IAAP Operations Centre: operationscenter@iaapsy.org.
- **Conference presentations:**
 - The Professional Practice Division will be represented at the APA Conference this year by our immediate Past President: Professor James Bray, our Secretary: Dr. Diana Prescott and Professor Susan McDaniel (IAAP Board Member) who will be participating in a symposium on: “Technology in Integrated Care – an International Perspective”.
 - Sadly, we are unable to be present at ECP in Moscow in July, breaking a tradition since 2010 of presenting annually at IAAP, ICP or ECP. We hope to resume next year at ICP in Prague.
- **Alternative paradigms of mental health and illness:**

One of our key objectives, in developing an Integrated Care perspective and platform for psychologists working in the mental & general health care systems, is to develop alternative ways of thinking about and framing mental health dilemmas, issues and problems. As is well known, the predominant paradigm operating in western society remains **medical**. This is particularly pernicious in the area of mental health where such ways of framing clients’ dilemmas may in fact be disempowering. The “**medicalization of unhappiness**” in our society is a dilemma for us all – and our role as psychologists is to provide a “complement” and/or “alternative” to these modes of thinking. Whilst there may be a welcome decrease in stigma associated with talking about mental health issues in public,

we still have a long way to go in dealing with reductionist views and ways of viewing and describing mental health disorders:

- In some cases, as an **Illness**
See: <https://www.youtube.com/watch?v=RePCYh6LVZo>
(A particularly interesting account by Washington Post journalist Michael Gersin of his struggles with mental illness)
- or as a **Crime**.
See: <https://www.pbs.org/newshour/show/a-mothers-story-of-why-mental-illness-should-never-be-a-crime>
(Again, an interesting account of a family's encounter with mental illness and why it "should not be viewed as a crime" – by Jerri Clark whose group: - Mothers of the Mentally Ill (MOMI) provides useful reflections and resources)

Professional Practice Can Help with National and International Crises:

Professional psychology can help with the natural and human made disasters that we are currently experiencing. Here are a few that we can address:

- **Preparing and dealing with the aftermath of disasters:**
We have had yet more **extreme weather conditions** in both hemispheres during this past month. The consequences of Tropical Cyclone Idai (14.3.19) are still emerging in Mozambique, Malawi and Zimbabwe - with an increasing & extremely high death toll from flooding, food shortages and unfolding illness (cholera, malaria, etc.). There have also been two severe cyclones in northern Australia over the past fortnight alone. As highlighted in our previous E-News, "**Disaster Preparedness**" is something we all need to be mindful of as psychologists – in terms of how we can optimally assist. See: Division 17 E-News (March, 2019; October, 2018): "*Disaster Preparedness: Time for an International Approach*"
https://iaapsy.org/site/assets/files/1788/iaap_e-newsmarch-2019div_17_25_2_19.pdf
- **The New Zealand Massacre:**
The world is still reeling from the terrorist attack in New Zealand (15.3.19) in which 50 people were killed and more than that number again injured by a "white extremist/supremacist" Australian. New Zealand's Prime Minister, Jacinda Adhern has provided an exceptional role model to leaders across the world, both in the heart-felt compassion she has shown (to victims, their families and the surrounding communities) and in the decisive action she has taken in immediately revising and strengthening New Zealand's gun legislation. Her courage has been inspirational.
IAAP members may find it useful to read the responses from some of our professional organisations, which may provide some solace and potentially useful resources when dealing with the aftermath of these events:
See
 - New Zealand Psychological Society: Response and resources:
 - <https://www.psychology.org.nz/>

- <https://www.psychology.org.nz/community-resources/emergencies-traumatic-events/>
 - APA Response: “*Statement of APA President In Response to Shootings at New Zealand Mosques*” (March 16, 2019) – see: <https://www.apa.org/news/press/releases/2019/03/new-zealand-mosque-statement>
 - BPS Response: <https://thepsychologist.bps.org.uk/road-christchurch-tale-two-leaderships>
 - APS Response: <https://www.psychology.org.au/About-Us/news-and-media/Media-releases/2019/Psychological-advice-for-coping-with-distressing-f>
- **Sexual Abuse in the Catholic Church and other Institutions: Sentencing of Cardinal George Pel:** <https://www.abc.net.au/news/2019-03-13/george-pells-full-sentencing,-as-issued-by-peter-kidd/10897650>

There are worldwide ramifications from this event. Archbishop Pel is the most senior Catholic priest (a Cardinal at the Vatican and the third most senior man in the Catholic hierarchy) to be convicted and sentenced following allegations of child sexual abuse from within the Church.

The issue of childhood abuse (sexual, physical and emotional) is present in many of our clients and the vindication and relief felt by many Survivor Groups has been palpable in Australia and elsewhere – they have finally been heard and believed.

Whilst the latter two events may seem to be “Australia-centric” (an Australian gunman and Australian Cardinal) - we are hopeful that (in all our countries):

- This white extremist event will permanently challenge the Islamophobia that has become increasingly prevalent in many western countries. Racism and hatred of any kind is the enemy – and politicians of all persuasions are hopefully being forced to reject the stereotyping and fear mongering which has become increasingly prevalent in political discourse. Jacinta Ardern has courageously led the way in this – and small communities throughout our countries are also counteracting this trend.
- The sentencing of Cardinal Pel may provide a sign that our (Australian) legal system has been “up-to-the-challenge” of holding those accountable for harm perpetrated against others – and provide an encouraging precedent elsewhere.

We are hopeful that community reaction to and actions in relation to these shocking events will ultimately result in some positive outcome and healing. The IAAP Division of Professional Practice believes it is important for us all to be informed and to draw lessons from world events for us as psychological professionals.

We would be interested in your views on all of the above – please email us on our email addresses below. Have a very good month ahead.

(April 2019)

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Previous Division 17 Newsletters can be found [here](#).