

**Division of Professional Practice
(Division 17)
IAAP NOVEMBER E-News**

NOVEMBER: E-News from OUR TEAM:

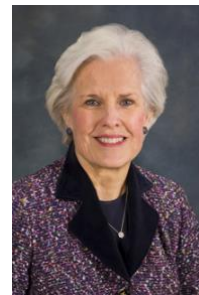
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The World in the Time of COVID-19

As we write (29.10.20), the WHO Coronavirus Disease ‘dashboard’ indicates that there are now **43,766,712 confirmed cases** (compared to 15,581,009 on 26.7.20), including **1,163,459 deaths** (compared to 635,173 deaths 3 months ago). A surge in new cases/massive ‘second wave’ seems now to be hitting the Americas (overall: 19,855,519 confirmed cases - with the USA now with 8,611,256) and Europe, 9,885,328 - with Germany and France going into lock-down again today, and the UK possibly to follow.

See: WHO:

https://covid19.who.int/?gclid=Cj0KCQjwreT8BRDTARIsAJLI0KIwVRXqANreqNbAupab5zNPQAR3m_4GBbUDMzgG4b8tH3YjaDDO5WYaAq7gEALw_wcB

- For a “**Snapshot history of 2020**” see our **October, 2020 Newsletter:**
https://iaapsy.org/site/assets/files/2044/div_17_october_newsletter.pdf

The demand on us as psychologists during this unprecedented time of **health, economic, and personal stressors** (both for our patients/clients and ourselves) continues.

Our most recent *Newsletter* – highlighted some of these pressures, with “*Snapshots*” from the USA (including rural Maine), the UK, Norway, Canada and Rwanda.

See: https://iaapsy.org/site/assets/files/2044/div_17_october_newsletter.pdf

We welcome ‘any-and-all’ similar contributions from our Division Members – it would be great to share these from month-to-month, indicating what we are all experiencing - so please feel free to send in! (see email addresses above).

In addition: there are articles on:

- *Integrated general and mental health care*
- *“An Up-date on International Declaration of Core Competencies in Psychology”*
- *The Biopsychosocial model of care: with particular reference to headache and migraine*
- *Interprofessional learning*

as well as other topics.

Please read at your leisure – we are trying to include items of relevance to us all as Practitioners and welcome suggestions and input for our next Newsletter early next year.

Request: Recent Professional Achievements:

The new IAAP Secretary General: Pedro Neves (welcome Pedro!!) has requested that all Divisions provide him with a list of members’ achievements over the past year. Please forward us a list of highlights (chapters, articles, symposia – or ‘general descriptions’ of interesting projects you are involved with) with links/URLs where possible.

Items of Interest During 2020: See E-News editions on our Website:

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

In each of our E-News during 2020, we have tried to provide items of interest and relevance to our members. Some of these are as follows - please ‘comb back through’ 2020 E-News editions for these items:

- **Mental health sequelae, treatment issues and interventions during the time of COVID-19:**
 - **Front-line workers and COVID-19:**
Tips for coping and enhancing resilience during the pandemic
An Australian Psychological Society information sheet - some useful reminders and strategies to minimise and cope with the distress caused to front-line workers by their role during the pandemic.
See: <https://www.psychology.org.au/getmedia/f5e27c20-98bb-4d66-a851-93e0289561d0/20APS-IS-COVID-19-Frontline-workers.pdf>
 - **How COVID-19 changed the world: the psychology of a pandemic:**
Australian Psychological Society: InPsych - June-July, 2020
This special edition of “InPsych” has a series of articles on taking care of workers both during and in the aftermath of COVID-19; difficulties of on-site placement for interns during the pandemic; the perks and pitfalls of working from home; the language of fear and the role of the media; and the need for a collective psychology as part of the COVID-19 response. Well worth a read.
See: https://www.psychology.org.au/inpsych?utm_medium=email&utm_campaign=InPsych%20June-July%202020%20Edition&utm_content=InPsych%20June-July%202020%20Edition+CID_1e7a7b701e9481844e7253509e0a9d04&utm_source=Email%20marketing%20software&utm_term=VIEW%20INTERACTIVE%20PDF
(Accessible to members and international affiliates)
 - **How the pandemic is complicating America’s addiction crisis:**
According to preliminary data, drug overdoses killed nearly 72,000 Americans in 2019, a record high. Now, it appears that 2020 is on track to be even worse, as the U.S. has witnessed a startling rise in overdoses during the pandemic. William Brangham reports on how increased isolation, economic uncertainty and reduced access to care have exacerbated American addiction -- with deadly consequences.

See: <https://www.pbs.org/newshour/show/how-the-pandemic-is-complicating-americas-addiction-crisis>

- **Stress and Childcare:**

- **Parents juggling jobs and childcare under COVID-19:**

When the pandemic forced day care centres and schools to close across much of the USA, the stress of child care fell upon millions of parents who feel they must choose between their jobs and their kids, often multiple times a day.

See: <https://www.pbs.org/newshour/health/this-is-not-working-parents-juggling-jobs-and-child-care-under-covid-19-see-no-good-solutions>

- **Loneliness, isolation and solitude:**

At this time of lock-down and enforced social isolation, people have varied in their capacity to deal creatively with the pressures inherent in the current situation. Mental health issues have frequently arisen as a consequence of anxiety experienced in being cut off from family, other close relationships and friendships.

Several books throw new light on this:

“A Biography of Loneliness: The history of an emotion” (OUP, 2019)

Despite 21st-century fears of an 'epidemic' of loneliness, its history has been sorely neglected. A *Biography of Loneliness* offers a radically new interpretation of loneliness as an emotional language and experience. Using letters and diaries, philosophical tracts, political discussions, and medical literature from the eighteenth century to the present, historian of the emotions Fay Bound Alberti argues that loneliness is not an ahistorical, universal phenomenon. It is, in fact, a modern emotion: before 1800, its language did not exist. And where loneliness is identified, it is not always bad, but a complex emotional state that differs according to class, gender, ethnicity and experience.

See: <https://www.amazon.com.au/Biography-Loneliness-History-Emotion/dp/0198811349>

“Solitude: A Return to the Self”: Anthony Storr

Originally published in 1988, Anthony Storr's 'meditation' on the creative individual's need for solitude has become a classic. *Solitude* challenges the psychological paradigm that “*interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness.*” Indeed, most self-help literature still places relationships at the center of human existence. Storr's book argues that solitude ranks alongside relationships in its impact on an individual's well-being and productivity, as well as on society's progress and health. He argues that solitary activity is essential not only for genius, but for the average person as well. “For nearly three decades, readers have found inspiration and renewal in Storr's erudite, compassionate vision of the human experience—and the benefits and joy of solitude”.

See: <https://www.simonandschuster.com/books/Solitude/Anthony-Storr/9780743280747>

- **Other health issues:**

- **Chronic Pain: “Australia’s hidden epidemic” - and the impact of chronic pain on your life. National Pain Week (27-31.7.20):**

Over 3 million Australians (out of a population of 25 million) suffer chronic pain, but the stigma associated with it can often make it worse. Sufferers describe facing daily discrimination and feeling like they are just not believed.

See: <https://www.abc.net.au/radionational/programs/breakfast/chronic-pain-australias-hidden-epidemic/12493992>

- **Ethical issues:**

Inequities in health outcomes

- **How structural racism is magnifying the public health crisis:**

Coronavirus cases disproportionately impact communities of color and some local and state officials have declared racism a public health crisis. Public health advocate discusses the structural racism in America's healthcare system and how this ongoing pandemic of racial and economic inequality is compounding the COVID-19 pandemic

See: <https://www.pbs.org/newshour/show/how-structural-racism-is-magnifying-the-public-health-crisis>

- **Racial disparities in health outcomes pre-date the pandemic**

Doctors and nurses are seeing record numbers of hospitalizations associated with COVID-19 in Alabama, with the state reporting more than 1,300 deaths since the pandemic began. But certain regions and populations within the state are faring far worse than others - and huge health disparities among Black residents are causing dire results.

See: <https://www.pbs.org/newshour/show/in-alabama-racial-disparities-in-health-outcomes-predate-the-pandemic>

- **How laid-off Americans may fall through the cracks in the health system:**

Some newly uninsured Americans say they're living without a health care safety net in the middle of the COVID-19 pandemic. ... The recession triggered by the coronavirus pandemic is one of the worst in modern American history, with more than 11 percent of workers unemployed as of the beginning of July, down from a peak of nearly 15 percent in April. In a country where many rely on their employer

for health care coverage, the economic crisis has also left a significant number of Americans uninsured. USA during the week of July 13, an estimated 5.4 million workers in the U.S. are uninsured because of job losses they experienced from February to May this year.

See: <https://www.pbs.org/newshour/health/how-laid-off-americans-may-fall-through-the-cracks-of-the-health-care-system-during-covid-19>

- **The economics behind racial corona virus disparities:**

African Americans face immense disparities across a broad range of categories, including economic. That history of disadvantage is making the current problems of COVID-19 even worse.

See: <https://www.pbs.org/newshour/show/the-economics-behind-racial-coronavirus-disparities>

- **New developments in telehealth:**

- **Telepsychology expands to meet the demand:**

<https://www.apa.org/monitor/2020/06/covid-telepsychology>

- **Guidelines for the use of telehealth for clinical neuropsychological services**

https://www.psychology.org.au/getmedia/e4cca8a9-8d16-4dbd-8e2c-af3d5e0213e1/20APS-PP-PG-CCN-Guidelines-telehealth-Part-1-P1.pdf?utm_medium=email&utm_campaign=APS%20Update%20200605&utm_content=APS%20Update%20200605+CID_fa6518fa51a05e59ad692cd5b489c45a&utm_source=Email%20marketing%20software&utm_term=New%20resource%20Guidelines%20for%20the%20use%20of%20telehealth%20for%20clinical%20neuropsychological%20services

- **Self-Care for Psychologists (mental health challenges faced by health care professionals/psychologists during the COVID-19 crisis):**

- **Therapists face 'unusual' struggle triggered by remote sessions:**

<https://www.watoday.com.au/lifestyle/health-and-wellness/therapists-face-unusual-struggle-triggered-by-remote-sessions-20200604-p54zhy.html>

INTERNATIONAL CONGRESSES / SYMPOSIA

As outlined previously:

Division 17: Professional Practice: organises symposia at International Congresses on an annual basis (since ICAP, Melbourne (2010).

The International Congress of Psychology in Prague: July, 2021 (postponed from July, 2020). The Division team is presenting a double-symposium (accepted) entitled: *"The role of psychology in integrated mental health care: an international perspective"*.

Brief Description of the Symposium:

The symposium will provide an overview of current progress in integrated psychological service delivery in the primary care setting in a number of western countries: USA, Australia, New Zealand, Canada, Norway and the United Kingdom. These integrated services attempt to redress the ongoing "medicalisation of unhappiness" across the western world and the sub-optimal care provided in which medication is still frequently the first (and often only) treatment of choice, leaving the crucial psychosocial dimensions of mental and general health under-treated. Integrated primary mental and general health service delivery has evolved over the past twenty years to include evidence-based psychological interventions in the primary care setting. Symposium participants will canvas progress in a number of different areas in their specific countries and provide an up-date internationally on key issues relevant to this mode of practice. All welcome to attend!

- **100th / Centennial Congress of Applied Psychology in Cancun:**

Postponed (planned for December, 2020)

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

All the best to all our Members as we continue to face the ongoing COVID-19 crisis.



Robyn F. Vines, Ph.D.
President Division of Professional Practice

(November, 2020)

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

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 E-News Bulletins: <https://iaapsy.org/divisions/division17/>

UNITED NATIONS INTEGRATED CARE INITIATIVE:

https://iaapsy.org/site/assets/files/1222/undoc_integratinghealthintopriarycare_pdf.pdf