

Division of Professional Practice (Division 17)

MARCH E-News 2022

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Susan McDaniel PhD: President-Elect



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Contents of March E-News:

- **Key Activities of Division of Professional Practice:**
Forthcoming IAAP Division 17 Webinar: 'Integrated primary care and the science of teamwork'
Professors Susan McDaniel and Eduardo Salas: a Joint initiative between Divisions 1 and 17 (Organisational Psychology & Professional Practice)
Tuesday, March 29th, 5-6:30PM New York time (Wed.am: AET).
- **Forthcoming Items of professional interest:**
Psychology Day at the UN celebration/talk (21.4..22): **Psychology and Climate Change.**
<https://us02web.zoom.us/webinar/81794661954>
- **Items on vaccine hesitancy and misinformation – see below**
- **February-March, 2022**
 - Snapshot of Events
 - The World in the time of COVID
 - COVID Headlines (21.1.22)

Key Activities/News of Division of Professional Practice (Jan-Feb, 2022):

- **WEBINARS: Presented by Division of Professional Practice**
Forthcoming: Third WEBINAR: 29.3.22
'Integrated primary care and the science of teamwork'
Professors Susan McDaniel and Eduardo Salas: a Joint initiative between Divisions 1 and 17 (Organisational Psychology & Professional Practice)
Tuesday, March 29th, 5-6:30PM New York time (Wed.am: AET).
Previous two webinars:
9.10.21: "The role of psychology in integrated healthcare: Migraine, a work in progress"
<https://iaapsy.org/members/webinars/the-role-of-psychology-in-integrated-healthcare/>
15.5.19: "The Critical Role of Psychology in an Integrated Primary Care Model"

<https://iaapsy.org/members/webinars/the-critical-role-of-psychology-in-an-integrated-primary-care-model-presented-by-iaap-division-17/>

- **International Congresses:**
Professor Judith Gullifer (Monash University, Australia) is the **'Division 17 Coordinator/Manager' for ICAP, Beijing' 2022** (now 2023).
Please email her: with lecture, symposia and poster ideas:
Email: judith.gullifer@monash.edu
- **Monthly E-News** - see: <https://iaapsy.org/divisions/division17/>
Each month during the course of the year (January to December), we have provided a monthly 'reflection' on current events, including a 'snapshot' of the changing statistics in relation to the pandemic: *"The World in the Time of COVID"*.

Advance notice/forthcoming events:

1. **Psychology Day at the UN (21.4.22):** This is an annual event - this year's Symposium from around the world is on **'Psychology and Climate Change'**. See: <https://us02web.zoom.us/webinar/81794661954> (registration not yet open)
2. **Medical Family Therapy/Integrated Care Intensive (June) at Rochester University:**
Details:

29th

UNIVERSITY OF ROCHESTER
MEDICAL CENTER

ANNUAL INTERDISCIPLINARY
INTEGRATED HEALTHCARE &
MEDICAL FAMILY THERAPY INTENSIVE

PRESENTED BY CO-DIRECTORS:

Susan H. McDaniel,
PhD, ABPP
Professor of Psychiatry
and Family Medicine,
Director, Institute for the Family

Tziporah Rosenberg,
PhD
Associate Professor, Family
Therapy Training Program
Institute for the Family

WHEN:
June 6TH-10TH, 2022

WHERE:
University of Rochester
Medical Center

CONTACT:
(585) 275-2532 or
Diana_Julian@urmc.Rochester.edu

<http://www.urmc.rochester.edu/psychiatry/institute-for-the-family/family-therapy/mfti.aspx>

The "Medical Family Therapy Intensive" is a 5-day interdisciplinary course (Monday – Friday) that can be **in-person or virtually**. It includes a lively mix of didactic and experiential methods to foster skill development as well as self-of-the-clinician issues via small group presentations. The goal is to teach participants how to work from a biopsychosocial perspective with patients and families dealing with health issues, as well as skills to facilitate effective collaboration with other health care professionals. Participants may come from any health discipline (medicine, nursing, psychology, family therapy, etc). As participants are grouped by level of experience, we include students at any level, practitioners, and faculty, including those that teach in this domain. We are pleased to offer this exciting and rewarding offering in its 29th year.

Items/resources of interest: During February-March, 2022:
(with thanks to the American Psychological Association)

ISSUE/REQUEST: *A number of members have expressed interest in knowing what practitioners are doing around the world with regard to COVID in their practices. We would be grateful if you could let us know what issues have arisen (including those outlined by the APA below) and how practitioners are dealing with them. Feedback appreciated.*



Increasing Vaccine Confidence: Strategies for Clinicians

<https://apa.content.online/catalog/product.xhtml?eid=36183>

Join APA and the National Register of Health Service Psychologists for a continuing-education series aimed at helping clinicians build skills to engage their patients and communities in constructive dialogue about vaccines and how best to keep themselves and their families safe and healthy at home, at school, and in the community.

The Anatomy of a Misinformation Attack

<https://www.apa.org/news/apa/2022/news-anatomy-misinformation>

Earlier this month, New York University psychologist Jay Van Bavel, PhD, was the target of a coordinated misinformation attack on Twitter. He received thousands of angry tweets, messages, and emails from conspiracy theorists because he fact-checked a false claim about a misleading term that had been circulating on social media. How can psychologists promote and defend science in an environment of misinformation?



Fighting Fake News in the Classroom

<https://www.apa.org/monitor/2022/01/career-fake-news>

Misinformation and disinformation are enormous problems online, and college students are not immune. Psychologists are increasingly recognizing that fact checking melds nicely with the psychology curricula and are incorporating lessons on digital literacy, preconceptions, cognitive biases, and reasoning into their courses.



Why Teens Need More Sleep, and How We Can Help Them Get It

- <https://www.washingtonpost.com/parenting/2022/01/18/kids-teens-more-sleep/>
- <https://www.apa.org/monitor/2020/07/ce-corner-sleep>

Fewer than 25% of high school students are meeting even the minimum of the eight to 10 recommended hours of sleep a night. Amid a youth mental health crisis, improving teens' sleep could help boost their resiliency, as described in a *Washington Post* article. "When you don't sleep well, emotional regulation is one of the first things to go," said Lisa Meltzer, PhD, a pediatric psychologist at National Jewish Health in Denver. "Insufficient,

poor-quality or poorly timed sleep—each one of these can exacerbate mental health conditions.”



Healing Pain by Treating the Mind

<https://www.apa.org/news/podcasts/speaking-of-psychology/healing-pain>

More than 20% of U.S. adults suffer from some form of chronic pain. For many, effective treatment remains elusive, with medications and even surgeries offering little relief. But recent research by psychologists suggests that the answer to chronic pain may come not from healing the body but from treating the mind. Tor Wager, PhD, of Dartmouth College, joined the *Speaking of Psychology* podcast to discuss how new research findings are leading to effective new treatments for pain.



The Top 10 Journal Articles of 2021

<https://www.apa.org/monitor/2022/01/top-journal-articles>

APA’s 89 journals published more than 5,000 articles last year. See the 10 most downloaded to date, with research covering COVID-19 disruption, social media use, Zoom fatigue, and more.

PREVIOUS ITEMS of interest: (see December, 2021 - February, 2022 newsletters)

January – February, 2022

- **Two years into the pandemic, students still struggle with their mental health:** (Jan 25, 2022; PBS Newshour): <https://www.pbs.org/newshour/show/two-years-into-the-pandemic-students-still-struggle-with-mental-health>
- **IAAP WEBINAR: "Economic Behavior and the COVID-19 Pandemic: Cooperation, Consumption, and Entrepreneurship"** (Soon to be available on the IAAP Website)
- **14 emerging trends for 2022:** The pandemic era has changed attitudes toward science and mental health; See: <https://www.apa.org/monitor/2022/01/special-emerging-trends>
- **“Do Your Own Research”:** It’s Not That Simple.
See: <https://www.nytimes.com/2022/01/03/opinion/dyor-do-your-own-research.html>
- **How the Science of Habits Can Help Us Keep Our New Year’s Resolutions:**
See: <https://www.apa.org/news/podcasts/speaking-of-psychology/behavioral-habits>

EVENTS, WEBINARS and NEW RESEARCH:

- **Social Media for Psychological Research in Ethical, Productive, and Prosocial Ways**
<https://register.gotowebinar.com/register/6437901583821128720>
- **Essential Science Conversations: Mixed Feelings and Mixed Methods in Psychological Science:** See: <https://register.gotowebinar.com/register/8316517256834408717>
- **Understanding the No Surprises Act: How to provide estimates for your services**
See: <https://www.apaservices.org/practice/legal/managed/no-surprises-act>

SES and Health: For new mothers, feeling low in social status poses risk to health, according to new research published by APA:

See: <https://www.apa.org/news/press/releases/2022/01/new-mothers-social-status>

December, 2021 - January, 2022

- **How can we minimize Instagram's harmful effects?**
See: <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects>
- **Coping with Seasonal Affective Disorder During Another Pandemic Winter**
See: <https://www.healthline.com/health-news/coping-with-seasonal-affective-disorder-during-another-pandemic-winter#Tips-for-managing-SAD-and-COVID-19-anxiety>
- **HOLIDAYS: It's Beginning to Look a Lot Like Holiday Social Anxiety**
See: <https://www.nytimes.com/2021/11/24/well/mind/holiday-social-anxiety.html>
- **Re-thinking Work: The Great Resignation:**
See: <https://www.bc.edu/bc-web/bcnews/nation-world-society/education/q-a-the-great-resignation.html>
- **Essential Science Conversations: Anti-Racism in Psychological Science**
See: <https://www.apa.org/science/programs/essential-conversations>
- **Ideas re: facing current uncertainties:**
"Embracing Uncertainty: Achieving peace of mind as we face the unknown": by Susan Jeffers

November – December, 2021:

- **The promise and challenges of AI**
<https://www.apa.org/monitor/2021/11/cover-artificial-intelligence>
- **Veterans Struggle With Issues That Are Often Invisible to Others**
<https://www.nytimes.com/2021/09/07/us/politics/afghan-war-iraq-veterans.html>
- **Reenvisioning Self-Care:**
<https://www.apa.org/monitor/2021/11/conversation-boxley>
- **Creating a Better Holiday:**
<https://files.constantcontact.com/ac06501c401/8c72f84a-8acc-4856-9c8f-569810e95314.pdf>
- **Anticipating Difficult Holiday Interactions**
<https://files.constantcontact.com/ac06501c401/b35d5901-008c-45c6-a545-ceb627eda965.pdf>
- **Coping with Difficult Days After a Loss**
<https://files.constantcontact.com/ac06501c401/132f1d7e-272f-4ad2-bc2b-fdb51c3f35d9.pdf>

February-March, 2022: "Snapshot of Events":

It has once again been a turbulent month, during which the Winter Olympics have been successfully held and finalised in Beijing - with the key event world-wide now being a possible pending war in Ukraine – which the global community is hoping can be averted. Even as we write, there are 150,000 troops poised on the border with the Russian leader declaring the majority of Ukraine a 'part of the homeland'. We all await the events of the next few days.

This is the environment in which we as practitioners and our patients/clients are living, with increasing global uncertainty characterising the environment around us. All we can do is hope (and pray!) that, this time next month when we are next in touch, things will have improved. Sending positive messages of encouragement as we all face this together!

The World in the Time of COVID-19:

As we write (22.2.22) the WHO Coronavirus Disease 'dashboard' indicates that **there are now 422, 188,754 confirmed cases of COVID-19 including 5,876,766 registered deaths world-wide reported to the WHO - including a world-wide increase of more than 81.6 million registered cases in the past month alone ...**

(compared to: 21.1.22: 340,543,962 confirmed cases including 5,570,163 deaths; 27.12.21: 279,114,972 confirmed cases, 5,397,580 deaths; 23.11.21: 256,966,237 cases, 5,151,643 deaths; 25.10.21: 243,260,214 cases, 4,941,039 deaths; 21.9.21: 228,394,572 cases, 4,690,186 deaths; 23.8.21: 211,373,303 cases, including 4,424,341 deaths; 26.7.21: 192,284,207 cases; 4,136,518 deaths; 22.6.21: 178,202,610 confirmed cases; 3,865,738 deaths; 23.5.21: 166,346,635 confirmed cases, including 3,449,117 deaths; 5.21: 152,535,452 cases, 3,198,528 deaths; 22.3.21: 22,524,424 cases, 2,703,620 deaths; 22.2.21: 111,102,016 cases, 2,462,911 deaths; 25.1.21: 99,363,697 cases, 2,135,959 deaths; 28.12.20: 79,673,994 cases, 1,761,381 deaths; 23.11.20: 57,882,183 cases, 1,377,395 deaths; 29.10.20: 43,766,712 cases, 1,163,459 deaths; 26.7.20: 15,581,009 cases, 635,173 deaths; 20.6.20: 8,385,440 cases, 450,686 deaths; 26.4.20: 2.8million cases, 200,000 deaths).

Vaccinations: As of 20.2.22, a total of **10,407,359,583 vaccine doses** of COVID-19 vaccine have been administered world-wide (compared to 18.1.22: 9,571, 633; 27.12.21: 8,649,057,088; 21.11.21: 7,408,870,760 vaccine doses; 20.10.21: 6,655,399,359; 17.9.21: 5,776,127,976; 19.8.21: 4,562,256,778; 24.7.21: 3,646,968,156; 16.6.21: 2,413,847,050 vaccine doses). Sadly, the majority of these have been given in the developed world with less-well-off continents/countries still lagging (e.g. in Africa: COVID-19 vaccination rates stand at 7.35% for the continent, with many countries hovering around 1%, according to the Africa Centers for Disease Control)

See: WHO:

https://covid19.who.int/?gclid=EAIaIQobChMkPfX79Px7QIV2w0rCh2N_w2GEAAYASAAEgKQm_D_BwE

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

We welcome contact from all our Members and those interested in joining.



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

(March, 2022)

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>

UNITED NATIONS INTEGRATED CARE INITIATIVE:

See: [Integratinghealthintopriamrycare_pdf.pdf](#)

Also: [Integratingmhintopriamrycare2008_lastversion.pdf \(who.int\)](#)