

## Division of Professional Practice (Division 17)

MAY E-News 2022

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Susan McDaniel PhD: President-Elect



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Appendix: Previous items/resources of interest

### Key Activities/News of Division of Professional Practice (April-May, 2022):

#### Webinar (29.3.22 – on website)

***'Integrated primary care and the science of teamwork'***: Professor Susan McDaniel: incoming Division 17 President (30.7.22) and Professor Eduardo Salas provided a stimulating webinar on ***'Integrated primary care and the science of teamwork'*** on 29<sup>th</sup>/30<sup>th</sup> March, 2022. Given the 'over-lapping content', the webinar was created as a joint initiative between Divisions 1 (Organisational Psychology) and Division 17 (Professional Practice) – hopefully a precedent for further collaborative, cross-Divisional activities within IAAP.

Available on the IAAP Website: <https://iaapsy.org/members/webinars/economic-behavior-and-the-covid-19-pandemic-cooperation-consumption-and-entrepreneurship-1/>

(see earlier work of Professors McDaniel and Salas on APA PsycNet:

<https://doi.apa.org/doiLanding?doi=10.1037%2Famp0000334>

#### Previous two Division 17 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/>

**Monthly E-News** - see: <https://iaapsy.org/divisions/division17/>

Each month during the course of the year (January to December), we provide 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"*.

**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](mailto:judith.gullifer@monash.edu)

### **Advance notice/forthcoming events:**

- **"Final call": Medical Family Therapy/Integrated Care Intensive (June 6-19) at Rochester University: in person or virtual, as desired.**

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



### **Events:**

- **ICP (International Council of Psychologists):  
Global Network of Psychologists for Human Rights for a Webinar in the series  
Human Rights Education**

**May 16, 2022, 12:00 PM EDT, 16:00 CET; "Flight and Human Rights" Speaker Dr. Uli Wagner, Philips University Marburg, Germany**

***"The rejection of refugees is a human rights violation and endangers social cohesion in the rejecting countries"***

Register Here:

[https://us02web.zoom.us/webinar/register/WN\\_nhGYpvDTQCOB5Vr4LykMMQ](https://us02web.zoom.us/webinar/register/WN_nhGYpvDTQCOB5Vr4LykMMQ)

- **15<sup>th</sup> Annual Psychology Day at the UN (21.4.22):**

This is an annual event - this year's Symposium from around the world is on *"Psychology Building Hope: Contributions to a Roadmap or Climate Action"*

See: <https://www.un.org/pga/76/2022/04/21/15th-annual-psychology-day-at-the-united-nations/C:/Users/61477/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/7N47CGKF/PCUN%20PD%202022%20Brochure.pdf>

<https://www.unpsychologyday.com/#:~:text=Psychology%20Day%20also%20introduces%20psychologists,activities%20and%20issues.&text=15th%20Annual%20UN%20Psychology%20Day,2022%20from%2011AM%20%2D%202PM%20EDT>.



## **Psychology Week**

**Celebrate the impact of psychological science in society. April 17–23**

See: <https://www.apa.org/news/apa/psychology-week>

**Items/resources of interest: During April-May, 2022: (with thanks to the APA, APS, PBS, ABC – and other sources)**

**(For previous items/resources of interest from Division 17 E-News, see Appendix below)**

- **Prolonged Grief Disorder recognised as a mental health condition**

<https://www.abc.net.au/radionational/programs/sundayextra/prolonged-grief-disorder-recognised-as-mental-health-condition/13813018>

The age-old saying “time heals all wounds” may be relevant for some, but for others grief is an ongoing and debilitating disorder. This year American Psychiatric Association has recognised ‘Prolonged Grief Disorder’ as an official psychiatric illness in its Diagnostic and Statistical Manual of Mental Disorders. Guest: **Dr Katherine Shear**, Director of the Center for Prolonged Grief and Marion E. Kenworthy Professor of Psychiatry at Columbia University Producer - Katie Fuller; **Duration:** 12min 30sec **Broadcast:** Sun 3 Apr 2022, 7:36am

**The Burden of Weight Stigma:** The increase in weight gain linked to the COVID-19 pandemic is taking a psychological toll, because weight stigma—bias against individuals because of their body size—is also on the rise. Weight stigma increases a person’s risk for mental health problems and undermines health behaviors and preventive care, causing disordered eating, decreased physical activity, health care avoidance, and weight gain. Psychologists are researching interventions for disrupting the pattern. See: <https://www.apa.org/monitor/2022/03/news-weight-stigma>

**How To Keep Anger From Getting the Best of You:** How do you keep anger from rising to a level that interferes with your health and happiness? Howard Kassinove, PhD, of Hofstra University, and Raymond “Chip” Tafrate, PhD, of Central Connecticut State University, joined APA’s Speaking of Psychology podcast to discuss the difference between healthy and harmful anger, strategies to cope with anger, and why primal scream, rage rooms, and other forms of anger catharsis can do more harm than good. See: <https://www.apa.org/news/podcasts/speaking-of-psychology/anger>

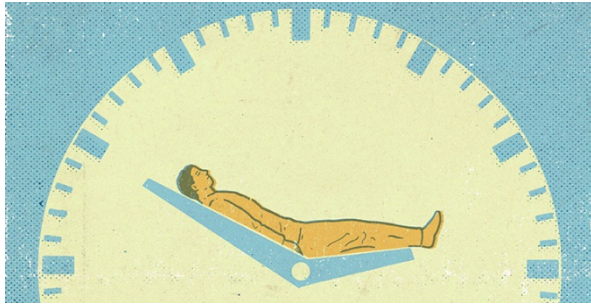
- **Where creativity comes from and how to increase your own.** Listen to APA’s *Speaking of Psychology* podcast episode on creativity and ‘eureka moments’: See: <https://www.apa.org/monitor/2022/04/cover-science-creativity>



- **The Need for Paid Parental Leave:** Psychological research shows why employers and policymakers should consider doing more. <https://www.apa.org/monitor/2022/04/feature-parental-leave>



- **More Psychological Growth in Less Time:** Psychologists are applying research on single-session interventions to improve patients’ symptoms in one visit. See: <https://www.apa.org/monitor/2022/04/feature-growth-patients>



- **Discussing firearm safety:** Providers can help reduce injuries and deaths by talking with patients about safe storage and temporary transfers during high-risk periods. **See:** <https://www.apa.org/monitor/2022/04/ce-firearm-safety>  
**Supporting Parents Via Instagram:** Psychologists have become the go-to parenting gurus of Instagram. Can their reach impact families for the better? **See:** <https://www.apa.org/monitor/2022/04/career-instagram>



- **Research In brief:** How funny memes help us cope with the stress of COVID-19, and other research:

The latest peer-reviewed studies within psychology and related fields – see: <https://www.apa.org/monitor/2022/04/inbrief-memes-research>

### **April-May, 2022: “Snapshot of Events”:**

The past month has again been traumatic, with the ongoing war in the Ukraine affecting all of us. Russian forces have intensified their assaults on eastern and south-eastern Ukraine under a new military commander with previous experience in Syria, with the apparent intention of gaining complete control of this territory by 9th May. As economist Saul Eslake writes: *“Russia outnumbers Ukraine in just about everything – except courage and ‘moral capital’ – but that hasn’t given it the ‘easy victory’ it expected”*. As we go to press (25.4.22): the top US diplomat Antony Blinken is in Kyiv speaking with Ukraine’s courageous President Zelensky, who vows that *“Ukraine will emerge victorious from the war”*; Pope Francis has joined others in calling for a truce to mark Orthodox Easter, but Russia has continued its attacks; efforts to help civilians escape the devastated port city of Mariupol have collapsed once again with Russia continuing to drop bombs on the steelworks where the city’s last defenders are holed-up.

It is exceedingly distressing watching these events unfold daily/nightly on our television screens – affecting both our patients and ourselves as practitioners. As we in Australia mark “Anzac Day” (25.4.22) - our own war memorial - and others do likewise around the world on their own commemorative days, it is clear that these events are not about the ‘glory of war’ (as some would

have had it in the past) but the commemoration of ordinary men and women, called upon to do extraordinary things. We have seen this in Ukraine where, facing the very worst, many individuals have produced the very best in themselves. We are reminded that war and combat are destructive and devastating and we all as human beings are touched by it and affected physically, emotionally and spiritually. As mentioned in our last E-News, these events have unleashed flow-on effects globally in terms of inflation, soaring petrol prices and uncertainty and dread about the possible outbreak of nuclear war, if the current ongoing conflict is not curtailed, contained and hopefully stopped! .. This is what we are dealing with, both in our clients and in ourselves. Our role as psychologists is to listen, instil hope, empowerment and some sense/semblance of control and efficacy in those we aim to help. Not an easy time for us all at this time of global turbulence.



We again wish to highlight **the IAAP statement on Ukraine** indicating our: *“deep concern about the military and humanitarian offenses the Russian Federation is carrying out in Ukraine, resulting in ongoing devastating loss of life and attack on innocent civilians. We strongly condemn this unjustified aggression and stand in solidarity with the people of Ukraine”.*

(see: <https://iaapsy.org/about/human-rights-statement/ukraine/> )

### **The World in the Time of COVID-19:**

The WHO Coronavirus Disease ‘dashboard’ indicates that **there are now 505,817,953 confirmed cases** of COVID-19, including **6,213,876 deaths** of COVID-19 **world-wide - including an increase of more than 29.5 million registered cases in the past month alone ...** (compared to: 28.3.22: **476,374,234 confirmed cases** and **6,108,976 deaths**; 22.2.22: 422,188,754 cases, 5,876,766 deaths; 21.1.22: 340,543,962 cases, 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). These figures are likely to be a gross underestimate as they are based on formal testing and reporting which continues to diminish.

**Vaccinations:** As of 17.4.22: **11,324,805,837 doses** of COVID-19 vaccine have been administered world-wide (compared to 26.3.22: **11,054,362,790 vaccine doses** ; 20.2.22: 10,407,359,583; 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)

**As we write (25.4.22):** there have ‘only’ been 6.1mn new Covid-19 infections world-wide last week, the lowest number since the week before Christmas last year, and well below the peak of 23.3mn in the last week of January this year. The ‘official’ number of new deaths was, at just over 20,600,000 the lowest since the last week of March 2020. New infections continue to be concentrated in Europe, East Asia and Australia, with the rising case numbers in China, although low by international

standards relative to China's population, prompting strict lockdowns by Chinese authorities. These have been graphically illustrated in distressing footage out of Shanghai over the last few weeks.

See:

- WHO:

[https://covid19.who.int/?gclid=EAlalQobChMIkPfx79Px7QIV2w0rCh2N\\_w2GEAAYASAAEgKQm\\_D\\_BwE](https://covid19.who.int/?gclid=EAlalQobChMIkPfx79Px7QIV2w0rCh2N_w2GEAAYASAAEgKQm_D_BwE)

- Saul Eslake: The World Economy this week (18.4.22):

<https://drive.google.com/file/d/1BkYskpKOMRAWGfMBaXuOwHiKpNpabkan/view>

**Please contact us if you have additional information, 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**

**(May, 2022)**

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

**Division Newsletters:**

- October, 2020: [https://iaapsy.org/site/assets/files/2044/div\\_17\\_october\\_newsletter.pdf](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: [Integratinghealthintopriarycare\\_pdf.pdf](#)

Also: [Integratingmhintopriarycare2008\\_lastversion.pdf \(who.int\)](#)

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**APPENDIX:    PREVIOUS ITEMS/RESOURCES of interest:**

**(from former editions of Division 17 E-News: December, 2021 - April, 2022 newsletters)**

**March-April, 2022**

- **What's driving the dramatic rise in alcohol-related deaths during the pandemic?**  
During the first year of the pandemic, alcohol-related deaths increased dramatically by 25 percent, according to a new study. In 2020, deaths jumped from about 79,000 a year to 99,000, with the spike seen across all drinking-age groups. Katherine Keyes, an epidemiologist at Columbia University's Mailman School of Public Health, joins William Brangham to discuss.

**PBS Newshour: 23.3.22:** <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic> ;

**Full Transcript:** <https://www.pbs.org/newshour/show/whats-driving-the-dramatic-rise-in-alcohol-related-deaths-during-the-pandemic#transcript>

## **DISASTER PREPAREDNESS** (in light of recent floods, fires, and other disasters world-wide)

- **Psychological First Aid:** This psychological first aid guide is for people working in disaster preparedness, response and recovery. It provides an overview of best practice in psychological first aid following disasters and traumatic events: [https://psychology.org.au/for-the-public/psychology-topics/disasters/recovering-from-disasters/psychological-first-aid-supporting-people-disaster?utm\\_medium=email&utm\\_campaign=220324\\_APSU\\_DRN&utm\\_content=220324\\_APSU\\_DRN+CID\\_2764159e348b5688207e3397759d80d7&utm\\_source=Email%20marketing%20software&utm\\_term=Psychological%20First%20Aid%20A%20guide%20to%20supporting%20people%20affected%20by%20disaster](https://psychology.org.au/for-the-public/psychology-topics/disasters/recovering-from-disasters/psychological-first-aid-supporting-people-disaster?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Psychological%20First%20Aid%20A%20guide%20to%20supporting%20people%20affected%20by%20disaster)
- **Preparing and recovering from floods:** [https://psychology.org.au/for-the-public/psychology-topics/disasters/floods?utm\\_medium=email&utm\\_campaign=220324\\_APSU\\_DRN&utm\\_content=220324\\_APSU\\_DRN+CID\\_2764159e348b5688207e3397759d80d7&utm\\_source=Email%20marketing%20software&utm\\_term=Preparing%20for%20and%20recovering%20from%20floods](https://psychology.org.au/for-the-public/psychology-topics/disasters/floods?utm_medium=email&utm_campaign=220324_APSU_DRN&utm_content=220324_APSU_DRN+CID_2764159e348b5688207e3397759d80d7&utm_source=Email%20marketing%20software&utm_term=Preparing%20for%20and%20recovering%20from%20floods)
- **Guidelines for provision of psychological support to people affected by disasters (APS members and affiliates only):** [https://psychology.org.au/membership/member-login?returnurl=%2ffor-members%2fresource-finder%2fresources%2fassessment-and-intervention%2fguidelines-for-provision-of-psychological-support%3futm\\_medium%3demail%26utm\\_campaign%3d220324\\_APSU\\_DRN%26utm\\_content%3d220324\\_APSU\\_DRN%2bCID\\_2764159e348b5688207e3397759d80d7%26utm\\_source%3dEmail%2520marketing%2520software%26utm\\_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters](https://psychology.org.au/membership/member-login?returnurl=%2ffor-members%2fresource-finder%2fresources%2fassessment-and-intervention%2fguidelines-for-provision-of-psychological-support%3futm_medium%3demail%26utm_campaign%3d220324_APSU_DRN%26utm_content%3d220324_APSU_DRN%2bCID_2764159e348b5688207e3397759d80d7%26utm_source%3dEmail%2520marketing%2520software%26utm_term%3dGuidelines%2520for%2520provision%2520of%2520psychological%2520support%2520to%2520people%2520affected%2520by%2520disasters)

## **COPING WITH TRAUMA:**

- **As a Crisis Hotline Grows, So Do Fears It Won't Be Ready:** The National Suicide Prevention Lifeline (USA) will have its own three-digit number, 988, starting in July—a shift that is expected to grow exponentially the number of callers over the next few years. The increased access is important, but experts say that more funding is needed to effectively staff the line. Roughly 17% of the lifeline's two million calls last year were abandoned before a caller could get help, as reported by *The New York Times*. Read more from APA about crisis lines during the pandemic. <https://www.nytimes.com/2022/03/13/us/suicide-hotline-mental-health-988.html>
- **Addressing the Pandemic's Mental Health Fallout:** <https://www.cbsnews.com/news/addressing-the-pandemics-mental-health-fallout/#>  
Even when COVID-19 recedes, Americans will still be left with the trauma the virus has left in its wake, including more than 140,000 children who have lost a parent or caregiver. APA CEO **Arthur C. Evans Jr., PhD**, spoke with *CBS News* about the need to address the ongoing mental health crisis. "Because what we know from research is that when people experience these kinds of traumas—after 9/11, or Hurricane Katrina—we expect to see people experiencing problems for at least another seven to ten years out," Evans said.
- **American's Stress is Spiking Over Inflation and War in Ukraine:**  
The APA's newest '**Stress in America**' survey found that over 80% of Americans said inflation, global uncertainty, and issues related to invasion of Ukraine are significant sources of stress. This is the highest number of people who have said they're significantly stressed about any issue in the 15 years APA has conducted this survey. "Typically, our highest levels of stress have been in the mid-60%s, so hitting, for example, 87% for inflation as a source of stress is truly astounding," said psychologist **Vaile Wright, PhD**,



APA's senior director of health care innovation in an NPR article:  
<https://www.apa.org/news/press/releases/stress/2022/march-2022-survival-mode>

## OTHER:

- **Navigating thorny topics in therapy:** Clinicians and ethics experts share guidance on maneuvering disclosures about **politics, religion, and other hot-button topics** that can affect the therapeutic relationship: <https://www.apa.org/monitor/2022/03/career-navigating-therapy>
- **Improving Sibling Relationships:**  
Eight in 10 children in the United States are growing up with a sibling—more than the number of kids living with a father. Over a lifetime, siblings are often the people with whom an individual will ultimately share the most years. Psychologists' research can help to improve these important relationships. Hear more about how our siblings influence our lives on APA's *Speaking of Psychology* podcast: <https://www.apa.org/news/podcasts/speaking-of-psychology/siblings>

## February-March, 2022:

*A number of members have expressed a wish to know **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.*

- **The Anatomy of a Misinformation Attack**  
<https://www.apa.org/news/apa/2022/news-anatomy-misinformation>
- **Fighting Fake News in the Classroom**  
<https://www.apa.org/monitor/2022/01/career-fake-news>
- **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>
- **Healing Pain by Treating the Mind**  
<https://www.apa.org/news/podcasts/speaking-of-psychology/healing-pain>
- **The Top 10 Journal Articles of 2021**  
<https://www.apa.org/monitor/2022/01/top-journal-articles>

## 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"** (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>

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### **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>

(May, 2022)

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