

Division of Professional Practice (Division 17)
JUNE E-News 2022
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Appendix: Previous items/resources of interest

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

Succession Planning:

A key focus for our Division 17 Executive over the past few months has been that of ensuring a smooth transition (on 30th July, 2022) from the current Presidency (Robyn Vines: 2018-2022) to the incoming President (Susan McDaniel: 2022-2026) - and the appointment of President-Elect (Tim Carey: 2024-2026). We are delighted that these appointments are now confirmed. Our Executive has also recently grown to include Professors Tim Carey (Australia), Nancy Ruddy (USA) and Jude Gullifer (Australia), who will be joining the current Executive: Robyn Vines (Australia), Susan McDaniel (USA), James Bray (USA) and Diana Prescott (USA). We are keen to welcome new members from different parts of the world to increase the diversity of our representation, so please contact us if you would like to make a contribution

Focus on Integrated Health Care: The Division of Professional is one of the newest IAAP Divisions (founded in Berlin in 2008). We have also been one of the most active with a key focus being the development and promotion of psychology as a key player in integrated primary and secondary health care, not only nationally but globally. A number of our Executive team are international experts in this important area and

our three recent webinars (outlined below) and aspects of our monthly E-News contributions have emphasised work in this area. This will remain a key focus for the term of Susan McDaniel's Presidency – the aim being to raise the profile of the important role psychology has to play in both mental and general health care at all levels.

Webinars:

Division 17 webinars: Available on the IAAP Website:

29.3.22: '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 29th/30th 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.

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

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

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/](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 now our *'Division 17 Congress Coordinator/Manager'* for ICAP, Beijing' 2022/2023 and ECP, 2023 (to be held in Brighton, UK; July, 2023).

(Please email Judith: with lecture, symposia and poster ideas:

judith.gullifer@monash.edu)

As with previous International Congresses (since ICAP in Melbourne in 2010 – ICAP: Paris: 2014, Montreal: 2018; ICP: Capetown: 2012; Okinawa: 2016; Prague: 2020/2021; ECP: Stockholm: 2013; Milan: 2015; Amsterdam: 2017; Moscow: 2019) - Our Executive Team will run Division 17 Symposia on *"The Role of Psychology in Integrated Health Care: An International Perspective"*. These collegial events provide an opportunity to meet like-minded psychologists who are trying to reform our national health systems to include multi-disciplinary care enabling provision of a true bio-psycho-social model of care, which the WHO supports as 'best practice' in both general and mental health care. Please be in touch if interested.

Advance notice/forthcoming events:

Events:

APA CONGRESS: Psychology is here: MINNEAPOLIS & VIRTUAL: AUGUST 4-6

APA 2022 is where practitioners, researchers, educators, and applied psychologists from around the world come together to share transformative ideas and explore the most compelling issues in the discipline. This year we're excited to offer three days packed with more than 900 in-person sessions in Minneapolis, numerous social and networking events, and two virtual livestream channels. **Psychology will be here at APA 2022 — will you join us?**

See: <https://convention.apa.org/>

Items/resources of interest: During May-June, 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)

- **BPS May, 2022 – New report calls for more psychologists to be embedded into GP practices**
 - <https://www.bps.org.uk/news-and-policy/new-report-calls-more-clinical-psychologists-be-embedded-gp-practices>
 - <https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Clinical%20Psychology%20in%20Primary%20Care%20-%20Full.pdf>
 - <https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Clinical%20Psychology%20in%20Primary%20Care%20-%20Briefing.pdf>



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promoting excellence in psychology



Division of
Clinical Psychol

May 2022

New report calls for more psychologists to be embedded into GP practices

Access to clinical psychologists in GP practices leads to better patient outcomes, a reduction in demand for GP appointments, increased staff morale and is cost effective, according to a new report by the DCP. You can find out more and read the full report :

https://iaapsy.org/site/assets/files/2315/bps-clinical_psychology_in_primary_care-briefing_12_5_22.pdf

https://iaapsy.org/site/assets/files/2315/bps-clinical_psychology_in_primary_care_12_5_22.pdf

USA: Restricting Access to Abortion Likely to Lead to Mental Health Harms

Laws restricting access to safe, legal abortions are most likely to affect those living in poverty, people of color, and sexual and gender identity minorities, as well as those who live in rural or medically underserved areas, said APA President **Frank C. Worrell, PhD**, in a statement responding to the leaked draft U.S. Supreme Court opinion regarding *Roe vs. Wade*. Research suggests that adding barriers to accessing abortion services may increase symptoms of stress, anxiety, and depression. Read more from APA about the research on impacts of restricted access to abortion:

<https://www.apa.org/topics/abortion>

Mental Health in the Workplace

Most adults will spend a large amount of their lives at work and organizational support for employees' mental health is imperative. Leaders can take important steps toward improving mental health in the workplace, such as by training managers to promote well-being; examining health insurance policies; taking a critical look at equity, diversity, and inclusion policies; and supporting paid parental leave.

- <https://www.apa.org/topics/workplace/mental-health/train-managers>
- <https://www.apa.org/topics/workplace/mental-health/reexamine-health-insurance>
- <https://www.apa.org/topics/workplace/mental-health/edi-policies>
- <https://www.apa.org/monitor/2022/04/feature-parental-leave>

Canadian Doctors Are Prescribing Free Passes to National Parks to Treat Patients

A new evidence-based initiative in Canada called PaRx encourages health care providers to prescribe spending time in nature to improve people's mental and physical health, as reported by CNN. PaRx recently partnered with Parks Canada to include free passes to 80 sites as part of those prescriptions, including to national parks, marine conservation areas, and historic sites. As of February 2022, more than 4,000 licensed health care professionals, including nurses, doctors, and psychologists, had registered for the PaRx program.

- <https://edition.cnn.com/2022/04/30/health/canada-doctors-prescribe-nature-wellness/index.html>

How To Get Comfortable Talking With the Media

A critical lesson of the COVID-19 pandemic has been seeing the importance of scientists communicating their findings to the public in an engaging and accessible way. For many psychologists, this may involve talking with the media—something that is rarely covered in graduate school. Psychologists with media experience share their tips on talking with journalists.

- <https://www.apa.org/monitor/2022/04/career-talking-media>

7 Podcasts to Support Your Mental Health

Podcasts about mental health can deliver research to a wider group of people in an accessible way and can be a helpful addition for those in therapy or a resource for people with barriers to treatment. LIVESTRONG.com assembled a list of the top mental health podcasts therapists recommend.

- <https://www.livestrong.com/article/13771942-best-mental-health-podcasts/>

How Many Friends Do You Really Need?

Loneliness is associated with an increased risk for mental and physical health issues, but what does it take to not be lonely? In a *New York Times* article, psychologists share research on connectedness, intimacy, and how to tell if you need more friends.

- <https://www.nytimes.com/2022/05/07/well/live/adult-friendships-number.html>

May-June, 2022: "Snapshot of Events":

- **New Government in Australia:** As I write (22.5.22), it is less than 24 hours since Australia voted in a new Government: *"The Australian people have spoken, and the big winners are Labor and the "teal" independents"* (ABC News) Australia's new leader: Anthony Albanese, and his ALP colleagues, together with the Greens Independents, have vowed to take the country in a new direction, with a big shift in climate policy. This is a time of optimism with big implications for health, education, climate policy, equity – and a new direction for the country.
- **Ukraine:** the past month has continued with the traumatic, ongoing war in the Ukraine - affecting all of us. President Volodymyr Zelensky has said (22.5.22) that the war in Ukraine can only be resolved through "diplomacy" and that the war could only come to a conclusive halt "at the negotiating table". At the time of writing heavy fighting is taking place in and around Severodonetsk, as Russian forces step up efforts to seize the whole of the Luhansk region.

It continues to be exceedingly distressing watching these events unfold daily/nightly on our television screens – affecting both our patients and ourselves as practitioners. Our role as psychologists is to listen, instill hope, empowerment and some sense/semblance of control and efficacy in those we aim to help. An ongoing and difficult time for us all during this resurgence 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 521,920,560 confirmed cases** of COVID-19, including **6,274,323 deaths** of COVID-19 world-wide - including an increase of **more than 16.1 million registered cases in the past month alone ...** (compared to: 25.4.22:

505,817,953 confirmed cases and 6,213,876 deaths; 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). It is estimated that the true prevalence is likely to be at least double this, with these figures representing a gross underestimate due to being based on ‘formal testing and reporting’ which continues to diminish.

Vaccinations: As of 22.5.22: **12,186,798,032 doses** of COVID-19 vaccine have been administered world-wide (compared to 17.4.22: **11,324,805,837 doses** ; 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 (22.5.22): In Australia and elsewhere, the number of new Covid-19 cases remains high, albeit below its most recent peaks, largely due to the continuing rise in new infections in Western Australia, although hospitalization and fatality rates (as a proportion of active case numbers) remain low.

See:

- WHO Coronavirus Dashboard: <https://covid19.who.int/>
- Saul Eslake: The World Economy this week (13.5.22): <https://drive.google.com/file/d/1XCc3EHI2vBaTWfqNWW1zeefbPynKuJUX/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

(June, 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: [Integratinghealthintopriamarycare_pdf.pdf](#)

Also: [Integratingmhintopriamarycare2008_lastversion.pdf \(who.int\)](#)

APPENDIX: [PREVIOUS ITEMS/RESOURCES of interest:](#)

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

[April-May, 2022](#)

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>

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
- **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
- **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://members.apa.org/resources/assessment-and-intervention-guidelines-for-provision-of-psychological-support)

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%, 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>

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>

(June, 2022)
