

**2024 JANUARY E-News**  
**Division of Professional Practice (Division 17)**  
**Susan McDaniel PhD: President**  
**Tim Carey PhD: President-Elect**



**NEW President (2022-2026)**  
**Susan McDaniel, PhD**



**President-Elect (2022-2026)**  
**Tim Carey, PhD**

**Emails:**

- [SusanH2\\_McDaniel@URMC.Rochester.edu](mailto:SusanH2_McDaniel@URMC.Rochester.edu)
- [timothy.carey.phd@gmail.com](mailto:timothy.carey.phd@gmail.com)

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**Introduction:**

**We wish all our Division members and the broader IAAP community a  
“Happy New Year and above all peaceful 2024 ahead”.**

The collegiality of our work as colleagues committed to our Discipline and Profession of Psychology (both nationally and internationally) - and the help and assistance we provide to our patients, clients and communities - continues to provide some respite from the turbulent state of the world and to alleviate the sense of powerlessness we all feel in relation to the current global situation. We retain our commitment as a Team to the over-arching work of the IAAP – with its positive international connections counter-balancing a world overwhelmed by so much at present. Our Executive continue to meet monthly (both during 2023 and into 2024) by zoom from multiple locations in the USA, Australia, Rwanda and elsewhere and we continue to pursue our passion for the ‘Role of Psychology in Integrated Mental and General Health Care’.

**Division 17 Activities: to January, 2024**

- **Monthly Division Executive Meetings:**
  - **Next meeting: 9<sup>th</sup>/10<sup>th</sup> January, 2024.**  
**Agenda Items:** forthcoming Congress abstract submissions and presentations (e.g. ICP (Prague: July, 2024); APA, 2024); Website re-design (see: <https://iaapsy.org/divisions/division17/>) , Newsletters/E-News, publications, new webinars, etc.

- **Congresses/Conferences:**
  - Division 17 continues to participate in International Psychology Congresses annually and has submitted abstracts for a ‘Double-Symposium’ at ICP in Prague, July 2024 on: *‘The Role of Psychology in integrated health care: an international perspective’*. Our proposal includes abstracts for eight speakers to canvas different aspects of integrated care, models of service delivery, how to facilitate multi-disciplinary team interventions, integration of lifestyle interventions into conventional psychological therapy, etc. This continues our annual commitment as a Team (since 2010: see below) to highlighting the crucial issues of access to universal mental and general health care and the necessity of integrating our profession more effectively into the multi-disciplinary health care space. (Previous congress presentations: ICAP, Melbourne: 2010; ICP, Capetown: 2012; ECP, Stockholm: 2013; ICAP, Paris: 2014; ECP, Milan: 2015; ICP, Yokohama, 2016; ECP, Amsterdam: 2017; ICAP, Montreal: 2018; ICP, Prague: 2020/2021 and ECP, Brighton: 2023).
- **Monthly E-News:** our monthly E-News has continued throughout 2023 (see Division webpage: <https://iaapsy.org/divisions/division17/> , with ongoing discussions about possible re-formatting, etc. We are keen to continue this regular circulation of Division 17 News, with items of professional interest etc. The further concept of different format six-monthly Division Newsletters is also being canvassed.
- **Broader IAAP items: Strategic Planning and Early Career Marathon:** Several of our Executive Team have participated (via Board meetings at ECP in Brighton in July, 2023 and subsequently via on-line/via zoom meetings) in the current IAAP Strategic Planning initiative; also the Early Career Marathon (which encourages young researchers to ‘showcase their material’ before a larger audience) by producing feedback videos as part of the examining team. Both of these activities have formed part of the positive **2023 IAAP initiatives** outlined in our President: Lori Foster’s New Year Message (see: <https://iaap.cmail19.com/t/t-e-vhiiiuy-juirukhkur-r/> )
- **Publications:** As highlighted in our December, 2023 E-News: Several of our members have recently published material relevant to one of our key objectives of facilitating and promoting the role of psychology in general and mental primary health care. These are as follows:
  - **“A Systemic Approach to Behavioral Healthcare Integration: Context Matters (Fundamentals of Clinical Practice With Couples and Families)”:** Ruddy PhD, Dr. Nancy Breen, McDaniel Ph.D, Dr. Susan H  
See: [https://www.amazon.com/Systemic-Integrated-Fundamentals-Clinical-Practice/dp/143383586X/ref=sr\\_1\\_5?crid=LX8HVQ6D3F2A&keywords=ruddy+nancy&qid=1700065708&sprefix=ruddy+nancy%2Caps%2C122&sr=8-5](https://www.amazon.com/Systemic-Integrated-Fundamentals-Clinical-Practice/dp/143383586X/ref=sr_1_5?crid=LX8HVQ6D3F2A&keywords=ruddy+nancy&qid=1700065708&sprefix=ruddy+nancy%2Caps%2C122&sr=8-5)
  - **“Re-imagining Practice: Drawing Inspiration from Community Practitioners’ Responses to Adversity in Rwanda: An interview with Joseph Kalisa by Jill Freedman and Gene Combs”**  
The Dulwich Centre <https://dulwichcentre.com.au/joseph-kalisa-re-imagining-practice/>

**NEXT DIVISION EXECUTIVE MEETING: Zoom: Tues 9<sup>TH</sup> January/Wed 10<sup>th</sup> January (Sydney time).**

## **JANUARY, 2024:**

### **Items/professional resources of interest (with thanks to the APA, APS, WHO, etc.)**

#### **The crucial importance of Self Care:**

Growing stressors on psychologists have been widely studied and reported, especially in response to the pandemic. A recent APA study showed that almost half of U.S. licensed psychologists (45%) reported feeling burned out in 2022, with similar levels reported in 2020 (41%) and 2021 (48%). These issues aren’t disappearing anytime soon. In recent surveys of APA members, burnout and work-life balance are consistently cited as among their top issues of concern.

The APA’s E-booklet offers a concentrated self-care resource for APA’s collective membership—whether they are embedded in educational institutions, operating clinical practices, or conducting scientific research. It offers well-researched tools and strategies for having greater agency within a host of circumstantial and personal stressors. With interviews and research from leading psychologists and other experts, it tackles common challenges psychologists face in creating and sustaining a healthy work-life balance, with tried-and-true tactics for getting back on course.

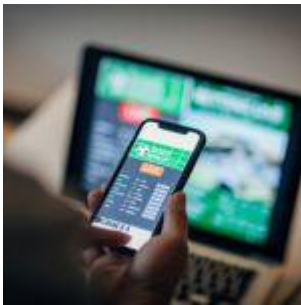
- <https://irp.cdn-website.com/90e1a3b7/files/uploaded/Self-Care%20FINAL%20R.pdf>



### **Why We Need Hope**

When the news is filled with war, climate change, and other disasters, remaining hopeful about the future can feel impossible. But psychologists' research has found that hope is not an unrealistic luxury, it's a necessity. **Jacqueline Mattis, PhD**, of Rutgers University, and **Chan Hellman, PhD**, of the University of Oklahoma, joined APA's *Speaking of Psychology* podcast to discuss the difference between hope and optimism, why cultivating hope can help people facing adversity and trauma, and what all of us can do to find hope in trying and uncertain times.

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



### **An Explosion in Sports Betting Is Driving Gambling Addiction Among College Students**

Sports betting among college students is becoming increasingly commonplace and problematic. One out of 10 college students is a pathological gambler, according to research cited in a *TIME* article about the surge. The new ease of sports betting eliminates previous barriers, allowing gamblers to bet from their homes without anyone seeing their addictive behavior. Psychologist **Jim Lange, PhD**, the executive director of the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery at The Ohio State University, is working with other researchers to form a consortium of university substance use experts to address gambling among college students. See more from APA's *Monitor on Psychology* about how gambling affects the brain and who is most vulnerable to addiction.

See: <https://time.com/6342504/gambling-addiction-sports-betting-college-students/>



### **More Couples Are Divorcing After Age 50 Than Ever Before. Psychologists Are Helping Them Navigate Through Change.**

While divorce has declined among adults in their 20s and 30s, the rate among adults age 50 and older has surged upward. The logistics and stakes involved in later divorce can present unique challenges, such as having more assets to split, mutual social ties that may stretch back decades, and adult children who will be emotionally impacted in differing ways. Psychologists can help their patients foster and maintain the emotional resiliency that middle-age and older adults are more likely to have accrued through a lifetime of weathering difficult experiences.

<https://www.apa.org/monitor/2023/11/navigating-late-in-life-divorce>



### **It's OK to Suck When You Try Something New**

How many hobbies have you given up when you tried them and weren't immediately good? For many people, the answer is at least a few. In a *Vox* article, psychologists share why it's good to push through the discomfort of being bad at something and keep trying. They offer these tips to help you stick with it: Maintain a growth mindset and know that you can get better; celebrate small improvements in your effort; and remember that others are likely thinking about your failures far less than you are.

<https://www.vox.com/even-better/23979535/permission-to-suck-terrible-hobbies>

## **JANUARY, 2024: 'The world in spotlight'**

As we write (6.1.24) we're facing a year of uncertainty having come through one of the most turbulent 12 months in recent history.

Best to refer to those whose professional life is spent 'objectively' looking at these things:

- **'A look back at the biggest news events that shaped 2023 and made history'**

**PBS Newshour: Dec 31, 2023** (transcript and audiovisual)

There is no question that we live in historic, unusual times, and 2023 added to the list of unprecedented events: a look-back at the biggest news events that defined 2023.

See: <https://www.pbs.org/newshour/show/a-look-back-at-the-biggest-news-events-that-shaped-2023-and-made-history>

- **BBC: The Year in Review:** <https://www.bbc.com/worklife/tags/year-in-review-2023>

- **'The seven biggest work trends in 2023'**

See: <https://www.bbc.com/worklife/article/20231219-the-seven-biggest-work-trends-of-2023>

As we continue to state in each of our E-News: these confronting world events continue to affect ourselves and our patients/clients and the communities within which we live. Our role as psychologists/health practitioners is to instil hope, empowerment and some sense/semblance of control and efficacy in those we aim to help. It continues to be a difficult task for us all during this time of ongoing global turbulence. Please write to us if there are particular issues you wish to discuss.

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

Certainty over global figures has diminished considerably since we last reported. Latest data are not clearly available (see: <https://data.who.int/dashboards/covid19/cases?n=c> <https://covid19.who.int/>).

For earlier summary of figures since 2020 and the outbreak of the pandemic, see our October and December 2023 E-News (and earlier editions): <https://iaapsy.org/divisions/division17/> )

Latest WHO COVAX/COVID Vaccination data:

[https://www.gavi.org/sites/default/files/covid/covax/COVAX\\_Data\\_Briefs\\_27.pdf](https://www.gavi.org/sites/default/files/covid/covax/COVAX_Data_Briefs_27.pdf)

**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.**

**Once again, wishing you all a Happy New Year and may 2024  
be a good, above all peaceful, year ahead.**

**Div. 17 E-News Editor:**

**Robyn F. Vines, PhD**



**Immediate Past-President; Division of Professional Practice**

**Email: [robynvines@bigpond.com](mailto:robynvines@bigpond.com) ; [r.vines@westernsydney.edu.au](mailto:r.vines@westernsydney.edu.au)**

**(January, 2024)**

**See:**

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

**Longer 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: [Integratinghealthintoprimarycare\\_pdf.pdf](#)

Also: [Integratingmhintoprimarycare2008\\_lastversion.pdf \(who.int\)](#)

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

(from previous editions of Division 17 E-News:

December, 2021 – November, 2023 newsletters)

(with special thanks to the APA, APS, PBS, ABC – and other sources):

Items of interest:

**NOVEMBER, 2023: Items/professional resources which may be of use:**

**The APA Statement: Coping with the trauma of war**

**APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

**Trauma** (for all items below see: <https://www.apa.org/topics/trauma> )



Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.

While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help them find constructive ways of managing their emotions.

Adapted from [Recovering emotionally from disaster](#): Coping with the trauma of war in the Middle East



**Talking to children about war:** Conversations with kids about conflicts can help them feel safer and more secure. Here's what psychologists recommend

<https://www.apa.org/topics/resilience/kids-war>





### **How does trauma haunt future generations?**

Researchers and clinicians are examining the long-term impacts of war and other traumatic events on survivors, as well as their children and grandchildren

<https://www.apa.org/topics/trauma/trauma-survivors-generations>



### **How to cope with traumatic stress**

Psychologists recommend people lean on loved ones, prioritize self-care, and be patient with themselves to help manage the stressful effects of trauma

<https://www.apa.org/topics/trauma/stress>



### **Students exposed to trauma**

Teachers play a critical role in guiding students suffering from trauma, which if left unaddressed can disrupt a student's behavior, and emotional well-being, academic success, and health.

<https://www.apa.org/ed/schools/primer/trauma>



### **Reassuring preschoolers during a time of war**

You may think they're too young to understand, but even very young children can absorb frightening events from the news or overheard conversations

<https://www.apa.org/topics/resilience/preschool-war>



### **Helping teens move beyond the fears that a time of war brings**

Although your teens may tower over you, they are still young and can keenly feel the fear and uncertainty of a time of war.

<https://www.apa.org/topics/resilience/teen-war>



### **APA warns of psychological impacts of violence in Middle East**

The psychology community stands in solidarity with all who are working to protect and safeguard human life during this conflict

<https://www.apa.org/news/press/releases/2023/10/middle-east-violence-statement>

## OTHER TOPICS:

### Depression After Weaning Can Be a Serious Concern for Some New Moms



<https://click.info.apa.org/?qs=50470298b09253846d5efff2aa668ce3ffdd537ed79595d442862e07ba5af9ed0ef735e62e3146ab3249ec519fc6f6d4aa0f4e3415f08704>

While postpartum depression is relatively well studied, a lesser-known condition known as postweaning depression needs more research and public education, experts say. The conditions are similar in that each is caused by a drop in hormones, with estrogen and progesterone dropping in postpartum depression and prolactin and oxytocin dropping in postweaning depression. The number of affected women is unknown because of a lack of research, experts say in a *Washington Post* article. Increasing public awareness of the condition and of strategies that can help, such as weaning slowly, is needed.

### How To Help With Math Anxiety <https://www.apa.org/news/podcasts/speaking-of-psychology/math-anxiety>

Math is essential to our everyday lives, from household budgeting to buying the right size rug for a room. But for people with math anxiety, tasks involving math can cause dread and fear. **Molly Jameson, PhD**, of the University of Northern Colorado, joined APA's *Speaking of Psychology* podcast to talk about where math anxiety comes from, whether you can be good at math but still suffer from math anxiety, how it affects people's lives, and what parents and teachers can do to help math-anxious kids overcome their fears and excel in math. Read more about the causes, consequences, and prevention methods of math anxiety.



### How COVID-19 Changed Life for People Terrified of Needles

<https://time.com/6323014/needle-phobias-covid/>

COVID-19 forced many people with a fear of needles to confront their phobias after decades of avoidance in order to get crucial vaccines, as highlighted by *TIME* magazine. Experts hope that the efforts to overcome such fears may lead to a longer-term interest among health care providers to adopt best practices for handling and treating people with needle phobia. See more from APA's *Monitor on Psychology* about how psychologists can help patients with injection fear.



### 'I'd Rather Not Know': Why We Choose Ignorance

<https://www.apa.org/news/press/releases/2023/10/why-we-choose-ignorance>

When given the choice to learn how our actions will affect someone else, 40% of us will choose ignorance, often to have an excuse to act selfishly, suggests research published in *Psychological Bulletin*. "Examples of such willful ignorance abound in everyday life, such as when consumers ignore information about the problematic origins of the products they buy," said lead author **Linh Vu, MS**, a doctoral candidate at the University of Amsterdam in the Netherlands. "We wanted to know just how prevalent and how harmful willful ignorance is, as well as why people engage in it."





### **How To Stop Using Alcohol as a Confidence Crutch**

<https://edition.cnn.com/2023/10/15/health/how-to-be-confident-without-alcohol-wellness/index.html>

Alcohol is a widely accepted coping tool for artificial confidence, and science backs it too: Research has found that when people are intoxicated, their brains don't differentiate neutral and fearful faces as they would when they were sober. But using alcohol to get through social situations plays into the "lies feeding the habit," said **Ellen Hendriksen, PhD**, a clinical psychologist and author of *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*, in a CNN article. The lies tell us that what we're avoiding is actually dangerous and that we're not equipped to handle it; confronting those false beliefs help build the confidence that will ease the need to cope with alcohol.

### **JUNE, 2023: Items resources of professional interest:**

***with special thanks to the APA, APS, PBS, ABC, etc – and other sources:***

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

### **GENERAL ITEMS:**

#### **50<sup>th</sup> World environment day:**

- *United Nations World Environment Day:* <https://www.un.org/en/observances/environment-day>
- *Climate Change: How is my country doing on tackling it?*  
<https://www.bbc.com/news/science-environment-65754296>
- *The real dangers of plastic pollution:* As UN delegates meet in Paris with the aim of agreeing a legally binding treaty on plastic pollution, new research shows that plastic recycling could actually make things worse. So what needs to be done to save our environment? Guest: **Dr Denise Hardesty**, Principal Research Scientist at CSIRO Environment and a leading expert on plastic pollution (Broadcast: 4.6.23) <https://www.abc.net.au/radionational/programs/sundayextra/the-real-dangers-of-plastic-pollution/102415620>

***Integrated Care: 30<sup>th</sup> annual Medical Family Therapy/Integrated Care Intensive*** is being held at the University of Rochester, New York State this week (Mon 5<sup>th</sup> -Fri 9<sup>th</sup> June) – as mentioned in Division 17 "Activities" above: <https://www.urmc.rochester.edu/psychiatry/institute-for-the-family/family-therapy/mfti.aspx>

### **Clinical, Lifestyle and social interventions: INTEGRATED CARE/LIFESTYLE MEDICINE**



#### **Recommendations for Adolescent Social Media Use**

<https://www.apa.org/news/press/releases/2023/05/adolescent-social-media-use-recommendations>

To guide educators, parents, policymakers, mental health practitioners, tech companies, and youth, APA has released research-based recommendations for healthy social media use among kids and teens. The recommendations emphasize minimizing the chances for harm and maximizing the benefits that social media can provide. See APA's tips for parents, based on the recommendations, and a Q&A with APA Chief Science Officer **Mitch Prinstein, PhD**, on how to provide social media literacy for children that will maximize the chances for balanced, safe, and meaningful experiences.



### **The Promise of Brain Stimulation Treatments for Depression**

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

Transcranial magnetic stimulation (TMS) used to treat major depression is not new, but in recent years, brain stimulation treatments have become more effective and more available. TMS is now also used to help people quit smoking and to treat obsessive compulsive disorder and anxiety. **Sarah Lisanby, MD**, director of the Noninvasive Neuromodulation Unit at the National Institute of Mental Health (NIMH), joined APA's *Speaking of Psychology* podcast to talk about how TMS works and recent treatment advances, as well as other brain stimulation treatments such as electroconvulsive therapy. Writer **Diana Daniele** also offers her perspective on how TMS helped her overcome treatment-resistant depression.



### **Loneliness Poses Profound Public Health Threat**

A recent advisory from U.S. Surgeon General **Vivek H. Murthy** likened the health risks of loneliness to those of smoking and obesity. "This isn't just people feeling good or bad about their social life," said **Julianne Holt-Lunstad, PhD**, professor of psychology and neuroscience at Brigham Young University and lead science editor of the advisory. "It truly has an impact on our physical health," Holt-Lunstad said in a *Washington Post* article.

[https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWVpZC6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZlXHVwZXNjOj0NTU1MTk5LCJpYXQiOiE2ODMyNTkyMDAsImpp0aSI6IjEON2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZWU0ODAzTcyNSisInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWZsdGgvMjAyMjY4wNS8wMi9sb25lGluZXNzLWhtYX0aC1jcmZaXmMtc3VyZ2Vvbi1nZW5lcmFsLyJ9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZWstn2zPIY](https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWVpZC6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZlXHVwZXNjOj0NTU1MTk5LCJpYXQiOiE2ODMyNTkyMDAsImpp0aSI6IjEON2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZWU0ODAzTcyNSisInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS9oZWZsdGgvMjAyMjY4wNS8wMi9sb25lGluZXNzLWhtYX0aC1jcmZaXmMtc3VyZ2Vvbi1nZW5lcmFsLyJ9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZWstn2zPIY)

### **ADHD clinics capitalise on diagnosis explosion**

<https://www.abc.net.au/radionational/programs/healthreport/adhd-health-report/102405098>

A new kind of ADHD clinic is cashing in on surging demand for diagnoses — and promising salaries of more than \$900,000 to recruit psychiatrists. As the need for services has grown, so have waitlists. Patients who might otherwise choose to wait longer for affordable care are being forced to choose between fees as high as \$3,000, or no care at all. For more, listen to **Part 1** and **Part 2** of the "Schmeitgeist" investigation.

**Credits:** Angela Lavoipierre, Presenter; Broadcast Mon 29 May 2023

### **MAY, 2023: Items resources of professional interest:**

#### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **The World Obesity Federation warns (BBC: 1.5.23): More than half the world's population will be classed as obese or overweight by 2035 if action is not taken.**  
**See:** <https://www.bbc.com/news/world-64831848>  
More than four billion people will be affected, with rates rising fastest among children, its rises. The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.
- **Mental health and wellbeing for practitioners:**  
**A new resource for better mental wellbeing - [www.aapbooks.com](http://www.aapbooks.com) :**
- [https://www.australianacademicpress.com.au/books/details/344/The\\_Clever\\_Self-Care\\_Guide?utm\\_source=sendinblue&utm\\_campaign=Self-Care\\_openers\\_3&utm\\_medium=email](https://www.australianacademicpress.com.au/books/details/344/The_Clever_Self-Care_Guide?utm_source=sendinblue&utm_campaign=Self-Care_openers_3&utm_medium=email)  
Life can be full of challenges rocking our boat so strongly that we risk drowning in a sea of stress and mental ill-health. That's why self-care is such a vital skill.

Dr Nadine Hamilton has spent over 17 years in her psychology practice helping professionals and businesses get on top of stress and psychological fatigue to avoid burnout, depression and self-harm. Her 2019 international best-seller *Coping With Stress and Burnout as a Veterinarian* targeted a profession with a suicide rate almost four times higher than the general population.

Now, after two years of social, personal, and financial impacts from a global pandemic, she has found herself working with her clients (and herself) more and more on self-care — how to use self-understanding and practical psychological tools to attain and maintain better mental wellbeing.

Time then, to release a new book to help anyone who is finding life at work and home a tough ask at times. Nadine gives us a clever guide to self-care covering topics such as setting boundaries, dealing with stress and anxiety, self-esteem, coping with grief, resilience, compassion fatigue, mentally healthy workplaces, and the imperative to build more hope and optimism into our daily lives.

Its a great little resource for personal use or, or those you know could do with a little practical help to take back control of their life.

### **GENERAL ITEMS: (see next page)**



### **Washington Used to Abhor Talking About Mental Health. No More.**

**See:**

<https://www.politico.com/news/2023/04/17/mental-health-fetterman-senate-00092233>

*Politico* examines the shift in culture toward mental health demonstrated by the positive response to Sen. John Fetterman’s treatment for clinical depression. “In the ’50s and ’60s, nobody said the word cancer. We talk about cancer now. We need to get to that point where we talk about depression. We talk about bipolar disorder. We talk about PTSD. We talk about schizophrenia, and acknowledge that these are illnesses for which there is treatment, and people can have satisfying, fulfilling lives,” said **Lynn Bufka, PhD**, APA’s associate chief of practice transformation.

### **Effective Learning: There Are Better Ways to Study That Will Last You a Lifetime**

(Guest Essay in the *New York Times*):

[https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked\\_article\\_code=PoZky1Iuu2e-R6ES8eeluKKMeY-7oibYN3b-p3qTTiX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-](https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked_article_code=PoZky1Iuu2e-R6ES8eeluKKMeY-7oibYN3b-p3qTTiX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-)

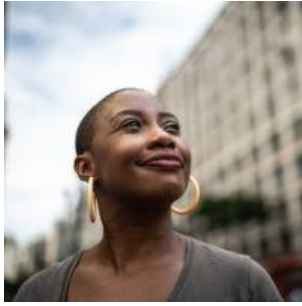
[aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiynpiBC-EZUV8kCuyIHBzRCaOSZs3\\_UkyrKYHn7B2yN5sqcNbXZEXckfyFv6jziPyU6VGOcwF1XePnq04LIQEQQOFvHrlmTAKIzg2pFWScgnx\\_dWH8\\_hu9tmapEbsobW8o\\_N7ckyOuX2xoPCuGXxBHr-s3QjVgfhNm25ldU0C9mjkXm&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/20/opinion/studying-learning-students-teachers-school.html?unlocked_article_code=PoZky1Iuu2e-R6ES8eeluKKMeY-7oibYN3b-p3qTTiX1ncC5TPNroNdbHeQT53V9pEpBn1nSyPz2rVSBY-8QMBLthf-aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiynpiBC-EZUV8kCuyIHBzRCaOSZs3_UkyrKYHn7B2yN5sqcNbXZEXckfyFv6jziPyU6VGOcwF1XePnq04LIQEQQOFvHrlmTAKIzg2pFWScgnx_dWH8_hu9tmapEbsobW8o_N7ckyOuX2xoPCuGXxBHr-s3QjVgfhNm25ldU0C9mjkXm&giftCopy=1_CurrentCopy&smid=url-share)

Most students aren’t studying in the most effective ways—they’re doing what feels easy and what seems to be working in the moment, says **Daniel T. Willingham, PhD**, a psychology professor at the University of Virginia in an opinion essay for *The New York Times*. Educational psychologists’ research shows why some commonly used methods like highlighting and rereading aren’t helpful in the long run, and why strategies like practicing how much information you’ve retained work better. Willingham advocates for wider dissemination of the most effective strategies, such as by requiring a study skills class in high schools.

### **How Do You Build a Successful Team?**

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

Very few people do their jobs entirely on their own. For most of us, doing our job well means being part of a well-functioning team. **Eduardo Salas, PhD**, of Rice University, joined APA’s *Speaking of Psychology* podcast to talk about the key ingredients for highly effective teams, the difference between team training and team building, what to consider when working on a remote team, the role of team leaders, and how industries such as aviation and medicine—where breakdowns in teamwork can have dire consequences—have evolved in their approach to teamwork.



### **Want to Make a Change? Conjure Your ‘Possible Selves.’**

Imagining our possible future selves, either positive or negative, can motivate us toward action. Social psychologists **Hazel Markus, PhD**, and **Paula Nurius, PhD**, coined the concept of possible selves and found that our ideas of what we might become inform our current self-concepts. Psychologists share in a *New York Times* article about how we can bridge the gap between our present and future selves, including by taking small steps toward our envisioned future, enlisting a trusted companion, sharing our goals, and more.

[https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked\\_article\\_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dtj2KXOuCz64bLU8Ca-sXpmpbAjx27rM5qht6K8A8f8jXv9WMNz\\_ORilrXc7xTv4CUULNgrmj\\_ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M\\_hcgnom8M9SiGwJ06OLD6GJ-7O5lw\\_DNq-YiyAE8NZnujaOeeBoO2CmKjmM25l\\_dhttMnYFfEts7OChVRjx60AumbQtT7cAOJ\\_bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UufOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked_article_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJh8Dtj2KXOuCz64bLU8Ca-sXpmpbAjx27rM5qht6K8A8f8jXv9WMNz_ORilrXc7xTv4CUULNgrmj_ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M_hcgnom8M9SiGwJ06OLD6GJ-7O5lw_DNq-YiyAE8NZnujaOeeBoO2CmKjmM25l_dhttMnYFfEts7OChVRjx60AumbQtT7cAOJ_bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UufOpqmEv86pViY38Wv9GLXWqtW&giftCopy=1_CurrentCopy&smid=url-share)

### **APRIL, 2023:**

### **Lifestyle and social prescriptions: INTEGRATED CARE/LIFESTYLE MEDICINE**

- **Will future generations turn away from alcohol? (ABC: 2.4.23)**

<https://www.abc.net.au/radionational/programs/futuretense/will-future-generations-turn-away-from-alcohol-102119836>

Could alcohol go the way of cigarettes and become socially unacceptable?(AAP: Daniel Munoz)

Are attitudes towards drinking changing as we learn more about the impact alcohol can have on our bodies?



Drinking has been part of our social and cultural activities for centuries. But cultural norms appear to be shifting.

#### **Guests:**

- Terry Slevin -CEO of the [Public Health Association of Australia](#)
- [Professor Steve Allsop](#)- National Drug Research Institute, Curtin University
- [Ruby Warrington](#) - author and editor
- [Carl Erik Fisher](#) - addiction physician and a person in recovery
- [Clare Hughes](#) - Chair of the Nutrition and Physical Activity Committee, Cancer Council Australia
- [Sarah Milov](#) - Associate Professor of history at the University of Virginia, author of *The Cigarette: A Political History*
- [Dr Ineka Whiteman](#) - neuroscientist, Director of Dynamic Thought Consulting

#### **Credits**

- [Jennifer Leake](#), **Presenter** and **Producer**
- [Jennifer Leake](#), **Producer**

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### **PHYSICAL ACTIVITY AS MEDICINE:**

- **Exercise brings benefits for treatment of cancer**

<https://www.abc.net.au/radionational/programs/scienceshow/exercise-brings-benefits-for-treatment-of-cancer/102167466>

ABC: 1 Apr 2023: **Guest:** [Robert Newton](#); Professor of Exercise Medicine; Edith Cowan University;



The old approach was to prescribe bed rest after surgery. Now patients are told to get out of bed and to move. Robert Newton leads research at Edith Cowan University in Perth into the benefits of exercise in preventing and treating conditions such as cancer. He says there are important molecules released when our muscles work. These molecules suppress cancer and reduce tumour development. They also reduce the toxicity effects of chemotherapy allowing full doses to be administered. Robert Newton says exercise is a medicine bringing highly coordinated biochemical changes within the body with no side effects.

**Presenter:** Robyn Williams: Broadcast 1 Apr 2023 1 Apr 2023

- **Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews: (See LINK2)**

<https://doi.org/10.1136/bjsports-2022-106195>

Published in British Journal of Sports Medicine online, pp. 1-10

Authors:

- Ben Singh (Allied Health & Human Performance, University of South Australia) – et al

Subjects: [depression; anxiety; psychological distress; systematic reviews; physical activity adult; chronic disease](#)

- **The Limerick Declaration on Rural Healthcare**

The 19th World Rural Health Conference (17-20.6.22), hosted at the University of Limerick in rural Ireland (with 650+ participants from 40 countries and 1600 engaging online), considered how best to empower rural communities to improve their own health and the health of those around them. The conference focused on the role of national health systems and other stakeholders, to keep their commitments to the UN Sustainable Development Goals to reach the *'highest attainable standard of health as one of the fundamental rights of every human being'*. This conference issued *'the Limerick Declaration on Rural Healthcare'*, designed to inform rural communities, academics and policymakers about how to achieve the goal of delivering high quality health care in rural and remote areas most effectively. Based on current evidence and best international practice, participants of the conference endorsed a series of recommendations for the creation of high quality, sustainable and cost-effective healthcare delivery for rural communities both in Ireland and globally. The recommendations focused on several major themes:

- rural healthcare needs, delivery and equity of access.
- rural workforce, advocacy and policy, and
- research for rural health care.

The Declaration calls on all governments, policymakers, academic institutions and global communities to commit to providing rural dwellers with equitable access to properly-resourced, patient-centred health care as a crucial marker of democracy.

Keywords: *family medicine, general practice, health inequities, health policy, multidisciplinary, nursing recruitment, primary care, retention, rural healthcare research, rural-proofing.*

**(See attached Article: LINK3)**

- **Half of world on track to be overweight by 2035 (See attachment LINK 4 & 5)** More than four billion people will be affected, with rates rising fastest among children, its report says. Low or middle-income countries in Africa and Asia are expected to see the greatest rises.

The report predicts the cost of obesity will amount to more than \$4tn (£3.3tn) annually by 2035.

The president of the federation, Prof Louise Baur, described the report's findings as a clear warning to countries to act now or risk repercussions in the future.

See: <https://www.bbc.com/news/world-64831848>

**Counteracting obesity**







### **How To Add the Voice of Psychological Research to Current Events**

Op-eds are a vehicle to publicize research and data that is often held hostage by the peer-review process. Op-eds have the power to persuade—research suggests that they can influence readers immediately, 10 days later, and 30 days later. Psychologists with expertise share their tips for writing op-eds, including avoiding an excess of data, making it personal, and including a clear call to action.

<https://www.apa.org/monitor/2023/04/op-ed-psychology-research>



### **Why Our Attention Spans Are Shrinking**

Most of us live our lives tethered to our computers and smartphones, which are unending sources of distraction. Research has shown that over the past couple of decades people’s attention spans have shrunk in measurable ways. **Gloria Mark, PhD**, of the University of California Irvine, joined APA’s *Speaking of Psychology* podcast to talk about how the internet and digital devices have affected our ability to focus, why multitasking is so stressful, and how understanding the science of attention can help us to regain our focus when we need it.

<https://www.apa.org/news/podcasts/speaking-of-psychology/attention-spans>



### **How To Stop Ruminating**

The mental loop that plays after an embarrassing moment, tough breakup, or tense conversation can sometimes be hard to interrupt. In a *New York Times* article, experts share tips for breaking the cycle, such as setting a worry timer. By dedicating a specific amount of time for worrying, you can avoid the feedback loop in which you feel bad about ruminating and relieve pressure and guilt.

<https://www.nytimes.com/2023/02/01/well/mind/stop-rumination-worry.html>

### **What Psychologists Are Talking About ...**

**Why we need to decolonise psychology:** <https://www.youtube.com/watch?v=Db6U7qOm7IM>

**Thema Bryant, PhD**, APA’s 2023 president and director of the Culture and Trauma Research Lab at the Graduate School of Education and Psychology at Pepperdine University, presented at a TEDx event in Nashville. Bryant spoke about ‘why we need to decolonize psychology’ and the context of our lives that influence our psychology.

### **What to do when your child hates school:**

<https://www.huffpost.com/entry/what-to-do-kid-hates-school | 63e12803e4b0c8e3fc866572>

**Anjali Ferguson, PhD**, a clinical psychologist in Virginia, was featured in a *HuffPost* article about what to do when your child hates school and when common dislike of school crosses over into school anxiety. Ferguson offered tips for talking with your child about school, teaching them coping strategies, enlisting help, and more. Ferguson also explained how anxiety about school often presents as physical symptoms. “They still are developing a way to connect their thoughts and their physical sensations and their feelings,” she said. “Developmentally, they’re not there yet. So you see it play out really physiologically for kids.”

**Protecting Children on-line:** <https://www.judiciary.senate.gov/meetings/protecting-our-children-online>  
**Mitch Prinstein, PhD**, APA’s chief science officer, testified at a Senate hearing on protecting children online and the harms of social media. “Social media offers the ‘empty calories of social interaction’ that appear to help satiate our biological and psychological needs, but do not contain any of the healthy ingredients necessary to reap benefits,” Prinstein said in his testimony.

### **February, 2023:**

#### **Reviewing our Professional Competencies:**

At the beginning of each calendar year, it is crucial that we review our professional competencies and develop a Learning Plan for our Continuing Professional Development (CPD) during the forthcoming year.

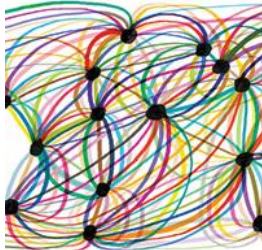
Competencies are a ‘*set of benchmarks that describe the knowledge, skills, abilities, behaviours, values and other attributes needed to perform safely and effectively in our profession as psychologists*’. We are all required to meet, at a minimum, the ‘competency thresholds’ defined by our national professional regulation authorities.

Requirements for both Competencies and CPD vary slightly from country-to-country. Hence a good reference point/set of guidelines for our International Association (and for our own learning goals over the coming year), is provided by the ‘***International Declaration on Core Competences in Professional Psychology***’ (finalised by the IAAP and ICP in 2016 –

see: [file:///C:/Users/61477/Downloads/ICP+-+THE+DECLARATION+Final+27+07+16%20\(3\).pdf](file:///C:/Users/61477/Downloads/ICP+-+THE+DECLARATION+Final+27+07+16%20(3).pdf) )

It is important that we re-familiarise ourselves with this crucial document (together with our own specific national guidelines) in planning our professional lives for the coming year.

#### **Other items of interest:**

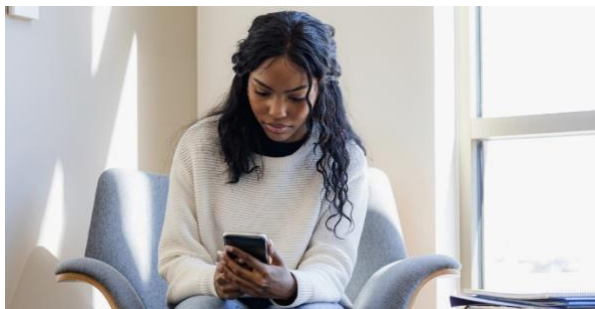


#### **Scientists Are Reaching a Wider Audience**

<https://www.apa.org/monitor/2023/01/trends-communicating-psychological-science>

Communicating psychological science to the public is vital, and an increasing number of psychologists are reaching beyond their patient base, academic circles, research labs, and other traditional workplaces to broaden their impact. Psychologists are hungry for this immediacy—to deliver psychology and psychological research to the public themselves and often during their personal time.

#### **Artificial Intelligence:**



### **A Mental Health Tech Company Ran an AI Experiment on Real Users. Nothing’s Stopping Apps from Conducting More.**

<https://www.nbcnews.com/tech/internet/chatgpt-ai-experiment-mental-health-tech-app-koko-rcna65110>

Koko, an online mental health support chat service, ran an undisclosed experiment in which GPT-3 (a popular new artificial intelligence chatbot) wrote the responses to users writing in for help. While groups that receive federal support are required to follow rules of institutional review boards, private corporations and nonprofit groups are not held to this standard.

Experts discuss in an NBC News article the need for informed consent and responsible use in a time of rapidly advancing technologies.

Evolving technologies continue to raise questions of whether AI might help those dealing with isolation and depression.



### **Laughter Really Is Contagious—And That’s Good**

Laughter’s numerous benefits include lessening depression and anxiety symptoms, increasing tolerance for pain, lowering stress levels, and strengthening friendships.

A *Washington Post* article highlights psychologists’ work in studying laughter contagion—such as how it’s like yawn contagion because people are wired to mirror one another, how we’re more likely to laugh with those we know, and how the brain responds to sounds of laughter by preparing our facial muscles to join in.

See:

[https://www.washingtonpost.com/wellness/2023/01/15/laughing-is-contagious/?pwpapi\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0liwibm0.8nHDbTalyz9NE02yV6ep4ctRIKPBSGOA8z1op8Gcx\\_A](https://www.washingtonpost.com/wellness/2023/01/15/laughing-is-contagious/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWJpZCI6IjEzNTU5MTgiLCJyZWZzb24iOiJnaWZ0liwibm0.8nHDbTalyz9NE02yV6ep4ctRIKPBSGOA8z1op8Gcx_A)

### **Can a Pathological Liar Be Cured?**

<https://www.apa.org/news/podcasts/speaking-of-psychology/pathological-lying>

Almost everyone lies occasionally, but for a small percentage of people, lying isn’t something that they do every once in a while—it’s a way of life. **Drew Curtis, PhD**, of Angelo State University, and **Christian L. Hart, PhD**, of Texas Woman’s University, authors of a new book on pathological lying, joined APA’s *Speaking of Psychology* podcast to talk about what drives “big liars” to lie, why they believe pathological lying should be classified as a mental health disorder, whether liars really are more prevalent in professions such as politics and sales, and how you can recognize lies and protect yourself from being duped.

## **December, 2022-January, 2023**

### **How Some Therapists Are Tackling Structural Racism in Their Practice:**

*NPR* highlights efforts from therapists to help patients heal with acknowledgement of structural racism amid a field that is predominantly White and caters to a White lens. Therapists share their perspectives on how they use culturally responsive techniques and how they can make therapy more inclusive.

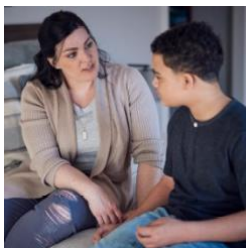
<https://www.npr.org/sections/health-shots/2022/11/25/1137754258/heres-how-some-therapists-are-tackling-structural-racism-in-their-practice>



### **The Opposite of Schadenfreude Is Freudenfreude. Here’s How to Cultivate It**

Psychologists share the reasons why we sometimes revel in others’ failures and how we can instead respond with genuine joy for their successes. In a *New York Times* article, experts share evidence-based tips, such as viewing success as a community achievement: “No one gets to the top alone, and when we elevate others, we’re often carried up with them,” said clinical psychologist **Emily Anhalt, PsyD**, cofounder of Coa, a mental health app.

<https://www.nytimes.com/2022/11/25/well/mind/schadenfreude-freudenfreude.html>



### **The New Sex Talk to Have With Teens — Why It’s More Important Than Ever**

In *Everyday Health*, psychologists share advice for conversations with teens in a post-Roe era. They highlight the importance of overcoming qualms about having difficult conversations about sex, acknowledging that abstinence-only sex education is typically not based in reality, and continuing the conversation past the first talk. People “need to stop thinking of this as a conversation you have once and start thinking of it as a conversation you have often and in bite-size pieces,” said **Julie Bindeman, PsyD**, a reproductive psychologist and co-director of Integrative Therapy of Greater Washington in Rockville, Maryland.



<https://www.everydayhealth.com/sexual-health/the-new-sex-talk-to-have-with-teens-and-why-its-more-important-than-ever/>



### **Drug Overdose Deaths Among Seniors Are Rising**

Overdose deaths have more than tripled in the past two decades among people age 65 and older, as highlighted by CNBC. Some deaths were accidental as older adults tempted to cope with chronic pain, life changes, and more, but many were suicides. APA's *Monitor on Psychology* shares how psychologists [can help a greater number of patients struggling with drug use](#) amid stress and uncertainty. See: <https://www.apa.org/monitor/2021/03/substance-use-pandemic>



### **The Science of Comfort Food**

Why do some foods evoke certain feelings, such as comfort or a twinge of nostalgia? In *The New York Times*, experts share the reasons behind the associations we make with our food and research on how early experiences shape our cravings later in life.

<https://www.nytimes.com/2022/11/24/well/eat/comfort-food.html>

### **Research in Brief**

See the latest peer-reviewed studies within psychology and related fields. Research includes: Fewer youth attempt suicide in states with hate crime laws that protect LGBTQ individuals; misinformation requires less cognitive effort to process and appeals to emotions more than information from reliable sources; caffeinated shoppers seem to spend more money and buy more items; virtual reality can make users feel like they have extra limbs; and more.

<https://www.apa.org/monitor/2022/11/humanlike-robot-research>

### **October- November, (2022) (with thanks to the APA, APS, PBS, ABC – and other sources)**

Are we in an anxiety crisis? (1.10.22): <https://www.abc.net.au/radionational/programs/saturdayextra/are-we-in-an-anxiety-crisis-/101492086>



Anxiety levels ramped up during the pandemic around the world. In the US, over 40 million people show symptoms, leading to a recommendation that all US adults under 65 be screened for the mental health condition. Should the same be done in Australia? And what can we learn from the ancient Stoics about handling anxiety?

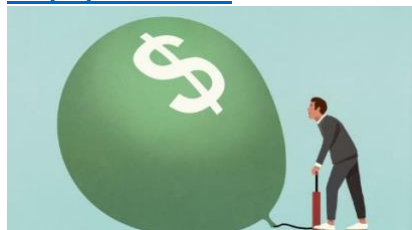
Duration: 17 minutes 7 seconds17m

**Social determinants of health and wellbeing:**



### Slouching towards Utopia:

<https://www.abc.net.au/radionational/programs/saturdayextra/slouching-towards-utopia/101492544>



Economic historian and former Clinton adviser, Brad DeLong's new book "Slouching towards Utopia" explores the economic history of the period 1870-2010 which he calls the long 20th century. Previous generations would have thought such wealth to be a guarantee of utopia, but has it really turned out this way? Duration: 18 minutes 8 seconds 18m

### Lifestyle Factors:

#### General Health and Wellbeing:

"Being physically inactive is expensive" (27.10.22)

WHO highlights high cost of physical inactivity in first-ever global report

<https://www.who.int/news/item/19-10-2022-who-highlights-high-cost-of-physical-inactivity-in-first-ever-global-report>

World Health Organization: [worldhealthupdates@campaign.who.int](mailto:worldhealthupdates@campaign.who.int)



"Health in Australia today —what will increase our chance of a healthy life?"

ABC Interview (1.11.22) : <https://www.abc.net.au/radionational/programs/healthreport/1730-magdas-big-health-check>

Magda Szubanski talks about her own reaction to the extent of chronic illness in Australia and why it's not just a fact of life.

The ABC series 'Magda's Big National Health Check': see: <https://iview.abc.net.au/show/magda-s-big-national-health-check>

### Substance Use Disorders:

- **The shocking rise in alcohol-induced deaths (1.11.22):** The latest statistics on causes of deaths in Australia. For some of the alcohol-related conditions the levels were the highest in about ten years. This is avoidable and, in fact, advocates for greater alcohol control measures have been warning for years. Guest: Caterina Giorgi CEO of FARE (Foundation for Alcohol Research and Education) See: <https://www.abc.net.au/radionational/programs/healthreport/rise-in-alcohol-induced-deaths/101591878>

- **'Delivering a message: alcohol causes breast cancer' (24.10.22):** Authored by BELINDA LUNNAY; SAMANTHA WATSON. *'Breast cancer is the most common cancer affecting women in Australia and alcohol accounts for 10% of diagnoses. Alcohol is a Class-1 carcinogen. However, we live in an "alcogenic" society in Australia where alcohol is everywhere.'* 24 October 2022 Insight: **Medical Journal of Australia:** Issue 41, 24.10.22: <https://insightplus.mja.com.au/2022/41/delivering-a-message-alcohol-causes-breast-cancer> Contact: [editorinsight@mja.com.au](mailto:editorinsight@mja.com.au)

- **Drug and Alcohol/Substance Use Disorder: Six Revelations From Matthew Perry's Diane Sawyer Interview**

The 'Friends' star talks about drug abuse, addiction and his book *'Friends, Lovers, and the Big Terrible Thing'*. He reveals how his *'Friends'* experience was shaped by it.

During the hour-long interview on ABC, Perry elaborated on his drug abuse, how he wants to settle down

- <https://tvline.com/2022/10/28/matthew-perry-diane-sawyer-interview-video-jennifer-aniston-crush-friends/>

- <https://www.hollywoodreporter.com/tv/tv-news/revelations-matthew-perry-diane-sawyer-interview-1235251249/>

### **Talking About Grief with Anderson Cooper: New Yorker Interview**

“All There Is”: by [Amanda Petrusich](#)

‘After my husband died unexpectedly this summer, I found comfort in Cooper’s podcast about death and loss’

[https://www.newyorker.com/culture/the-new-yorker-interview/talking-about-grief-with-anderson-cooper?utm\\_source=nl&utm\\_brand=tny&utm\\_mailing=dev&utm\\_medium=email&utm\\_term=tny\\_daily\\_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccb03faa7cd2](https://www.newyorker.com/culture/the-new-yorker-interview/talking-about-grief-with-anderson-cooper?utm_source=nl&utm_brand=tny&utm_mailing=dev&utm_medium=email&utm_term=tny_daily_digest&bxid=5bd66f892ddf9c619438901f&cndid=21388342&hasha=089663d0748b74d8e78dccb03faa7cd2)



### **How To Stop Mass Shootings: <https://www.apa.org/news/podcasts/speaking-of-psychology/mass-shootings>**

Americans have become accustomed to tragic headlines of mass shootings in schools, grocery stores, and other public places. APA’s *Speaking of Psychology* podcast to talk about research on what drives most mass shooters, why thinking of them as individuals in workplaces, and elsewhere to make the next mass shooting less likely.

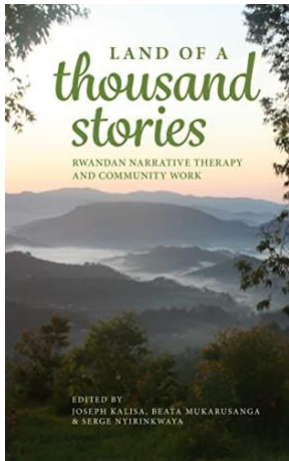


### **Rwandan Narrative Therapy and Community Work”**

See: [https://www.amazon.com.au/dp/B0BHVLDFSM/ref=monarch\\_sidesheet](https://www.amazon.com.au/dp/B0BHVLDFSM/ref=monarch_sidesheet)

“This unique and powerful book shares stories of original work by Rwandan narrative practitioners as they search for local ways of responding to profound social sufferings and mental health struggles.

From the early work of the counsellors of Ibuka (the national genocide survivors association) to current decolonising and culturally congruent forms of practice, these stories from the land of a thousand hills will move, challenge and inspire. From Beata Mukarusanga's preface: *‘This book conveys a journey that started with the Ibuka workers in response to the profound trauma of the genocide against the Tutsi, a trauma that continues to affect our lives individually and collectively in so many ways. It is a journey that moves also through territories and landscapes of resilience, new hopes, new ways of living. It’s a journey through both the painful past and the preferred story of Rwandans.’* .... *‘Throughout Rwandan history, our people have always searched for local ways to comfort and alleviate pain and sorrow. This is true in the cities and also in rural areas... In this book you will read of the contemporary search to find local solutions and create culturally resonant ways of working, in the quest for decolonising practices that inspire a search for cultural healing in all communities.’*”



### September-October, (2022)

#### **Suicides from firearms prompt movement to address mental health stigmas (PBS Newshour: Aug 23, 2022)**

See: <https://www.pbs.org/newshour/show/high-rate-of-suicides-prompt-movement-to-address-mental-health-and-firearms> When it comes to gun deaths in America, suicide is still the leading cause. A new poll finds that most Americans, 71 percent, believe gun laws should be stricter, one in five now say that they, a family member or a close friend has experienced gun violence or been threatened by it in the past five years. Among Black Americans, that number jumps to more than 50 percent. At the same time, 60 percent say it's still important that people can own guns for personal protection. When it comes to gun deaths in America, suicide is still the leading cause.... **William Brangham** recently went to Wyoming, the state with the highest suicide rate, to look at a movement trying to change the conversation around mental health and firearms.

### August-September, 2022:

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

- **How Psychology Can Help Fight Climate Change—And Climate Anxiety**

Speakers at APA 2022 made it very clear (as reported by 'TIME'): Psychology is crucial to addressing the climate crisis, both in identifying ways to change human behavior and helping people with mental health challenges brought on by extreme weather. The speakers offered tips such as harnessing anger for action and connecting with meaningful dialogue about climate change denial.

See: <https://time.com/6204083/climate-change-mental-health-psychology/>

- **Why Tween Girls Especially Are Struggling So Much**

Children's mental health is not a new issue (although it is worsening), and many psychologists are concerned for tween girls in particular, as highlighted by the *Washington Post*. The middle school years can be especially rough for girls, as puberty often sets in just as increases in pressures in appearance, friendship, academics, and sports are occurring. Young girls are more likely to use social media than boys and more likely to be negatively affected by it. See:

<https://www.washingtonpost.com/health/2022/08/08/tween-girls-mental-health/>

- **For Psychologists of Color, Self-Care is Much More Than That**

Living in a world that is not just, equitable, or safe has reinforced why many psychologists of color choose to think deeply and be more intentional about how they practice self-care. Among their new ideas: Self-care should incorporate one's community, values, and culture; it involves setting boundaries; and it's about claiming joy, pleasure, and rest despite a legacy of oppression.

See: <https://www.apa.org/> (Reference: [For psychologists of color, self-care is much more than that](#))

- **Alzheimer’s Researchers Are Looking Beyond Plaques and Tangles for New Treatments**

Past research on Alzheimer’s disease has looked at plaques and tangles in the brain, which are a “hallmark” of the disease, said **Maria Carrillo, PhD**, chief science officer of the Alzheimer’s Association, but that research hasn’t pinpointed how the plaques and tangles kill brain cells. Carrillo and other neuroscientists are rethinking the approach to study the changes in the brain and develop new treatments, as highlighted by *NPR*.

See: <https://www.npr.org/sections/health-shots/2022/08/01/1113825311/alzheimers-researchers-are-looking-beyond-plaques-and-tangles-for-new-treatments>

- **APA Adopts Racial Equity Action Plan**

At APA 2022, APA outlined next steps the association and psychology should take to prioritize and operationalize the commitments made in the association’s 2021 apology for its role in contributing to racism. Among the steps recommended: Ensure equitable representation of scholars of color in leadership positions; redesign traditional research methodologies to improve equity, diversity, and inclusion; implement efforts that mitigate barriers to graduate training completion; and more. The newly created Racial Equity Fund, developed to move this work forward, will be seeded by a \$1.1 million grant from APA.

See: <https://www.apa.org/> (Reference: [APA adopts racial equity action plan](#) )

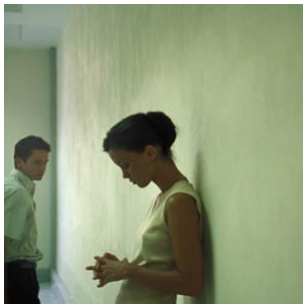
- **Workplace Well-Being Survey:** A new survey reveals 71% of workers believe their employer is more concerned about mental health now than in the past. See: <https://www.apa.org/> (Reference: **“Workers appreciate and seek mental health support in the workplace”** )



- **APA resources for coping with mass shootings, understanding gun violence: A Cascade of Collective Traumas:**

The regularity of mass shootings is razing Americans' mental health—heightening stress and dulling compassion in ways that demand broader concern, engagement, and change. “Just because we can't fix a problem in its entirety doesn't mean that we shouldn't do what we can do to make a difference,” said Paul Slovic, PhD, a professor of psychology at the University of Oregon. “We cannot afford to let our minds deceive us into underreacting.” See APA resources for coping with mass shootings and understanding gun violence.

See: <https://www.apa.org/> (Reference: “APA resources for coping with mass shootings, understanding gun violence”)



- **How to Forgive Ourselves for What We Can't Change**

Our feelings of regret sometimes lead to change, but sometimes simply simmer for years. What's behind action or inaction, and how can we live with our choices either way? Psychologists **Shai Davidai, PhD**, and **Everett Worthington, PhD**, experts on regret and forgiveness, spoke with *The Atlantic* on what sticks with us and how we can process those feelings.

See: <https://www.theatlantic.com/world/> (Reference: [Simple Steps to Forgive Yourself and Overcome Regret](#) )



- **Lack of adequate mental health care places heavy burden on young people (PBS Newshour: Jun 29, 2022 10:40 PM EDT)**

... some information from you, OK? Is he currently safe right now? ‘Youth Villages’ funds its crisis hot line through the Tennessee Department of Mental Health. And for many families, these intensive in-home services are funded through the State’s Medicaid program.

See: <https://www.pbs.org/newshour/show/lack-of-adequate-mental-health-care-places-heavy-burden-on-young-people>





- **Rollout of new national mental health hotline in the USA faces obstacles**  
(PBS Newshour: Jun 29, 2022 10:35 PM EDT)

*"... because they know they can't get the response. The worst thing is when people take that brave step. You're struggling with your **mental health**. It takes a lot to step forward and to call. And we want to make sure, when people call, they get connected and ..."*

See: <https://www.pbs.org/newshour/show/rollout-of-new-national-mental-health-hotline-faces-obstacles>

### July-August, 2022

- **WHO's MENTAL HEALTH REPORT: released 1<sup>st</sup> July, 2022**  
Press Release and **REPORT (LINKS)**



## MEDIA ADVISORY

Science in 5: Mental Health

Friday, 1 July, 2022

WHO's World Mental Health Report says that Mental Health is the leading cause of disability. How did the pandemic impact our mental health? What are the signs and how can we keep ourselves mentally healthy? Dr Mark Van Ommeren explains in Science in 5.

Refer to the full [Report](#) .

- **Ken Burns Film Explores Youth Mental Health: "Hiding in Plain Sight: Youth Mental Illness:**

See PBS Newshour: <https://www.pbs.org/newshour/show/ken-burns-film-explores-youth-mental-health>

Awareness of mental health across all spectrums of the population has been growing after years living in the COVID pandemic. But there are particular concerns about the youngest generations. Those topics are explored in *Ken Burns' film, "Hiding in Plain Sight: Youth Mental Illness,"* which airs Monday night on PBS. Student Reporting Labs' Matt Suescun and Faiza Ashar spoke to Burns to learn more.

(PBS NEWSHOUR: June 27<sup>th</sup>, 2022)

- **Psyched Up: The race to make psychedelic drugs part of mainstream medicine**

In Australia and overseas there's a push to make psychedelic drugs part of mainstream medicine for the treatment of trauma and other mental health conditions.

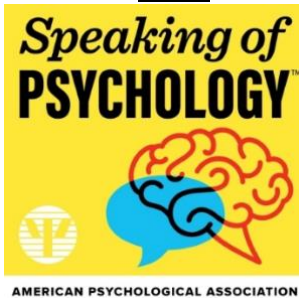
Results from clinical trials are promising for PTSD sufferers where conventional treatments have failed.

Four Corners investigates the world of psychedelic drugs, including the underground supply which is being sourced by increasing numbers of people who don't want to wait for the clinical trials to be concluded.

25<sup>th</sup> July, 2022: 48 minutes

See: <https://www.abc.net.au/4corners/>

- **A Post-Roe Future: - articles about the Supreme Court Decision to overturn Roe vs Wade**



- **Speaking of Psychology: A Post-Roe Future**

**Antonia Biggs, PhD**, a social psychologist at the University of California San Francisco, talks about the results of the Turnaway Study, which examined how receiving an abortion—or being denied one—affects mental health and well-being and what a post-Roe future might look like.

See: <https://www.apa.org/news/podcasts/speaking-of-psychology/abortion>

- **The Facts About Abortion and Mental Health**

More than 50 years of international psychological research shows that having an abortion is not linked to mental health problems, but restricting access to safe, legal abortions does cause harm. Research shows people who are denied abortions have worse physical and mental health, as well as worse economic outcomes than those who seek and receive them.

See:

- <https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>
- [https://www.ansirh.org/sites/default/files/publications/files/mental\\_health\\_issue\\_brief\\_7-24-2018.pdf](https://www.ansirh.org/sites/default/files/publications/files/mental_health_issue_brief_7-24-2018.pdf)

- **Title IX: 50 Years Later**



The landmark law has helped improve equity, safety, and wellness on college campuses since its passage in 1972, but there's still plenty of work to do.

See: <https://www.apa.org/news/apa/2022/title-ix-landmark>

**SLEEP HYGIENE:**



### **Stop Doomscrolling and Get Ready For Bed. Here's How To Reclaim a Good Night's Sleep.**

Psychologists share in an *NPR* article why delaying our sleep in favor of stressing about the next day's work or problems can be an attempt to assert control over our time—and what to do if you want to get a better night's sleep.

See: <https://www.npr.org/2022/06/14/1105122521/stop-revenge-bedtime-procrastination-get-better-sleep>



### **The Impact of Misinformation on Public Health**

Join us July 13 for a virtual national conversation between journalists, psychology and public health officials, and the public to discuss misinformation's effects on public health and psychology's potential for impact on solutions to address the pervasive issue.

See: <https://input.apa.org/f/rebuilding-trust>



### **14% of Students Say They Dropped Out of College Because of Mental Health Challenges**

And nearly a third say it was at least a contributing factor to not finishing their degree. Students who left college for mental health issues were less likely to indicate they are planning to return than students who left for financial issues, as highlighted in a *Fortune* article.

See: <https://fortune.com/well/2022/06/15/college-students-drop-out-of-college-mental-health-challenges/>

**June-July, 2022: (with thanks to the APA, APS, PBS, ABC – and other sources)**

- **APA STATEMENT: Reaction to Texas Mass Shooting**

Statement by Frank C. Worrell, PhD, president of the American Psychological Association: in response to the mass shooting at an elementary school in Uvalde, Texas, that left at least 21 people dead, 19 of them children.

*"It is long past time to act to ensure that schools are safe havens for our children", says APA's president.*

<https://www.apa.org/news/press/releases/2022/05/gun-reform-texas-mass-shooting>

- **The Science Behind Creativity:** Psychologists and neuroscientists are exploring where creativity comes from and how to increase your own.

<https://www.apa.org/monitor/2022/04/cover-science-creativity>



- **How to Assess and Intervene With Patients at Risk of Suicide:**

Suicidal ideation is on the rise. Recent advances in clinical research have identified critical and effective treatments.

<https://www.apa.org/monitor/2022/06/continuing-education-intervene-suicide>

APA Sponsored Webinar: **Caring for Suicidal Patients:** A look at how to support clinicians and family members caring for those struggling with suicidal behavior.

[https://zoom.us/webinar/register/WN\\_EJ33-wWzRQ6yo-eVN7Kq2Q](https://zoom.us/webinar/register/WN_EJ33-wWzRQ6yo-eVN7Kq2Q)

(June 10th, 2022 – accessible via APA website)

- **Loneliness, the costly silent killer:** Julian Morrow on 'The Roundtable'

<https://www.abc.net.au/radionational/programs/the-roundtable/13942606>

Health advocates are calling on the new Albanese Government to appoint a Minister of Loneliness.

The title Minister of Loneliness almost sounds comedic but the UK and Japan each have a Government Minister to address what's now being described as a global epidemic of social isolation and loneliness.

The World Health Organisation has taken up the cause saying loneliness is a major contributor to ill health and it's not just an issue for older people..

A study by [researchers at Curtin University](#) in WA puts the economic cost of poor health outcomes due to loneliness at nearly 3-billion dollars each year in Australia.

**Guests:**

- **Alana Officer**, Head World Health Organisation Demographic Change and Healthy Ageing Unit
- **Dr Michelle Lim**, Clinical Psychologist, Chief Scientific Advisor, Ending Loneliness Together organisation
- **Phil McAuliffe**, Creator, The Lonely Diplomat website



- **Unraveling the Mystery of Lyme Disease:**  
Research shows the oft-misdiagnosed tick-borne disease can lead to serious mental health problems that can erode a person's quality of life.  
<https://www.apa.org/monitor/2022/06/feature-lyme-disease>
- **Standing Tall: A New Stage for Incompetency Cases:**  
A growing number of people with serious mental illness are entangled in the legal system instead of receiving proper mental health care.  
<https://www.apa.org/monitor/2022/06/feature-incompetency-cases>
- **Improving Traffic Safety:**  
U.S. traffic fatalities started rising 2 years ago after several years of declines. Psychologists around the world are looking for ways to make driving safer for everyone:  
<https://www.apa.org/monitor/2022/06/feature-traffic-safety>
- **"In brief": The latest peer-reviewed studies within psychology and related fields**  
<https://www.apa.org/monitor/2022/06/dementia-studies-research>

#### **May-June, 2022**

- **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>
- **USA: Restricting Access to Abortion Likely to Lead to Mental Health Harms**  
<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.  
<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.  
<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.  
<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.  
<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?

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

### **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](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-60s, 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>

(January, 2024)

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