

## 2024 MARCH 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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- **Division of Professional Practice: Current activities: Busy month of February – see below**
- **Our Newsletter Editor: Robyn Vines has been nominated for IAAP Secretary General**
- **Items / resources of professional interest: Items over the past month from APA, PBS, ABC, etc.**
- **Snapshot of Events: News**
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#### Division 17 News & Activities: to March, 2024

February has again been an exceptionally busy month for our Division:

- **Conferences: ICP, Prague, July 2024:**  
Our abstract submissions for a Double-Symposium have been accepted on:  
['The Role of Psychology in Integrated Health Care: An International Perspective – Innovations in clinical implementation and Education and Training Initiatives'](#) (SEE LINK) .  
Eight members of our Division Executive Team will be presenting, enabling an exciting opportunity for us all to meet face-to-face in Prague both for our presentation and to discuss Division business.
- **Nomination of our E-News Editor/Immed-Past President: Robyn Vines for IAAP Secretary General.** As with other nominees, Robyn has been asked to present her 'Vision' to the Members of the General Assembly and how she sees her potential contribution to the role in fulfilling the IAAP new strategic directions. The ballot is to be decided at the IAAP General Assembly in Prague on 23.7.24. ... If successful, we see it as an exciting opportunity for our very active Division of Professional Practice to be more closely involved with the central IAAP Executive and the future directions of our Organisation.
- **Website re-design:** ongoing work on our website – we have made considerable advances in this and it will be ready to re-launch within the next month.
- **Monthly Division Executive Meeting:** 13<sup>th</sup> / 14<sup>th</sup> March, 2024 (USA, Rwanda, Australia)  
**Agenda Items:** ICP presentations (Prague: July, 2024); also APA, 2024; Website re-design, Secretary General nomination, publications etc. Our **regular monthly zoom meeting** is important to us as a Team. We remain focused on developing the important role of our Discipline and Profession of Psychology in health service delivery (both nationally and internationally) - and the broader help and assistance we provide to our communities. This

month, we are looking forward to expanding our geographic representation beyond the USA, Australia and Africa by inviting a psychologist from Dubai to present her professional work to us.

- **Monthly E-News:** ongoing - see Division webpage: <https://iaapsy.org/divisions/division17/> Six-monthly Division Newsletters are also being canvassed.
- **Broader IAAP items:**
  - **Funding application, Strategic Planning, etc.**
    - As requested by the broader IAAP Executive, we have submitted a request for support funding for a new cross-Division Webinar: *"Inclusion of Lifestyle and Health Behaviours in the Treatment of Mental Health Disorders"*
    - Several of our Executive Team have also participated in the current IAAP Strategic Planning initiative which is shortly to circulate outcome recommendations (see: <https://iaap.cmail19.com/t/t-e-vhiiiuy-juirukhkur-r/> )

### **Publications by Division Members: (Described by our Editor: Robyn Vines)**

**Ongoing: Our President-Elect, Tim Carey** has been writing monthly articles since 2014 for the internationally renowned *'Psychology Today'* - with a total of **113 brief articles** on multiple interesting topics focused on 'control' - these have garnered over 1.5 million views.

Please have a browse: <https://www.psychologytoday.com/au/blog/in-control> - they are extremely interesting and thought-provoking.

**NEXT DIVISION EXECUTIVE MEETING: Zoom: Tues 12<sup>th</sup> March (NYC time) Wed 13<sup>th</sup> March (Sydney time)** – as mentioned above.

### **MARCH, 2024: Items/resources of professional interest** **(with thanks to the APA, APS, WHO, PBS, BBC etc.)**

- **Friday March 8<sup>th</sup>, 2024: International Women's Day:**  
**When is it and why is it important?**

(see: <https://www.bbc.com/news/world-64723201> )

**For more than a century, people around the world have marked International Women's Day on 8 March.** But what is the day for, and why does it matter?

#### **How did International Women's Day start?**

International Women's Day (IWD) grew out of the labour movement. The seeds were planted in 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay and the right to vote. A year later, the Socialist Party of America declared the first National Woman's Day. Clara Zetkin founded International Women's Day in 1910. The idea to make it an international event came from Clara Zetkin, a communist activist and advocate for women's rights. In 1910, she raised it at an International Conference of Working Women in Copenhagen. Her suggestion was unanimously backed by the 100 women from 17 countries who were at the conference. The first International Women's Day was celebrated in 1911, in Austria, Denmark, Germany and Switzerland. The United Nations (UN) started marking the event in 1975. The first theme adopted by the UN (in 1996) was "Celebrating the Past, Planning for the Future".

#### **Why is International Women's Day held on 8 March?**

Ms Zetkin's original idea for an international celebration was not tied to a particular day. The 8 March date was chosen after Russian women demanded "bread and peace" during a war-time strike in 1917. Four days into the strike, the tsar was forced to abdicate, and the provisional government granted women the right to vote. According to the Julian calendar which was then in use in Russia, the women's strike began on 23 February. In the Gregorian calendar used in much of the rest of the world, that date is 8 March.

#### **How is International Women's Day celebrated around the world?**

International Women's Day is a national holiday in many countries. In China, many women are given a half-day off work, as advised by the State Council. Thousands of events take place globally, including marches, talks, concerts, exhibitions and debates. ... In Italy, IWD is called Festa della Donna, and mimosa blossoms are a popular gift. Flower sales in Russia typically double around International Women's Day. ... In the US, March is **Women's History Month**. A presidential proclamation issued every year honours the achievements of American women. In an Instagram post at the beginning of March 2024, US President Joe Biden said the

month would "celebrate the legacy of sung and unsung trailblazers, and advocates who have made the world a fairer, more just, and free place".

### **What is the theme of International Women's Day 2024?**

The UN theme for 2024 is "**Invest in women: Accelerate progress**", which aims to highlight the importance of gender-equality measures. "Conflicts and rising prices may lead 75% of countries to cut public spending by 2025, negatively impacting women and their essential services," the UN warns.

The International Women's Day website:

- <https://www.internationalwomensday.com/>
- [https://iwda.org.au/take-action/international-womens-day/?gad\\_source=1&gclid=CjwKCAiAi6uvBhADEiwAWiyRdi-aPDir5DDR1S7KDYkdvM70KIMI8cceBhZKkb\\_Kqgv9LDTTVHp5xhoCqhEQAvD\\_BwE](https://iwda.org.au/take-action/international-womens-day/?gad_source=1&gclid=CjwKCAiAi6uvBhADEiwAWiyRdi-aPDir5DDR1S7KDYkdvM70KIMI8cceBhZKkb_Kqgv9LDTTVHp5xhoCqhEQAvD_BwE)

has chosen the theme "**Inspire Inclusion**". It says organisers and events aim to "break down barriers, challenge stereotypes, and create environments where all women are valued and respected."

### **Why do campaigners argue that International Women's Day is needed?**

According to the **2023 Global Gender Gap Index**, published every year by the World Economic Forum, no country has yet achieved full gender equality or parity. It warns it is likely to take more than a century before it is reached across the globe.

- **NEWS RELEASE: Friday, 8 March 2024:**

#### **Diagnostic manual for mental, behavioural, and neurodevelopmental disorders.**

<https://hq.worldhealthorganizationdepartmentofcommunications.cmail20.com/t/d-e-eckdkt-ijisfdy-j/>

**New manual:** <https://iris.who.int/bitstream/handle/10665/375767/9789240077263-eng.pdf?sequence=1>

released to support diagnosis of mental, behavioural and neurodevelopmental disorders added in ICD-11.



The World Health Organization (WHO) has today published a new, comprehensive diagnostic manual for mental, behavioural, and neurodevelopmental disorders: "The clinical descriptions and diagnostic requirements for ICD-11 mental, behavioural and neurodevelopmental disorders (ICD-11 CDDR)".

The manual has been developed using the latest available scientific evidence and best clinical practices and is designed to support qualified mental health and other health professionals to identify and diagnose mental, behavioural and neurodevelopmental disorders in clinical settings.

"An accurate diagnosis is often the first critical step towards receiving appropriate care and treatment. By supporting clinicians to identify and diagnose mental, behavioural and neurodevelopmental disorders, this new ICD-11 diagnostic manual will ensure more people are able to access the quality care and treatment they need" said Dévora Kestel, Director, Mental Health and Substance Use Department, World Health Organization.

The new diagnostic guidance, reflecting the updates to the ICD-11, includes the following features:

- Guidance on diagnosis for several new categories added in ICD-11, including complex post-traumatic stress disorder, gaming disorder and prolonged grief disorder. This enables improved support to health professionals to better recognize distinct clinical features of these disorders, which may previously have been undiagnosed and untreated.
- The adoption of a lifespan approach to mental, behavioural and neurological disorders, including attention to how disorders appear in childhood, adolescence, and older adults.

- The provision of culture-related guidance for each disorder, including how disorder presentations may differ systematically by cultural background.
- The incorporation of dimensional approaches, for example in personality disorders, recognizing that many symptoms and disorders exist on a continuum with typical functioning.

### **March 2024 APA ‘Monitor on Psychology’**

<https://www.apa.org/monitor/2024/2024-03-monitor.pdf>



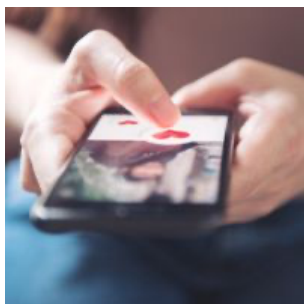
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### **How To Get Ready for Therapy:**

<https://psyche.co/guides/how-to-get-ready-for-therapy-and-achieve-better-progress>

For many patients, starting therapy can be daunting and they may not know what to expect. A *Psyche* guide written by clinical psychologist **Rochelle Frank, PhD**, lays out what patients can do at the outset to get the most out of therapy and feel comfortable going into their first session.



### Love and Algorithms: The Future of Dating Apps

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

Dating apps are now the most common way for people to meet a romantic partner. **Liesel Sharabi, PhD**, director of the Relationships and Technology Lab at Arizona State University, joined APA’s *Speaking of Psychology* podcast to discuss whether relationships that start online are more or less likely to succeed, what you can do to avoid dating app burnout, and how AI and virtual reality could change dating in the future.

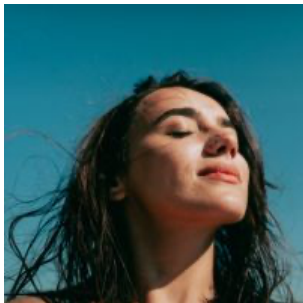




### Study Reveals How Neighborhood Violence Alters Kids' Brain Development

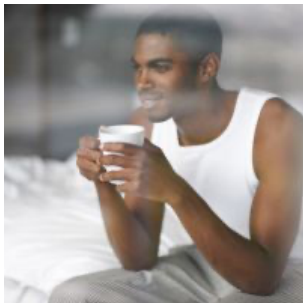
[https://www.wfmz.com/health/study-reveals-how-neighborhood-violence-alters-kid-s-brain-development/article\\_05297923-41a8-/](https://www.wfmz.com/health/study-reveals-how-neighborhood-violence-alters-kid-s-brain-development/article_05297923-41a8-/)

Research published in APA's journal *Developmental Psychology* found that teens who have experienced high levels of community violence show high levels of amygdala reactivity to fearful and angry faces, as highlighted by WFMZ-TV. "It's adaptive for adolescents to be more in tune to threats when living in a more dangerous neighborhood," said study co-author **Luke Hyde, PhD**. The researchers also found that nurturing parenting can counteract the effects of exposure to violence on the brain.



### 5 Ways to Reduce Stress in Your Body

In moments of panic and high stress, physical acts such as putting your hand on your heart can help calm you down. In a *Washington Post* article, clinical psychologist **Jenny Taitz, PsyD, ABPP**, points to some examples to try and shares the science behind why actions such as adopting a serene expression or looking into the distance can soothe our mental state.



### Your First Step Toward a Better Mood: Better Sleep

In a survey on sleep in America, half of people who slept less than 7 hours each weekday reported having depressive symptoms, as highlighted in *The New York Times*. Poor sleep and poor mental health can have a "feed-forward effect" that compounds over time and worsens symptoms explained sleep researcher **Aric Prather, PhD**, who treats patients with insomnia. Cognitive behavioral therapy for insomnia can help reframe thoughts about sleep and stop the cycle.

Read more in APA's *Monitor on Psychology* about diagnosing and treating sleep disorders:

<https://www.apa.org/monitor/2022/07/ce-sleep-disorders>



### In Brief: The Latest Peer-Reviewed Studies Within Psychology

Research highlights from the latest issue of APA's *Monitor on Psychology*: Spending time with a pet dog can increase dog owners' happiness and reduce their anxiety; boredom during tests can negatively impact results; content warnings may cause more distress than they prevent; people who work night shifts show high levels of cognitive impairment; and more.

<https://www.apa.org/monitor/2024/01/pets-reduce-anxiety>

### Treating Non-Suicidal Self-Injury Behaviors:

People self-harm for many reasons. While self-harm is not by itself a mental health disorder, it can be a sign that the person is struggling with their mental health. Use these worksheets to help your clients navigate and survive the turbulent periods of their lives where self-harm behaviors appear to be their primary options to cope.

See: [https://my.therapist.com/treating-non-suicidal-self-injury-behaviors-sq?utm\\_campaign=tcom\\_085170&utm\\_medium=email&hsmi=296322205&hsenc=p2ANqtz-84YX5Ns0Cswkpf2pldmkQbn4a4cVYBBFTDpzcMj9Kpj5Gk2XEpmcQdW1yl3PHDcZSPu7YznQzk--VeDOO1\\_w\\_i744Q&utm\\_content=296322912&utm\\_source=hs\\_email](https://my.therapist.com/treating-non-suicidal-self-injury-behaviors-sq?utm_campaign=tcom_085170&utm_medium=email&hsmi=296322205&hsenc=p2ANqtz-84YX5Ns0Cswkpf2pldmkQbn4a4cVYBBFTDpzcMj9Kpj5Gk2XEpmcQdW1yl3PHDcZSPu7YznQzk--VeDOO1_w_i744Q&utm_content=296322912&utm_source=hs_email)



**What reducing alcohol can do for your health:** PBS Newshour: Jan 30, 2024 09:28 PM EST

People have used things like the “sober curious” movement to reexamine their relationship with alcohol overall. “There's also now other months, like dry July and sober October,” said Katie Witkiewitz, distinguished professor of psychology and director of the Center on Alcohol, Substance Use.

<https://www.pbs.org/newshour/health/how-dry-january-affects-your-health>

### Preparing our communities for climate change

"Getting more psychology services into disaster-affected communities is critical. Not only are they experiencing the challenges of extreme weather events – such as losing their homes – but in many cases these disasters also directly impact their livelihoods. The mental health impacts of climate change in these regions are often complex and layered." Climate change is impacting every sphere of life – including our health.

<https://psychology.org.au/about-us/news-and-media/media-releases/2024/addressing-the-psychological-impact-climate-change#msdyntrrid=BD5wzElcSICpddCZlcrxfb3vGB46PN7Tu1u-aVQaKzs>

### American life expectancy has dropped again. Here's why:



<https://www.pbs.org/newshour/health/american-life-expectancy-has-dropped-again-heres-why>

It is projected that as many as 1.6 million Americans may die in the decade leading up to 2025 from causes tied to **alcohol, substance use and suicide** if current trends persist. The report encouraged the adoption of a national resilience strategy, intended to boost supports, identify early warning signs



**A family's struggle with addiction in new memoir:**

<https://www.pbs.org/newshour/show/rep-dean-and-her-son-share-their-familys-struggle-with-addiction-in-new-memoir>

To believe that people turn to drugs or **alcohol** because they have had a traumatic time growing up. How do you explain that to people? Harry Cunnane: I think, if we look at this as a disease **and substance use** disorder as a disease, it makes that easier to understand.



**States look to involuntarily hospitalize people to confront growing mental health crisis**

<https://www.pbs.org/newshour/show/states-look-to-involuntarily-hospitalize-people-to-confront-growing-mental-health-crisis>

Anita Fisher: My son Pharoh is 45 years old. **And** for the last 22 years, he's lived with a co-occurring condition of schizophrenia **and substance use** disorder. There have been wonderful periods of recovery where he is in treatment, on his medication, **and** that's the person who ...

**As opioid settlement money starts to flow in, states debate how best to use it:**

<https://www.pbs.org/newshour/show/as-opioid-settlement-money-starts-to-flow-in-states-dete-how-best-to-use-it>

5 billion over the next 18 years. Chrystal Weatherly: People need support. **And** people need to know that the stigma that is typically attached to **substance use** is not viewed that way by everybody.

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

As we write (8.3.24), the USA State of the Union address has just been broadcast, indicating President Biden's vision for this election year in the USA - the outcome of which is far from certain.

See: [https://www.pbs.org/newshour/show/brooks-and-capehart-on-bidens-state-of-the-union-and-whats-next-in-the-2024-race?utm\\_source=PBS+NewsHour&utm\\_campaign=b052ffb9be-](https://www.pbs.org/newshour/show/brooks-and-capehart-on-bidens-state-of-the-union-and-whats-next-in-the-2024-race?utm_source=PBS+NewsHour&utm_campaign=b052ffb9be-EMAIL_CAMPAIGN_2023_09_29_COPY_01&utm_medium=email&utm_term=0_47f99db221-b052ffb9be-320991117)

[EMAIL CAMPAIGN 2023 09 29 COPY 01&utm\\_medium=email&utm\\_term=0\\_47f99db221-b052ffb9be-320991117](https://www.pbs.org/newshour/show/brooks-and-capehart-on-bidens-state-of-the-union-and-whats-next-in-the-2024-race?utm_source=PBS+NewsHour&utm_campaign=b052ffb9be-EMAIL_CAMPAIGN_2023_09_29_COPY_01&utm_medium=email&utm_term=0_47f99db221-b052ffb9be-320991117)

Highlighting deep divisions and uncertainty both nationally and internationally, Biden's address pointed to current world crises: ongoing wars in Israel/Gaza (with its consequent appalling humanitarian and Aid disaster), in the Ukraine; tension in the Red Sea; the ongoing climate crisis - with February being the warmest month ever on record, etc.

As we continue to state in our monthly E-News: these confronting world events continue to affect us and our patients/clients and the communities within which we live, with mounting levels of anxiety and uncertainty. 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 during this time of ongoing global turbulence. The most recent edition of 'Applied Psychology Around the World' on 'Peace Building' (see: [https://iaapsy.org/site/assets/files/1082/apaw\\_feb\\_2024\\_publish.pdf](https://iaapsy.org/site/assets/files/1082/apaw_feb_2024_publish.pdf)) provides an inspiration focus for our endeavours. Please write to us if there are particular issues you wish to discuss.

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

As discussed in our previous E-News: certainty over global COVID-19 figures has diminished considerably as reporting rates have dropped. Latest data on the status of the previous pandemic are not clear:

(see: <https://data.who.int/dashboards/covid19/cases?n=c>

COVID still seems to be present in our local communities, but ways of accurately monitoring it have diminished. ... 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.**

**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)**  
**(March, 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: [Integratinghealthintoprimrycare\\_pdf.pdf](#)**

**Also: [Integratingmhintoprimrycare2008\\_lastversion.pdf](#) (who.int)**

**APPENDIX:**

**Items/professional resources of interest (with thanks to the APA, APS, WHO, etc.)**  
**(from previous editions of Division 17 E-News: December, 2021 – February, 2024 E-News)**

**PREVIOUS ITEMS/RESOURCES:**

**FEBRUARY, 2024**

# TRENDS FOR 2024

## **12 Emerging Trends for 2024**

[https://www.newporthealthcare.com/professionals/mental-health-professionals/?utm\\_source=apa&utm\\_medium=referral&utm\\_campaign=nh\\_roles\\_professionals\\_national\\_dec-2023](https://www.newporthealthcare.com/professionals/mental-health-professionals/?utm_source=apa&utm_medium=referral&utm_campaign=nh_roles_professionals_national_dec-2023)

In 2024, psychology will play a major role in pointing the way toward a healthier, more just society. With rampant misinformation and a presidential election on the line, we all have a basic duty to engage, using the tools of psychological science to counter falsehoods. Psychologists are also guiding the development of generative artificial intelligence, but there is much to learn. And the outlook for higher education, women’s and LGBTQ individuals’ rights, racial equity, access to mental health care, workplace satisfaction, addiction rates, and much more will depend greatly on the work of psychologists.



### **2023’s Mind-Bending Revelations in the Brain Sciences**

<https://www.scientificamerican.com/article/2023s-mind-bending-revelations-in-the-brain-sciences/>

Researchers made great advances in brain science in 2023, many related to key developments in artificial intelligence. *Scientific American* summarized the most innovative findings about brains and machines; decision-making and learning; and more.

### **How Psychology is Shaping the Future of Technology**

<https://www.apa.org/news/apa/2024/psychology-shape-future-technology>



From artificial intelligence to social media to gaming, psychologists are increasingly playing a central role in researching, developing, and implementing the technology shaping our lives. APA presented a series of science conversations at the 2024 Consumer Electronics Show, the world’s leading technology conference, on Jan. 9. The sessions helped tech experts understand how input from psychologists will support innovation in artificial intelligence while protecting the public, helped to define the future of privacy and related equity issues, showed how behavioral science can help build games for good, and much more.





### **How to Fail Successfully**

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

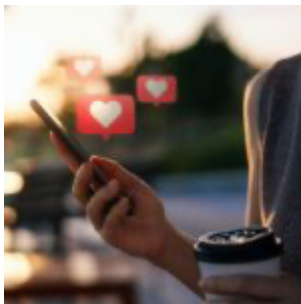
Do you remember New Coke? Colgate frozen lasagna? The Hawaii chair? History is littered with commercial failures. Harvard Business School professor **Amy Edmondson, PhD**, author of *Right Kind of Wrong: The Science of Failing Well*, and organizational psychologist **Samuel West, PhD**, curator of the Museum of Failure, joined APA's *Speaking of Psychology* podcast to talk about some of commerce's biggest flops; the difference between simply failing and "failing well"; and how individuals and organizations can get past the fear of failure, recognize its potential upsides, and learn from their mistakes.



### **How Black Churches Could Lead the Way on Teen Mental Health**

<https://www.vox.com/the-highlight/2023/12/4/23979847/teen-mental-health-youth-suicide-prevention-black-church-religion-psychology>

The misconception that Black people don't die by suicide was a significant barrier to prevention research for decades. Vox detailed work by psychologist Sherry Molock, PhD, to challenge that misconception and demonstrate the need for Black youth suicide prevention efforts. Her research has culminated in HAVEN Connect, a program that provides mental health programs at churches to strengthen social connections and improve mental health. The program is currently in two churches and Molock and her collaborators have received a \$1.5 million grant from the American Foundation for Suicide Prevention to expand the program to 12 more churches and continue studying the impact.



### **9 Ways to Reset Your Relationship With Social Media**

<https://time.com/6554322/how-to-use-social-media-less/>

Whether you're looking to reduce your screen time a little or completely revamp your social media habits, psychologists have strategies to reset your relationship with social media. Included in *TIME*'s tips from experts: Craft a mission statement to be intentional about your social media time, document the amount of time you spend on social media and how you feel afterward, make a list of activities you prefer to scrolling, establish social media-free zones, and more.

### **An updated guide for managing menopause (MJA Insight: Issue 4: 5<sup>th</sup> February, 2024)**

[An updated guide for managing menopause | InSight+ \(mja.com.au\)](https://insightplus.mja.com.au/2024/4/an-updated-guide-for-managing-menopause/)

<https://insightplus.mja.com.au/2024/4/an-updated-guide-for-managing-menopause/>



Authored by SASHA TAYLOR, CHANDIMA HEMACHANDRA, SUSAN DAVIS

**The Practitioner's Toolkit for Managing Menopause has now been updated and is available to everyone, not just medical practitioners.**

## How self-compassion can help reduce depression in women (MJA Insight: Feb. 5<sup>th</sup>)



Authored by LYDIA BROWN; KIIRA GAVRALAS; CHRISTINA BRYANT

- <https://insightplus.mja.com.au/2024/4/how-self-compassion-can-help-reduce-depression-in-women/>

There are several ways women can build self-compassion to adopt a kinder, less self-critical attitude to the self.

- “Managing psychological distress following cardiac surgery”

Authored by WILLIAM D MCCANN; XIANG-YU HOU; SNEZANA STOLIC; MICHAEL J IRELAND  
MJA Insight: Issue 4 / 5 February 2024

- <https://insightplus.mja.com.au/2024/4/managing-psychological-distress-following-cardiac-surgery/>

Psychological distress can have an important influence on the physical and psychological health of cardiac patients following surgery, highlighting the merits of pre-surgery education and attending cardiac rehabilitation programs.

### “Awe and Wonder”: (Something to start 2024 with!!)

‘The Awe Hunters’: with Julia Baird

Julia Baird with Dacher Keltner: Psychologist; University of California. Berkeley

ABC COMPASS: <https://iview.abc.net.au/video/RN2211H025S00>

Julia Baird faces down the darkness of her cancer diagnosis and joins fellow seekers of wonder. She discovers that awe has shaped our civilisations, driven people to change their lives and ultimately make them happier.

### CALL FOR YOUR INPUT: Have your say:



**THE APA is calling for input on advocacy and policy-making: see announcement below:**

“The current political climate makes it critical for psychology to have a stronger voice in policymaking decisions impacting our discipline, profession, and the communities we serve. If you could take a brief survey to share your advocacy priorities and engagement activities, your input will inform our advocacy goals and strategies for 2025 and beyond.

To advance the practice and discipline of psychology, [APA Services](#) pursues [advocacy priorities](#) aligned with the [association’s strategic plan](#). Priorities are informed by input from American Psychological Association (APA) members, governance, and state, provincial and territorial associations, developed by the Advocacy Coordinating Committee (ACC), and approved by the Board of Directors.

Thank you in advance for taking the time to have your voice heard before the March 15, 2024 deadline. We anticipate the survey will take 5-10 minutes for you to complete. The link for the survey is below.

#### Survey:

[https://apamr.co1.qualtrics.com/jfe/form/SV\\_1IgIAX7r4cVf6tg?Q\\_DL=YYjmUTUebL96HWW\\_1IgIAX7r4cVf6tg\\_CGC\\_VAHAmobydt4kLKv&Q\\_CHL=email](https://apamr.co1.qualtrics.com/jfe/form/SV_1IgIAX7r4cVf6tg?Q_DL=YYjmUTUebL96HWW_1IgIAX7r4cVf6tg_CGC_VAHAmobydt4kLKv&Q_CHL=email)

*From the APA Advocacy Coordinating Committee*

#### Other key URLs:

- Advocacy priorities: <https://www.apaservices.org/advocacy/actions/advocacy-priorities>
- APA Strategic Plan: <https://www.apa.org/about/apa/strategic-plan>

If interested in making a contribution, please feel free to copy us your views as we too are keen to pursue via the IAAP all advocacy possibilities of benefit to the communities we serve.

**JANUARY, 2024:**

### **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.

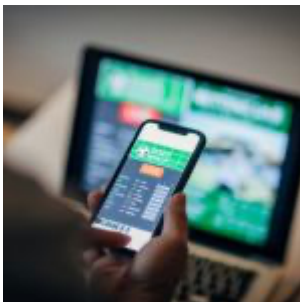
- <https://irp.cdn-website.com/90e1a3b7/files/uploaded/Self-Care%20FINAL%20R.pdf>



### **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>

### **NOVEMBER, 2023:**

#### **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>

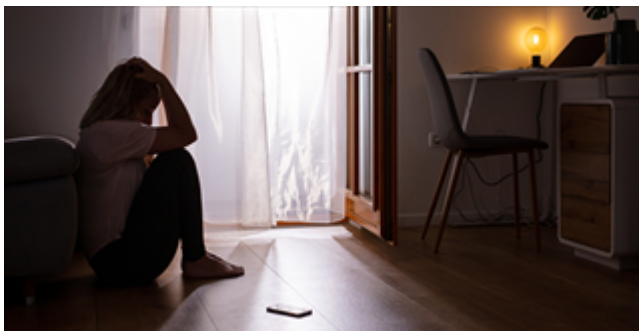




### **How does trauma haunt future generations?**

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.eyJzdWVpZCJlIjEzNTU5MTg1LCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZxXhwjoxNjgzNTU1MTk5LCJpYXQiOiJlZ2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZWE0ODAzTCyNSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS90ZWZsdGgvMjAyMy8wNS8wMi9sb25lGluZXNzLWlWYX0aCj1cmIzaXMtc3VyZ2Vvbi1nZW5lcmFslYj9.nf6TromYhtfs733fHwf6bPEaFLFM3grmFZWsTn2zPIY](https://www.washingtonpost.com/health/2023/05/02/loneliness-health-crisis-surgeon-general/?pwpapi_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJzdWVpZCJlIjEzNTU5MTg1LCJyZWZzb24iOiJnaWZ0IiwibmJmljoxNjgzMjU5MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zIiwiaWZxXhwjoxNjgzNTU1MTk5LCJpYXQiOiJlZ2ODMyNTkyMDAsImp0aSI6IjE0N2EwYjI4LUU5M2ItNDBhNC1hN2VILTQ5ZWE0ODAzTCyNSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbmd0b25wb3N0LmNvbS90ZWZsdGgvMjAyMy8wNS8wMi9sb25lGluZXNzLWlWYX0aCj1cmIzaXMtc3VyZ2Vvbi1nZW5lcmFslYj9.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=sendingblue&utm\\_campaign=Self-Care\\_openers\\_3&utm\\_medium=email](https://www.australianacademicpress.com.au/books/details/344/The_Clever_Self-Care_Guide?utm_source=sendingblue&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-)

[aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiympiBC-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-aVW92H53dgRjHNxGu2l7DefPNff936ACs5VhYXw8BUDBug9tkeiHQu5MoF0yiWQH7yHvSy439df8JmAlGQrGPRVQYlljuJiXlvKqgRiympiBC-EZUV8kCuyIHBzRCaOSZs3_UkyrKYHn7B2yN5sqcNbXZEXckfyFv6jziPyU6VGOcwF1XePnq04LIQEQQOFvHrlmTAKIzg2pFWScgnx_dWH8_hu9tmapEbsobW8o_N7ckyOuX2xoPCuGXxBHr-s3QjVgfhNm25ldU0C9mjkXm&giftCopy=1_CurrentCopy&smid=url-share)

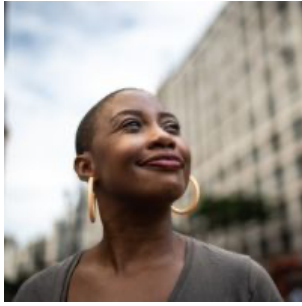
Most students aren’t studying in the most effective ways—they’re doing what feels easy and what seems to be working in the moment, says **Daniel T. Willingham, PhD**, a psychology professor at the University of Virginia in an opinion essay for *The New York Times*. Educational psychologists’ research 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=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJhJ8Dtj2KXOuCs64bLU8Ca-sXpmpbAJx27rM5qht6K8A8f8jXv9WMNz ORilrXc7xTv4CUULNgrmj ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M hcgnom8M9SiGwJ06OLD6GJ-7O5lw DNq-YiyAE8NZnujaOeeBoO2CmKjmm25l dhtttMnYfFets7OChVRjx60AumbQtT7cAOJ bcvECyNCSfEdWVwcT71PLCZeb9D1nCSOZPpg54UUfOpqmEv86pViY38Wv9GLXWqtw&giftCopy=1\\_CurrentCopy&smid=url-share](https://www.nytimes.com/2023/04/19/well/mind/reinvent-yourself.html?unlocked_article_code=eJGGMhQStgek4Rgli5W0fg2DjMQQf8XVAG4eniEMTzeLsKzE269azaxmLXZ7dhJhJ8Dtj2KXOuCs64bLU8Ca-sXpmpbAJx27rM5qht6K8A8f8jXv9WMNz ORilrXc7xTv4CUULNgrmj ppp8P6vv0NwrzAok4nuoCbJYMR5wmSlcb1M hcgnom8M9SiGwJ06OLD6GJ-7O5lw DNq-YiyAE8NZnujaOeeBoO2CmKjmm25l dhtttMnYfFets7OChVRjx60AumbQtT7cAOJ 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.

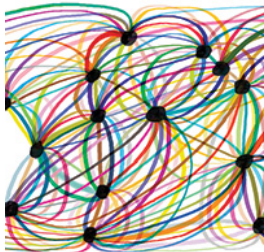
Competencies are a ‘*set of benchmarks that describe the knowledge, skills, abilities, behaviours, values and other attributes needed to perform safely and effectively in our profession as psychologists*’. We are all required to meet, at a minimum, the ‘competency thresholds’ defined by our national 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/IPCP+-+THE+DECLARATION+Final+27+07+16%20\(3\).pdf](file:///C:/Users/61477/Downloads/IPCP+-+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:**

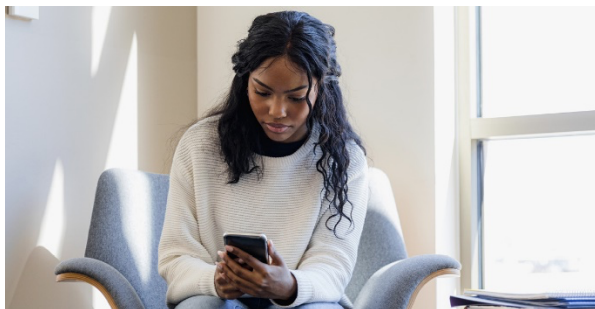


#### **Scientists Are Reaching a Wider Audience**

<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.

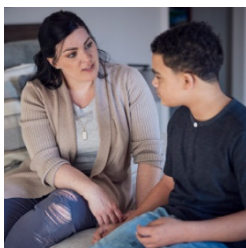
<https://www.npr.org/sections/health-shots/2022/11/25/1137754258/heres-how-some-therapists-are-tackling-structural-racism-in-their-practice>



### **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>



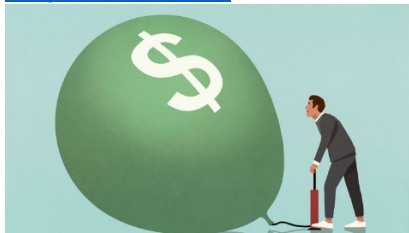
Anxiety levels ramped up during the pandemic around the world. In the US, over 40 million people show symptoms, leading to a recommendation that all US adults under 65 be screened for the mental health condition. Should the same be done in Australia? And what can we learn from the ancient Stoics about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

Duration: 17 minutes 7 seconds 17m

**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)

<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 show a shocking rise in alcohol-induced deaths. 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=089663d0748b74d8e78dccc03faa7cd2](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=089663d0748b74d8e78dccc03faa7cd2)



### **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.

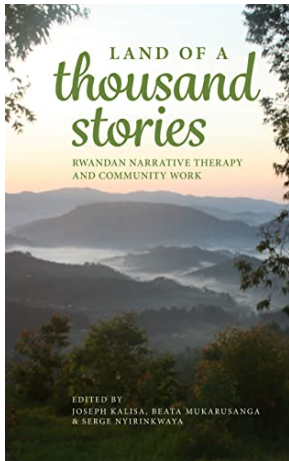


### **Rwandan Narrative Therapy and Community Work”**

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](#) )

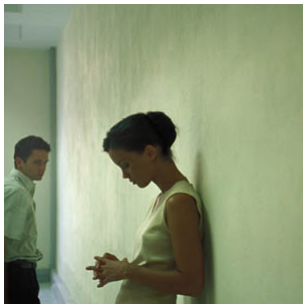
- **Workplace Well-Being Survey:** A new survey reveals 71% of workers believe their employer is more concerned about mental health now than in the past. See: <https://www.apa.org/> (Reference: **"Workers appreciate and seek mental health support in the workplace"** )



- **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.

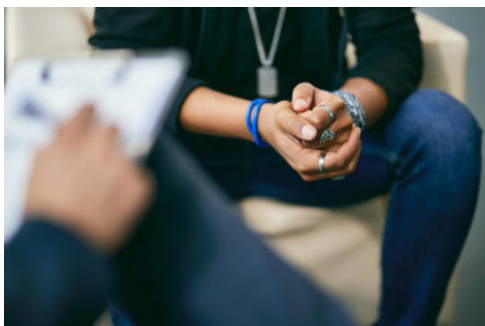
See: <https://www.apa.org/> (Reference: “APA resources for coping with mass shootings, understanding gun violence”)



- **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.

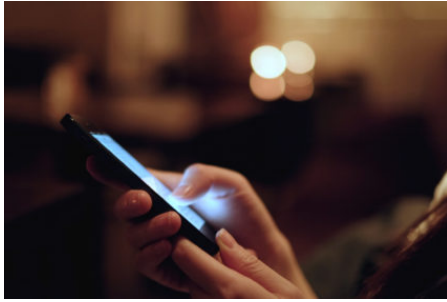
See: <https://www.theatlantic.com/world/> (Reference: [Simple Steps to Forgive Yourself and Overcome Regret](#) )



- **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.

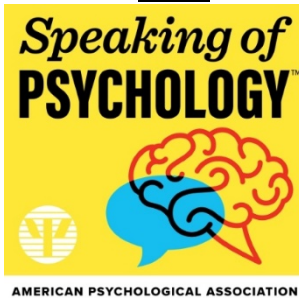
Results from clinical trials are promising for PTSD sufferers where conventional treatments have failed.

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)

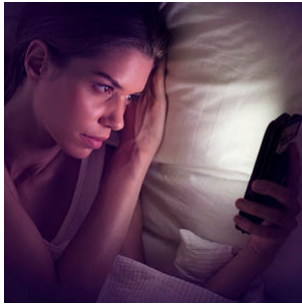
- **Title IX: 50 Years Later**



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>

(March, 2024)

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