Master's Programme

Master Specialisation Health and Social Psychology

Faculty of Psychology and Neuroscience

Self-Regulation

Full course description

Many physical and psychological health problems involve difficulties with self-regulation. People who cannot stop drinking or smoking, engage in excessive exercise, frequently lose their temper, ruminate and worry too much, buy everything they see, spend several hours each day scrolling through their social media – to name but a few examples. This course is, broadly speaking, about the ways in which self-regulation occurs, why it is sometimes lacking, and how it can be improved.

To improve self-regulation skills, and to help others to do so, it is necessary to understand how self-regulation works. Although psychologists know a bit about self-regulation processes, many things still are unclear. In this course, we will focus both on what we currently know about self-regulation as well as all the things that we still need to learn about self-regulation. Apart from studying theoretical models, and the application of these models to everyday self-regulation challenges, we will also do a real self-regulation intervention in the corresponding Practical (PSY4131: Increasing Self-Regulation Through Practice), and present this as a case study. Each week there are also (optional) group activities and assignments to help students to deepen their knowledge of the course theories and content. .
The corresponding practical for this course is: Increasing Self-regulation through Practice

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

By the end of this course, students will:

- Know the ins and outs of prevailing self-regulation theories;
- Know the characteristics of the discussed self-regulation challenges;
- Be able to critically examine scientific evidence;
- Be able to design a study on self-regulation;
- Be able to apply the prevailing theories to everyday self-regulation challenges.

PSY4001
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
5.0
Instruction language:

Master Psychology Specialisation Health and Social Psychology

English
Coordinator:

- J.M. Alleva

Teaching methods:
Assignment(s), Lecture(s), Skills, PBL, Work in subgroups
Assessment methods:
Attendance, Final paper, Written exam
Keywords:
Self-regulation, self-control, autonomy
Faculty of Psychology and Neuroscience

Bad Habits

Full course description

At the end of the course, students will have acquired knowledge of relevant theories and models to explain the origin, nature and maintenance of unhealthy and unwanted behaviour, or 'bad habits'.

Students will be able to analyse a 'bad habit' using a multidisciplinary perspective. The approach to assessing 'bad habits' is multidisciplinary in that it uses recent views from social psychology, social cognition, clinical psychology and cognitive experimental psychology.

Emphasis is put on understanding, explaining and predicting unhealthy behaviours: Several recent theoretical views are used to explain how (un)healthy and (un)wanted behaviours develop and endure. Students will review various types of bad habits in the broad sense of the word and learn how these are acquired, including addictive behaviours, excessive eating, and risky sexual behaviour.
The corresponding practical for this course is: Cognitive Paradigms in Health Psychology

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

- Students are able to understand theories and models that explain health behavior, including dual-process theories, the theory of planned behaviour/reasoned action approach, learning theory, behavioural economics, and habit theory;
- Students are able to use these theories to analyse and explain unhealthy, irrational health behaviour and to induce behaviour change.

PSY4002
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
5.0
Instruction language:
English
Coordinator:

Master Psychology Specialisation Health and Social Psychology

- K.M.P.I. Houben

Teaching methods:
Lecture(s), PBL
Assessment methods:
Attendance, Written exam
Keywords:
dual-process, implicit cognition, Pavlovian conditioning, cue exposure habits, planned behaviour change, decision-making
Faculty of Psychology and Neuroscience

Practical Training: Increasing Self-Regulation through Practice

Full course description

This practical bridges the gap between science and practice by applying Cognitive Behavioural Therapy (CBT). During the practical, students are invited to work in couples, both as a client and as a therapist. The therapist helps the client to move closer to a desired outcome, a regulatory goal. The aim is for students to utilise various self-regulation techniques and practical exercises in an attempt to increase self-regulation of the client. Students will carefully track their client's progress using observations and measurements before, during, and after the intervention. After completing the therapy, students write a report on the weekly sessions and discuss the main outcomes of their intervention.

The final assessment for this course is pass or fail - and not a numerical grade between 0,0 and 10,0.

Course objectives

- Be able to understand and apply theories of self-regulation and the following concepts: therapeutic interventions, cognitive behavioural therapy (CBT), communication skills, and self-regulation techniques.
- Be able to design and implement an intervention for a self-regulation problem.
- Be able to study the effects of a self-regulation intervention in an n = 1 study
- Be able to report an n = 1 study.
- Experience how it feels to be a client.
- Experience how it feels to be a therapist.

PSY4131
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
1.0
Instruction language:
English
Coordinators:

- L.H.J.M. Lemmens

Master Psychology Specialisation Health and Social Psychology

- L. Pimpini

Teaching methods:
Assignment(s), Lecture(s)
Assessment methods:
Final paper
Keywords:
therapy, cognitive behavioural therapy, self-regulation techniques, self-regulation improvement
Faculty of Psychology and Neuroscience

Practical Training: Cognitive Paradigms in Health Psychology

Full course description

The goal of this practical is to introduce the students to implicit measures that are often used in health psychology research to study biased cognitive processing. The focus of the practical will be on the Implicit Association Test (IAT). During lectures, the use of implicit measures is explained and demonstrated. An important aspect of the lectures will be a discussion of the pros and cons of implicit measures. Students will also get hands-on experience with implicit measures and will analyze data obtained with implicit measures. Students will write a final group report about the analyses they conducted and the interpretation of their findings.

The final assessment for this course is pass or fail - and not a numerical grade between 0,0 and 10,0

Course objectives

- students are able to explain the mechanisms and assumptions underlying implicit measures, including the Implicit Association Test (IAT);
- students understand the pros and cons of implicit measures and are able to change the features of the chosen task to fit their own research needs;
- students are able to analyze data from implicit measures by applying statistical techniques, such as t-tests and ANOVA, and they can interpret and explain the output of these analyses.

PSY4132
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
1.0
Instruction language:
English
Coordinator:

- K.M.P.I. Houben

Teaching methods:
Lecture(s), Research, Skills, Work in subgroups
Assessment methods:
Final paper

Master Psychology Specialisation Health and Social Psychology

Keywords:
implicit measures, Implicit Association Test, research design, data analysis, writing skills
Faculty of Psychology and Neuroscience

Planning Behaviour Change Programmes

Full course description

Health and social psychologists in the field apply state-of-the-art theories and research to health, ecology, discrimination and safety problems in real-life settings. This course introduces a process for designing behaviour change programmes (Intervention Mapping) to mitigate these problems. Students are guided through a series of steps that will assist them in applying psychological theories and evidence in developing behaviour change interventions, while adopting a social ecological approach. Steps include: a needs assessment and identification of the programme goals; selecting intervention methods and translating methods into applications and programmes; and planning for implementation and evaluation of the programme. Participants study the theoretical background of each step and work in small groups to create a (fictive) behaviour change program for a health or societal problem. Lectures introduce the various steps and provide illustrative examples of Intervention Mapping applications. The corresponding practical 'Applying Theories in Intervention Development' is integrated into this Planning Behaviour Change course.

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students:

- explain the rationale for a systematic approach to intervention development;
- describe an ecological approach to intervention development;
- explain and apply the types of logic models that can be used to conceptualise various phases of programme development;
- list and apply the steps and processes of Intervention Mapping;
- explain and apply core processes for developing theory- and evidence-based interventions;
- demonstrate understanding of the Intervention Mapping protocol and its application to solving public health and safety problems.

PSY4003
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:
5.0
Instruction language:
English
Coordinators:

- R.A.C. Ruiter
- G.A. ten Hoor

Teaching methods:

Master Psychology Specialisation Health and Social Psychology

Lecture(s), Paper(s), Skills, Work in subgroups, PBL
Assessment methods:
Attendance, Assignment, Written exam
Keywords:
Intervention Mapping, Core Processes, Behaviour change, determinants, Theory, Implementation, Social ecological model, planning
Faculty of Psychology and Neuroscience

Manipulation

Full course description

This course focuses on techniques and strategies to influence or ‘manipulate’ other people’s opinions, judgments and behaviour. What factors are likely to instigate change and how can their influence be explained? A common distinction in manipulation techniques or strategies is the distinction between strategies requiring systematic processing and strategies requiring heuristic processing of information.

Both forms of influence are discussed during this course. Students also study why some people are more sensitive to persuasive messages than others are. Other topics in this course are motivational interviewing, social mimicry and nudging. Influence techniques are placed in a social and intercultural context. Influence techniques making use of AI are introduced, and students learn to produce content and critically evaluate AI generated materials

In addition to the lectures and PBL-groups, there will be several practical assignments, and students must write two papers that form part of the final grade.
The corresponding practical for this course is: Manipulation Strategies

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students are able to understand:

- social influence, information processing, dual process models, heuristics, implicit and explicit attitudes, attitude change, nudging, designing a nudge, persuasion, persuasion techniques, manipulation tricks, building resistance to social influence, overcoming resistance to social influence, self-affirmation, role models, social comparison, regulatory focus, persuasion by association, evaluative conditioning, motivational interviewing, developing a interviewing guideline, social imitation, influence via AI technology;
- the limitations that social context is placing on the change potential of individuals and how this impacts the effectiveness of behaviour change interventions;
- the contextualization of behaviour change interventions due to cultural differences.

PSY4004
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:

Master Psychology Specialisation Health and Social Psychology

5.0
Instruction language:
English
Coordinators:

- Kai Jonas
- K.J. Jonas

Teaching methods:
Assignment(s), Lecture(s), Paper(s), PBL, Presentation(s), Work in subgroups
Assessment methods:
Attendance, Written exam
Keywords:
persuasion, attitude change, social influence, resistance, role models, mimicry, nudging, motivational interviewing, AI
Faculty of Psychology and Neuroscience

Practical Training: Applying Theories in Intervention Development

Full course description

The practical training provides students with hands-on experience in applying the Intervention Mapping protocol and using Core Processes in the development of theory and evidence based behaviour change programmes.

The final assessment for this course is pass or fail - and not a numerical grade between 0,0 and 10,0.

Course objectives

Students:

- demonstrate knowledge and understanding of the Core Processes
- demonstrate the successful application of empirical literature and theory in formulating answers to program planning questions
- demonstrate the successful application of the Intervention Mapping protocol to a health or social problem.

PSY4133
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:
1.0
Instruction language:
English
Coordinators:

- R.A.C. Ruiter
- G.A. ten Hoor

Master Psychology Specialisation Health and Social Psychology

Teaching methods:
Lecture(s), Assignment(s), PBL, Work in subgroups
Assessment methods:
Attendance, Assignment
Keywords:
Applying theories, Intervention mapping, Core Processes
Faculty of Psychology and Neuroscience

Practical Training: Manipulation Strategies

Full course description

During the practical training, students will work on three assignments (individually or in small groups). Each student will design a unique persuasive message (a nudge) for the first assignment. The second assignment requires that students write a guideline proposal in which they describe a motivational interviewing context and application. Part of this assignment is the inclusion and critigue of AI based content

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students are able to understand:

presenting, academic writing, reviewing, social influence, information processing, dual process models, implicit and explicit attitudes, attitude change, nudges, designing a nudge, persuasion, persuasion techniques, motivational interviewing and guideline development.

Students are able to understand and place their proposed intervention in diverse social contexts

PSY4134
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:
1.0
Instruction language:
English
Coordinator:

- K.J. Jonas

Teaching methods:
Assignment(s), Paper(s), PBL, Presentations, Skills, Work in subgroups
Assessment methods:
Attendance, Final paper, Presentation
Keywords:
Writing, presenting, persuasive message, manipulation techniques
Faculty of Psychology and Neuroscience

Mentorship HSP

Full course description

The Mentor programme is closely connected to PSY4142 (research proposal).

This module aims at making our new Master students feel comfortable at FPN. Our mentors share their experience in academia with the students and by doing so broaden the students' horizon. They guide the students in the transfer from a BA to a MA study level and support the students' adjustments to international, multicultural, interdisciplinary, and PBL based education. Also, the mentors provide preparation, orientation and reflection on study progress, internship choices, and post-Master career options.

Voluntary but highly recommended meetings are scheduled for the students. The main themes of those meetings are 1) starting at UM, 2) the research internship and 3) future career, but the meetings are open for other topics based on student needs.

Upon request, the mentor also engages individually with a student.

There is no assessment for this module. You will only receive feedback on completed assignments.

Course objectives

Intended learning outcomes (ILO's) are tailored to the individual student, but do relate to study and research skills, employability and global citizenship education. Main goals are as described above.

PSY4956
Year
1 Sep 2024
31 Aug 2025
Print course description
ECTS credits:
0.0
Instruction language:
English
Coordinator:

- G.A. ten Hoor

Teaching methods:
Work in subgroups
Keywords:
mentor, personal growth
Internships

Research Internship

Faculty of Psychology and Neuroscience

Research Internship Graded

Full course description

During the second part of the one-year master's program (from period 3 onwards), students conduct a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors.

Information about research internships can be found on AskPsy:
https://www.askpsy.nl/internship/home

This module is not applicable for students of the Master Neuropsychology who choose to do an additional clinical internship.

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students are able to:

Conduct a supervised empirical research project and summarize this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory core courses have been obtained of the modules offered in periods 1 and 2. The research proposal must be assessed as sufficient by both assessors and there must be ethical approval for the research project before the start of the data collection. In addition: certain Research Internships may require that practical or skills training(s) have been completed.

PSY4178
Year
1 Sep 2024
31 Aug 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- G.C. Kraag

Teaching methods:
Assignment(s), Paper(s), Research, Skills

Master Psychology Specialisation Health and Social Psychology

Assessment methods:
Attendance, Final paper, Participation, Observation
Keywords:
Academic skills, internship, research, Research proposal, master's thesis
Faculty of Psychology and Neuroscience

Research Internship Ungraded

Full course description

During the second part of the one-year master's program (from period 3 onwards), students conduct a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis. Step 1 will be done in period 3, steps 2 to 4 from period 4 onwards.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors. At least one of these assessors is a staff member at the Faculty of Psychology and Neuroscience (FPN).

Information about the research internship can be found on AskPsy:
https://www.askpsy.nl/internship/home

This module is not applicable for students of the Master Neuropsychology that attend a clinical internship.

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students are able to :

conduct a supervised empirical research project and summarize this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory courses have been obtained of the modules offered in periods 1 and 2. Furthermore, the research proposal must be assessed as sufficient by both assessors and must be ethically approved before the start of the data collection. In addition: Certain Research Internships may require that practical or skills training(s) have been completed.

PSY4179
Year
1 Sep 2024
31 Aug 2025
Print course description
ECTS credits:
9.0

Master Psychology Specialisation Health and Social Psychology

Instruction language:
English
Coordinator:

- G.C. Kraag

Teaching methods:
Assignment(s), Paper(s), Research, Skills
Assessment methods:
Attendance, Final paper, Participation, Observation
Keywords:
Academic skills, internship, research, Research proposal, master's thesis
Faculty of Psychology and Neuroscience

Research Proposal

Full course description

In this course, the research proposal is drafted in preparation for the research internship. The course serves to provide students with general skills and a source of information about academic research. The course thereby supports the development of the research proposal and subsequent execution of the internship via assignments, workshops, and lectures that allow students to practice and develop their academic skills.

The research proposal describes what you will investigate, why it is important, and how you will do the research. The format of a research proposal varies between (sub)fields, but most proposals should contain at least these elements: Cover page, Introduction, Literature Review (incl background, relevance, and research question), Research design and methods, Reference list, and a Timeline/planning. Students discuss the content of the proposal with their internship supervisors (preferably 2-3 months prior to the official start of the internship).

This module is not applicable for (the subsample of) students of the Master Neuropsychology that complete a clinical internship.

The final assessment for this course is pass or fail - and not a numerical grade between 0,0 and 10,0.

Course objectives

- to produce a scientifically sound research proposal;
- to adequately prepare for a research internship.

Mandatory ILO's are:

- students know what the criteria/guidelines are for writing a research proposal;
- students know what transparency in science is (including data management and research ethics);
- students recognize ethical aspects of conducting research and are able to complete an ethics application.
- students are familiar with the key concepts of open science including preregistration.

Additional ILO's (if skills are not yet mastered) are:

- students are able to execute a literature review;
- students are able to use a reference manager;
- students are able to select a research design and corresponding methods for a research project;
- students understand basic statistical techniques;
- students can explain characteristics of academic writing and are able to implement and apply that knowledge to the writing of a research proposal.

(this list is just an example, and will be updated each year, based on student and supervisor needs)

PSY4142
Year
6 Jan 2025
4 Apr 2025
Print course description
ECTS credits:
4.5
Instruction language:
English
Coordinator:

- G.A. ten Hoor

Teaching methods:
Assignment(s), Lecture(s)
Assessment methods:
Final paper
Keywords:
Academic skills, Research skills, methods, statistics, writing, Internship
Faculty of Psychology and Neuroscience

Academic Skills

Full course description

In this course, the research proposal is drafted in preparation for the research internship. The course serves to provide students with general skills and a source of information about academic research. The course thereby supports the development of the research proposal and subsequent execution of the internship via assignments, workshops, and lectures that allow students to practice and develop their academic skills.

The research proposal describes what you will investigate, why it is important, and how you will do the research. The format of a research proposal varies between (sub)fields, but most proposals should contain at least these elements: Cover page, Introduction, Literature Review (incl background, relevance, and research question), Research design and methods, Reference list, and a Timeline/planning. Students discuss the content of the proposal with their internship supervisors (preferably 2-3 months prior to the official start of the internship).

This module is not applicable for (the subsample of) students of the Master Neuropsychology that complete a clinical internship.

The final assessment for this course is pass or fail - and not a numerical grade between 0,0 and 10,0.

Course objectives

- to produce a scientifically sound research proposal;
- to adequately prepare for a research internship.

Mandatory ILO's are:

- students know what the criteria/guidelines are for writing a research proposal;
- students know what transparency in science is (including data management and research ethics);
- students recognize ethical aspects of conducting research and are able to complete an ethics application.
- students are familiar with the key concepts of open science including preregistration.

Additional ILO's (if skills are not yet mastered) are:

- students are able to execute a literature review;
- students are able to use a reference manager;
- students are able to select a research design and corresponding methods for a research project;
- students understand basic statistical techniques;
- students can explain characteristics of academic writing and are able to implement and apply that knowledge to the writing of a research proposal.

(this list is just an example, and will be updated each year, based on student and supervisor needs)

PSY4775
Year
6 Jan 2025
4 Apr 2025
Print course description
ECTS credits:
0.5
Instruction language:
English
Coordinator:

- G.A. ten Hoor

Teaching methods:
Assignment(s), Lecture(s)
Assessment methods:
Final paper
Keywords:
Academic skills, research skills, methods, statistics, writing, internship
Thesis

Master's Thesis

Faculty of Psychology and Neuroscience

Master's Thesis

Full course description

During the second part of the one-year master's program (from period 3 onwards), students conduct a research internship that involves 1) writing of a research proposal, and preparing and planning of the research project, 2) conducting the research project, and 3) analyzing the results of the research project. This work will result in an individually written 4) master's thesis.

The internship can be carried out at Maastricht University, at an external research institute or at other, more practically oriented institutions. In all cases, a student's research proposal and master's thesis will be evaluated by two assessors.

Information about research internships can be found on AskPsy:
https://www.askpsy.nl/internship/home

This module is not applicable for students of the Master Neuropsychology who choose to do an additional clinical internship.

The final assessment for this course is a numerical grade between 0,0 and 10,0.

Course objectives

Students are able to :

- conduct a supervised empirical research project and summarize this research in a master's thesis.

Prerequisites

The Research Internship can only be started when at least 8 credits of the compulsory core courses have been obtained of the modules offered in periods 1 and 2. The research proposal must be assessed as sufficient by both assessors and there must be ethical approval for the research project before the start of the data collection. In addition: certain Research Internships may require that practical or skills training(s) have been completed.

PSY4091
Year
3 Feb 2025
31 Aug 2025
Print course description
ECTS credits:
10.0
Instruction language:
English
Coordinator:

- G.C. Kraag

Teaching methods:
Assignment(s), Paper(s), Research, Skills

Master Psychology Specialisation Health and Social Psychology

Assessment methods:
Attendance, Final paper, Observation, Participation
Keywords:
Academic skills, internship, research, research proposal, master's thesis
Elective courses

Electives

Faculty of Psychology and Neuroscience

Selection and training

Full course description

In this elective, students will practice with designing an assessment center, with structured interviews and with training design and evaluation. This elective will start with an opening lecture, in which the structure of the elective will be explained and in which they will learn the relevant theoretical background on assessment centers, structured interviews, and trainings. After that, they will read relevant literature on these topics and start to work in small groups on designing an assessment center. In the first group meeting, they will present their assessment centers to each other and receive feedback on it. In the next group meeting, they will practice a structured interview, in which they will do roleplays in which half of them plays the role of the interviewer and the other half the role of the candidates. Halfway through the meeting, they will switch roles. Finally, they will design a training in small groups and conduct this training during the final group meeting. Again, half of them will start as the trainers, and the other half of the group will be the trainees. During this meeting they will also switch roles.

Course objectives

- Students will get acquainted with assessment centers: they will learn about the procedures and validity of this selection tool;
- Students will practice and improve their interview skills by conducting a structured interview;
- Students will learn theories about training design and practice their skills by designing and evaluating a training;
- Students will improve their employability by learning more about and practicing with selection and training methods.

PSY9103
Period 3
6 Jan 2025
9 Feb 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinators:

- A.L.T. Walkowiak
- F.E.R.M. Nievelstein

Master Psychology Specialisation Health and Social Psychology

Teaching methods:
Lecture(s), PBL, Assignment(s), Skills, Work in subgroups
Assessment methods:
Assignment, Attendance, Observation, Presentation
Keywords:
Selection, training, Assessment Center, Role play
Faculty of Psychology and Neuroscience

Systemic Coaching for Psychologists

Full course description

Coaching can be defined as a developmental, tailor-made intervention in which a professional coach utilizes collaborative, reflective, and goal-oriented strategies to facilitate the development and performance of individuals or groups. Coaching puts coachees as learners at the center of the coaching experience, thereby aiming to promote their self-awareness and personal responsibility and unlock their full potential.

In this elective students will learn about the basic principles of systemic coaching (a form of coaching in which the larger system in which we all operate is considered) and will get to know a variety of cognitive, motivational, and behavioral techniques to help coachees achieve a mutually identified goal. In this elective students will form groups of three: Every student will act as a coach, but will also be coached by a peer, and additionally act as an observer who provides meaningful feedback on the coaching process.

Course objectives

After this course students are able to:

- explain the basic principles of systemic coaching;
- differentiate psychological theories on the topic of personal development;
- understand the effects of different coaching techniques;
- independently design a coaching session for a client;
- flexibly and spontaneously apply different coaching tools based on the (changing) needs of a client;
- reflect on their own strengths and weaknesses in their role as a coach;
- reflect on their progress regarding a goal in their role as a coachee;
- provide meaningful feedback to coaches in their role as an observer;

PSY9101
Period 3
6 Jan 2025
9 Feb 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinator:

Master Psychology Specialisation Health and Social Psychology

- A. Nübold

Teaching methods:
Lecture(s), Assignment(s), Work in subgroups, Skills
Assessment methods:
Attendance, Participation, Observation, Oral exam
Keywords:
systemic coaching; psychological theories; cognitive, motivational, behavioral techniques; self-help; flexibility; self-reflection; personal development
Faculty of Psychology and Neuroscience

Introduction to Programming in Python

Full course description

The work of many high-skilled jobs now requires more advanced computer skills than ever before. Skilled professionals ought to be able to use programming to efficiently process and visualize data, without being limited by the tools conventional programs offer. This elective focuses on understanding and solving problems using programming.

You will learn how to think in terms of algorithms, moving from identifying a problem to creating a step-by-step solution (in the form of code). You will learn how to program in Python, a free, open-source, platform-independent, and continuously maintained programming language. Python is a powerful dynamic programming language that is used in a variety of applications and domains.

Once you know how to program in Python, it will be much easier for you to learn other – more specialised or more general-purpose – languages (such as Matlab, R, or C).

Course objectives

During the elective, students will develop a basic understanding of programming in general and the Python programming language specially.

After this course, students:

- Have a basic understanding of how to program and be able to think in terms of algorithms.
- Have a working knowledge of the Python programming language specifically (data types, variables, operators, control-flow, and loops).
- Are able to write well-commented Python scripts.
- Are able to write functions to automate particular tasks.
- Are able to debug (fix) Python code.
- Are able to understand basics of scientific computing (numpy & matplotlib).

PSY9102
Period 3
6 Jan 2025
9 Feb 2025
Print course description
ECTS credits:
3.0
Instruction language:

Master Psychology Specialisation Health and Social Psychology

English
Coordinators:

- M. Enan
- J.J.G. van Haren

Teaching methods:
Skills, Assignment(s)
Assessment methods:
Assignment, Participation
Keywords:
Programming skills, Python, Algorithms
Faculty of Psychology and Neuroscience

The global SDGs: From problem to solution

Full course description

Psychologists are invaluable sources of knowledge and allies for global governments in helping them to achieve the 17 Sustainable Development Goals (SDGs), https://sdgs.un.org/goals. After all, many of the current global challenges require a deep knowledge of human cognition, motivation, emotion, and behaviour – as well as how to change these. Indeed, humans, and human behaviour, are central to achieving many of the (sub-)SDGs, whether it is a reduction of reliance on fossil energy sources, achieving gender equality, or creating optimal health and wellbeing. In this course, you will be introduced to and practice with the PATH model (Problem – Analysis – Test- Help). Using this protocol, you will (a) describe and analyse the psychology behind one of the SDGs, and (b) come up with 'solutions' – interventions – that enable this SDG to be attained. Your final (group) report will take the form of a policy brief.

Course objectives

Students are able:

- to apply psychological principles to global/societal problems (SDGs);
- to acquire basic knowledge of the cognitive, motivational, emotional, social, and behavioural factors are at the core of many societal and global challenges;
- to engage in creative problem solving while designing an intervention;
- to reflect on ethical and moral dimensions of an applied psychological problem;
- to take perspectives of other (sub)disciplines and stakeholders outside academia;
- to present research and recommendations to a non-specialized audience
- to work in teams

PSY9104
Period 3
6 Jan 2025
9 Feb 2025
Print course description
ECTS credits:
3.0
Instruction language:
English

Master Psychology Specialisation Health and Social Psychology

Coordinators:

- J.G. Zimmerman
- A. Pawlowska

Teaching methods:
Lecture(s), Work in subgroups, Paper(s), Presentations
Assessment methods:
Final paper, Attendance
Keywords:
applied psychology, global citizenship, psychological literacy, creative problem solving, social responsibility, change agency
Faculty of Psychology and Neuroscience

Clinical Assessment

Full course description

To be able to treat a client effectively, mental health professionals first need to perform a clinical assessment of the client. This assessment refers to the collection of information and consequently drawing conclusions about the client's symptoms and disorder(s). For this purpose, the health professional does observations, administers (neuro)psychological tests, and interviews the client. In this course, we will introduce you to such clinical assessment. During the first sessions, we acquaint you with screening tools that are used in the earliest stages. Next, we go more in-depth and you will learn to administer tests that are commonly done as follow-up for a number of disorders. For example, you acquire skills to administer Anxiety and Depression scales, to run neuropsychological tests for the measurement of attention and memory, and you will be acquainted with tools to examine potential problems with sensory integration. In all cases, we discuss which types of tests are used across the life span. At the end of the course, for the materials studied, you are able to develop a basic screening protocol with follow-up testing.

Course objectives

At the end of this course, students are able to:

- Develop an assessment plan for a client based on the initial referral by a general practitioner
- Complete an initial mental screening of a client
- Use and analyse follow-up assessment tools in the field of Anxiety, Depression, Attention, Memory, or Sensory Integration
- Evaluate the outcome of a clinical assessment

PSY9105
Period 3
6 Jan 2025
31 Jan 2025
Period 4
10 Feb 2025
23 Mar 2025
Print course description
ECTS credits:
3.0

Master Psychology Specialisation Health and Social Psychology

Instruction language:
English
Coordinators:

- A. Sambeth
- A.L. Smitten

Teaching methods:
Lecture(s), Presentations, Skills, Work in subgroups
Assessment methods:
Presentation
Keywords:
Clinical reasoning, Screening (protocol), (neuro)psychological assessment, observation, interviewing
Faculty of Psychology and Neuroscience

Negotiation and Mediation

Full course description

In this elective, students will focus on negotiations and mediation skills. The elective will start with a lecture to explain the structure of the course and to introduce the topic of negotiation to them. In this lecture, they will already learn about the most important theories and strategies that can be used for negotiation and mediation in different contexts. After the lecture, they will read literature to prepare them to practice their negotiation skills. TrainTool will be used to practice these skills. We will use the Harvard principles of negotiation in this elective. In TrainTool, they will first practice the first two principles, after which they will have a group meeting in which we will do a role play focusing on these two principles. Then, they will again practice with Traintool, now focusing on the last two principles, and we will end the course with another role play in the group meeting.

Course objectives

- Students will learn about different theories and strategies for negotiation;
- Students will practice their negotiations skills based on the Harvard principles of negotiation.

PSY9106
Period 3
6 Jan 2025
31 Jan 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinators:

- A.L.T. Walkowiak
- C.J. Zelihsen

Teaching methods:
Lecture(s), Assignment(s), PBL, Skills, Work in subgroups
Assessment methods:

Master Psychology Specialisation Health and Social Psychology

Assignment, Attendance, Observation, Presentation
Keywords:
negotiation, mediation, roleplay
Faculty of Psychology and Neuroscience

Introduction to Programming in Matlab

Full course description

The aim of this elective is twofold:

1. Develop basic and generalizable programming skills in MATLAB;
2. Utilize programming to handle and visualize big data, such as those encountered in Neuroscientific research.

MATLAB is a widely used programming and numeric computing platform. Through this elective, you will familiarize with basic MATLAB programming and will learn how to use it to handle, analyze and visualize multidimensional datasets like those encountered in neuroscience and neuroimaging research, business, marketing, social and natural sciences.

Through the course we will explore examples of how to use programming to speed up computations, construct, analyze and visualize time-series (e.g., EEG data, market and financial trends).

At the end of the course, you will write a report in subgroups about the data analysis approach you adopted to analyze time-series data and on how you interpreted results.

Course objectives

With this course, students will:

1. develop fundamental and generalizable programming skills in MATLAB;
2. learn how to use programming to handle and visualize multidimensional datasets;
3. learn how to summarize, visualize and interpret the results of their analyses.

PSY9107
Period 4
10 Feb 2025
23 Mar 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinators:

- G. Valente
- A. Criscuolo

Teaching methods:
Lecture(s), Skills, Work in subgroups
Assessment methods:

Master Psychology Specialisation Health and Social Psychology

Assignment, Attendance, Final paper
Keywords:
Programming; MATLAB; data analysis.
Faculty of Psychology and Neuroscience

Science Communication

Full course description

In this 5-week course students will practice presenting science to a broad audience in written format and (online) presentations. They will write a blog post (assignment 1) about a scientific topic of choice, to practice how to summarize complex information in a reader-friendly manner. Furthermore, students will make a video about a scientific topic (assignment 2). In the course, the students will learn how to target their presentation to the audience, how to organize their presentation, and how to use visual aids.

This course will provide students the opportunity to hone their written, visual, and verbal presentation skills. The ability to present complex information in written or visual form can help to become and effective communicator in the workplace or to engage more with larger audiences.

The students will have 9 meetings within the course (lectures, workshops and PBL meetings).

Course objectives

After this course, students are able to:

- write about scientific topics for a broad audience
- summarize complex information
- present scientific information in the format of a video
- organize the content of a (digital) presentation
- use visual aids in (digital) presentations

PSY9108
Period 4
10 Feb 2025
23 Mar 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinator:

- A.E.M. Hendriks

Teaching methods:
Lecture(s), PBL, Skills, Assignment(s)
Assessment methods:
Final paper, Presentation, Attendance
Keywords:
Writing skills, (digital) presentation skills

Individual Elective

Full course description

Students work on an assignment (structured literature review, research project) under the supervision of a member of the scientific staff of Maastricht University, resulting in a written product (e.g. literature review, research report). Students take the initiative to locate and arrange a FPN supervisor for the elective. The elective topic, content and format will be determined by mutual agreement between student and supervisor. The assignment should be different/clearly separate from the actions that will be taken in the research internship and the written final product should be a separate product from the master thesis. Students are expected to devote 168 hours to the Individual elective. Students aiming to follow an individual elective should hand in an individual elective proposal, signed by the supervisor, to the coordinator of the individual elective for approval.

Course objectives

Students are able to:

Students are able to:

- identify gaps in their own knowledge and abilities and develop an individual learning plan accordingly.
- communicate scientific literature and/or report on a research project.

PSY9109
Period 3
6 Jan 2025
31 Jan 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinators:

- G.J.A.M.L. Uitdewilligen
- G.A. ten Hoor

Teaching methods:
Assignment(s), Research
Assessment methods:
Final paper
Keywords:
Elective, paper assignment
Faculty of Psychology and Neuroscience

Internship Elective

Full course description

During the elective internship, psychology master students (can) practice applying theoretical knowledge to practice and gain relevant practical experience, while working in an institution or company. Students are expected to devote 168 hours to the elective internship.

Students can only be enrolled in this elective, if they have found an internship on their own before December 1st. Students can work in a variety of 'settings': e.g., a (mental) health care facility, rehabilitation centers, schools, but also companies, such as HR consultancies. Suitable institutions or companies provide students the opportunity to gain practical experience, relevant for becoming a psychologist. If the student wants to obtain ECTS for this practical work, the internship (the institution or company and the content of the internship) has to be approved by the elective internship coordinator before the student starts working there. Students can only obtain ECTS for work conducted at one (and not multiple) institute(s). During this practical, students need to work under the supervision of a supervisor with an academic degree in psychology or a related field. At the start of the practical, the student drafts a personal development plan (PDP), defining the learning objectives for the internship. In addition to the work experience, the student must write a report about this experience. As such, the student will get more insight into the work setting(s) of a psychologist and they will gain experience with applying knowledge and skills essential for being a psychologist. Note: this practical experience cannot be used to fulfil the prerequisites regarding the theoretical background and working experience set for the psychodiagnostics registration (i.e., the BAPD) and/or vLOGO. This module is only relevant for FPN students and not available for Exchange students.

Course objectives

The student:

- obtains insight into the work setting(s) of a psychologist;
- gains experience with applying knowledge and skills essential for being a psychologist
- develops the ability to apply scientific insights to reflect upon practices in the field.

PSY9110
Period 3
6 Jan 2025
31 Jan 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- M.D. Schilbach

Teaching methods:
Assignment(s)
Assessment methods:
Final paper

Master Psychology Specialisation Health and Social Psychology

Keywords:
internship, Practical, Organisation
Faculty of Psychology and Neuroscience

Introduction to Statistics in R

Full course description

R is a programming language frequently used in data science and related fields for data processing, data visualization, and statistical analysis. Working with data in R requires writing code, which makes the data processing steps and analysis procedure transparent and reproducible. The core functions of R are being continually expanded by a community of users who write and maintain packages containing more specialist functions, meaning that R is a flexible tool that is adaptable to a very wide range of data types (e.g., questionnaire responses, neurophysiological data), while a broad spectrum of data analysis approaches are catered for.

Designed for users with little or no experience with R, this course will make use of RStudio, an open-source program that facilitates the writing and storage of R code. Students will be introduced to the basic steps of data processing, visualization, and analysis. These procedures will taught and practiced in the context of experimental data. Critically, students will be empowered to troubleshoot their own code, by identifying problems in their code and seeking potential solutions in the documentation or online. Students will thereby be able to begin writing their own code independently.

Course objectives

After completing this course, students will be able to:

1. Import and handle data in R
2. Create graphs and run basic statistical analyses in R
3. Document data analysis output from R

PSY9114
Period 3
10 Feb 2025
23 Mar 2025
Print course description
ECTS credits:
3.0
Instruction language:
English
Coordinator:

- M.D. Hilton

Teaching methods:
Lecture(s), Skills, Work in subgroups
Assessment methods:
Attendance, Assignment
Keywords:
Programming; R; data analysis; statistics