

IPN/PSY 1133

## Skills III - Communication



June 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> 2017

# Welcome to Psychological Perspectives!

On June 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>, you will participate in a conference about your future perspectives as a Psychology graduate – in the broadest sense of the word. Psychological Perspectives consists of several parts, including:

- Workshops on professional skills, delivered by professional psychologists who are mostly FPN alumni
- Talks by PhD-students about careers in science
- A Science Fair demonstrating FPN research topics and methods
- Media presentations, the fruits of your hard labour!

**The workshop rounds:** The full program of the conference is presented in this booklet. While part of the conference program is fixed, you can choose which workshops you would like to attend on Thursday (rounds 1-2-3, workshops A-S) and Friday (rounds 4-5-6, workshops T-L1). Please note that some workshops have a large capacity and/or are provided repeatedly in several time slots. However, some of the workshops will have a limited capacity due to space limitations or the nature of the workshop.

**Conference registration:** You will be able to register for the workshops of your choice on a first come, first serve basis. Registration opens on Monday June 12<sup>th</sup>. In case a workshop of your choice is full you will have to choose another one. You are required to attend workshops during each of the six time slots available. All other elements in the programme are mandatory as well. We as a team are very proud of this super interesting program, with professionals – mostly FPN alumni! – from such diverse working fields, all travelling here to provide you with these interesting workshops. We hope you will enjoy the conference very much, and that you will get something out of it that might help you to plan your own future.

Enjoy, and be inspired! The Skills III team: Irma Kokx, Arie van der Lugt, Nina Bien, Eline, Aimee Coenen, Loes Kessels & Petra Hurks

<b>Skills III - Psychological Perspectives - Introduction</b>	
<b>Wednesday June 14<sup>th</sup> 16.00 -17.00</b>	
16.00– 16.15 Uns40-o.647 (Maastrichtzaal)	Conference opening - Arie van der Lugt
16.15 - 17.00 Uns40-o.647 (Maastrichtzaal)	Plenary lecture - Job van den Hurk

<b>Skills III - Psychological Perspectives - Workshops</b>	
<b>Thursday June 15<sup>th</sup> 09.30 – 16.30</b>	
09.30 – 09.45 (Front of Front Office, Level 1)	Late/change Registration
09.45 – 10.45 (Rooms below)	Workshop Round 1. A – S (see page 6 - 21)
11.00 – 12.00 (Rooms below)	Workshops Round 2. A – S (see page 6 - 21)
<b>12.00 – 13.00 Lunchbreak</b>	
13.00 – 14.00 (Rooms below)	Workshops Round 3. A – S (see page 6 - 21)
<b>Media Forum</b>	
14.15 – 15.15 Uns40 Level o (Onderwijsplein)	Media Meeting
15.15 – 16.00 UNS40 o.647 (Maastrichtzaal)	Media Highlights
16.00 – 16.30 UNS40 o.647 (Maastrichtzaal)	Media + Blog Prize Ceremony

## Workshop Overview Thursday June 15<sup>th</sup>

<p>Workshop A  <b>Work Psychology in Action</b>  Jonas Jankus  Max. 30  UNS40 A0.737</p>	<p>Workshop B  <b>Music Develops!</b>  Roger Brakel��  Max. 20  UNS40 A5.770</p>	<p>Workshop C  <b>Design Thinking: a glimpse behind the approach &amp; current organizational relevance</b>  Lena Mayer  Max. 20  UNS40 A4.772</p>	<p>Workshop D  <b>Organisational Change!</b>  William Mulhern  Max. 20  UNS40 A4.770</p>	<p>Workshop E  <b>Sexuality: A Broad and New Perspective</b>  Marieke DeWitte  Max. 80  UNS50 K.0402  *This workshop is only available in session 3!</p>
<p>Workshop F  <b>Ethics in Scientific Research</b>  Sil Aarts  Max. 30  UNS40 C0553</p>	<p>Workshop G  <b>The Do's and Don't's of Light Therapy</b>  Dani��lle Starreveld  Max. 20  UNS40 A3.772</p>	<p>Workshop H  <b>Wat is Mindfulness Nu Eigenlijk?</b>  Aimee Coenen  Max. 16  UNS40 3.766  *This workshop is only available in Dutch!</p>	<p>Workshop I  <b>Self-Compassion for Procrastinators</b>  Miriam Engels  UNS40 2.766  Max. 15  *This workshop is only available in sessions 2 and 3</p>	<p>Workshop J  <b>Students Can't Be Alcoholics... Right?</b>  Josiah Bonjer  Max.20  UNS40 A2.770</p>

**Thursday's program is continued on the next page!**

## Workshop Overview Thursday June 15<sup>th</sup> – Continued

<p><b>Workshop K</b>  <b>Create or Bust</b>  Herco Fonteijn  Max. 12  UNS40 A2.774</p>	<p><b>Workshop L</b>  <b>The Power of Mindset</b>  Julia Seekircher &amp; Tim  Leder  Max. 20  UNS40 4.764</p>	<p><b>Workshop M</b>  <b>Do you have what it takes to be a psychologist?</b>  Eline Hendriks  Max. 20  UNS40 A3.770</p>	<p><b>Workshop N</b>  <b>Aggression in Psychiatry</b>  Kenny Wolfs  Max. 20  UNS40 A0.731</p>	<p><b>Workshop O</b>  <b>Improve your Presentations!</b>  Gjalt-Jorn Peters  Max. 16  UNS40 A4.778</p>
<p><b>Workshop P</b>  <b>Clever Timing</b>  Susanne Maris  Max. 60 (session 1) /  65 (session 2)  UNS50 Ko.402  *This workshop is available on both days, choose only once!</p>	<p><b>Workshop Q</b>  <b>Personal Branding</b>  Odin Essers  Max. 20  UNS40 5.777A</p>	<p><b>Workshop R</b>  <b>Prison Yoga</b>  Kim van Oorsouw  Max. 35  Exercise Room 0.101  UM SPORTS  *This workshop is only available during session 1!</p>	<p><b>Workshop S</b>  <b>Acceptance and Commitment Therapy (ACT)</b>  Nina Bien  Max. 20  <b>UNS50 H1331</b>  *This workshop is only available during session 2!</p>	

Workshop Overview Friday June 16 <sup>th</sup>				
09.30 - 10.30 UNS40 0.647 (Maastrichtzaal)		Future Research Presentations by PhD students		
10.30 - 11.30 UNS40 Level -1 (Drielandenpunt)		Science Fair Science demo's and poster-presentations		
11.30 - 12.30 (individual rooms below)		Workshop Round 4. T – L1 (see page 22 - 33)		
12.30 - 13.30 Lunchbreak				
13.30 - 14.30 (individual rooms below)		Workshop Round 5. T – L1 (see page 22 - 33)		
14.45 - 15.45		Workshop Round 6. T – L1 (see page 22 - 33)		
16.00 – 16.45 Uns40-0647 (Maastrichtzaal)		Ψ-quiz & closing ceremony		
Workshops Friday June 16 <sup>th</sup>				
Workshop T Intro to Agile Product Management Marco Correnti Max. 20 UNS40 A2.766	Workshop U SLI-Experience Shauni Drummen & Joyce Jacobs Max. 15 USN40 A1.748	Workshop V Technology Entrepreneurship in Psychology Isis Diaz Max. 20 UNS40 A4.770	Workshop W Develop yourself through your Personality type (MBTI) Sophie Bijmens Max. 20 UNS40 4.772	Workshop X How do Elite Athletes Perform at Their Best and How Can Sport Psychology Assist? Charlotte Raue Max. 20 UNS40 A2.770
Friday's program is continued on the next page!				

## Workshop Overview Friday June 16<sup>th</sup> - Continued

<p>Workshop Y</p> <p><b>Building the skies above us – The Psychology of Air Traffic Control and Aviation</b></p> <p>Nathan Vink</p> <p>Max. 12</p> <p>UNS40 C-1.667</p>	<p>Workshop Z</p> <p><b>Psychology and Law in Action</b></p> <p>Ricardo Nieuwkamp</p> <p><b>Max. 60</b></p> <p><b>UNS40 Bo.647</b></p> <p><b>*only available in session 5 and 6!</b></p>	<p>Workshop A1</p> <p><b>What's So Cool About Science and How to Inform People About It</b></p> <p>Job van den Hurk</p> <p>Max. 20</p> <p>UNS40. A2.774</p>	<p>Workshop B1</p> <p><b>Upgrade Your Presentation Skills</b></p> <p>Marco Sander</p> <p>Max. 20</p> <p>UNS40 A4.778</p>	<p>Workshop C1</p> <p><b>Political Psychology</b></p> <p>Phil Brüll</p> <p>Max. 55/40</p> <p>Auditorium Oxfordlaan</p>
<p>Workshop D1</p> <p><b>Intrinsic Motivation in Teams</b></p> <p>Mirte Gerritsen</p> <p>Max. 10</p> <p>UNS40 A4.764</p>	<p>Workshop E1</p> <p><b>Neuropsychology</b></p> <p>Ayla Selamoglu</p> <p>Max. 75/80</p> <p>UNS40 B o.673</p>	<p>Workshop F1</p> <p><b>Career Decisions of a Behavioural Psychologist</b></p> <p>Joris Fonteijn</p> <p>Max. 20</p> <p>UNS40 A5.766</p>	<p>Workshop G1</p> <p><b>Clever Timing</b></p> <p>Susanne Maris</p> <p>Max. 20</p> <p>UNS40 A0.731</p> <p>*This workshop is available on both days, choose only once!</p>	<p>Workshop H1</p> <p><b>Serious Play!</b></p> <p>Arie van der Lugt</p> <p>Max. 20</p> <p>UNS40 A3.772</p> <p>*Only available during sessions 4 &amp; 5</p>
<p>Workshop I1</p> <p><b>Equine-assisted Coaching</b></p> <p>Nina Bien</p> <p>Max. 20</p> <p>UNS40 A3.770 *This workshop will only be available in round 5</p>	<p>Workshop J1</p> <p><b>Designing Health Promotion Programs for Children</b></p> <p>Gabriel Rangel</p> <p>Max. 20</p> <p>UNS40 A5.770</p>	<p>Workshop K1</p> <p><b>The Skills of Sales</b></p> <p>Lukasz Budzinski *online</p> <p><b>Max. 50</b></p> <p><b>UNS40 A0.771</b></p> <p>*This workshop is only available in round 6!</p>	<p>Workshop L1</p> <p><b>Self-employment and Entrepreneurship</b></p> <p>Helga Arnardóttir *online</p> <p>Max. 10 -</p> <p>A5.753A *This workshop is only available in round 6!</p>	

# Workshop Introductions

Thursday June 15<sup>th</sup>

## A. Jonas Jankus

Self-employed at [JonasJankus.com](http://JonasJankus.com)

Max. 30

UNS40 Ao.737

### *When your boss is bad for your health: Work psychology in action*

Can a bad boss make you ill? What can organizations do to prevent and reduce illness in the work force? In Germany, the average amount of sick leave per employee has increased by 50% over the past ten years. What can a psychologist do to curb this trend? How can managers be encouraged to take responsibility for their employee's health? Spoiler alert: free gym memberships won't cut it!

In this workshop, you will assume the role of a work psychologist that needs to solve a real-world challenge by identifying a problem, establishing a theoretical foundation and then using it to design interventions for non-psychologists to facilitate lasting change in organizations.

First, we will familiarize with the relationships between leadership behavior, performance and health. We will explore the psychology of health at work and use it to analyze real-life case studies. This will be followed by exemplary exercises designed to



teach managers leadership behavior that improves both their own health and that of their employee's. Lastly, we will discuss the role of the psychologist as a trainer: What is special about training managers? How to deal with resistance?

After this workshop, you will have gained insights into working as a staff developer and applying work psychology to practical problems. You will leave this workshop with a fresh understanding for the importance of actively prioritizing health in professional settings.

#### B. Roger Brakel 

Self-employed/FPN

Max. 20

UNS40 A5.770

#### *Music Develops! - How to use music to stimulate the development of children.*

It has been known for decades that music effects behavior. Lots of evidence has shown us that music also stimulates the development of children. Music therapists use it, but it has never been used much in the development of children.

Muziek Ontwikkelt! (Music Develops!) is a collaboration between developmental psychologist Roger Brakel  and orthopedagogical music practitioner L on Packbier. We explain to primary school teachers, care takers and parents why listening to music and making music can improve the development of children. In addition, we show how this knowledge can be integrated into primary education, day care and music education.

During this workshop, you will experience how we started with an idea to about music and development and developed it to a concept to build up training programs, workshops and lectures tailored to the specific needs of the primary school teachers, care takers and parents. This innovative idea has given us next to the content of the trainings, workshops and lectures a lot of challenges, like building a bridge between the traditional mindset in primary schools and our innovative 21st century mindset. Without this it is impossible to reach primary schools. The other challenge is to build up a network with useful people and to use social media like facebook, twitter and LinkedIn for branding.

**C. Lena Mayer**

PhD Candidate / Self-Employed

Max. 20

UNS40 A4.772

*Design Thinking: a glimpse behind the approach & current organizational relevance*

How can you get creative in one hour? In this hands-on workshop, I will introduce you to the method and mindset of design thinking. You will learn how to solve complex problems by getting to know your user and their needs and wishes. At the end of this one hour format, you will have created a prototype idea for your user and test it with them.

**D. William Mulhern**

Centre for Creative Leadership

Max. 20

UNS40 A4.770

***Organisational Change!***

All organisations are faced with continual change. In business, the ability to change can mean the difference between success and failure. Have you tried to change something in your own life (diet, sport, study practices...)? How easy was that? Now imagine needing tens/hundreds/ thousands of employees to change their work practices as part of an organisational change? This session will look at some of the tools and methods being used to help organisations navigate through change to enable business transformation.

**E. Marieke DeWitte**

Maastricht University

Max. 80

UNS50 K.0402 \*This workshop is only available in session 3!

***Sexuality: A Broad and New Perspective***

In this workshop, I will elaborate on the biological, psychological as well as societal determinants of sexuality (in general) and sexual disorders (in specific). We will discuss several themes that are necessary to perform a thorough sexual anamnesis. These themes include: The sexual response cycle, the link between sexual desire and arousal, the interplay between sex and relationships, the diagnostic criteria of sexual dysfunctions, and general treatment options.

F. Sil Aarts

Fontys Eindhoven

Max. 32

UNS40 C0553

*Ethics in scientific research*

As a researcher, you are interested in the sexual experiences of adolescents. You want to recruit these young people on the street and interview them about their ideas/views/feelings regarding this topic. Of course, you want to publish the results in an international scientific journal. Is this allowed? Which factors do you have to take into account? Do you need a METC approval? Why do I need an information letter and informed consent? What does the WMO have to do with this? As a researcher you frequently have to cope with factors such as ethics, scientific integrity and legislation. By using a video and a quiz, you will receive some tips & tricks. Take your iPad, iPhone or laptop and participate!

G. Danielle Starreveld

Dutch Cancer Institute Amsterdam

Max. 20

UNS40 A3.722

*The Do's and Don't's of Light Therapy*

There's a buzz going around about light therapy. In the 80's, it was proven to be an effective treatment to reduce seasonal depressive symptoms. Now, multiple researchers are investigating the use of light therapy in other settings, like sleeping disorders, reducing a jetlag, or, in my case, to decrease cancer related fatigue. In this interactive workshop, I will shortly present

the basics of light therapy and the human biological clock. After that, we will discuss how light therapy should be used by means of a jet lag example.

Interested in light therapy, how to diminish jet lag complaints or do you have questions for a psychology PhD student in a medical setting? Register and come to this workshop to find out!

#### H. Aimee Coenen

Maastricht University

Max. 16

UNS40 3.766

\*This workshop is only available in Dutch!

#### ***Wat is Mindfulness Nu Eigenlijk?***

We rennen en vliegen vaak van de ene activiteit naar de andere. Tussendoor zijn we 24/7 online en dat vraagt ook zo nu en dan de nodige aandacht.

Veel tussendoor. Veel in ons hoofd. Veel gedachten.

Je bent je gedachten niet maar je hebt ze. En ze vragen vaak en veel aandacht. Zonder dat we daar altijd zicht op hebben, onbewust dus. Mindfulness staat voor bewust aanwezig zijn in dit moment. Het gaat over het leren richten van je aandacht. Op een open en vriendelijke manier. Het is een vaardigheid. En iedereen kan het leren.

Meer mindfulness in je leven betekent wat mij betreft meer met aandacht dingen doen, vanuit een zijns modus doen in plaats vanuit de doe modus. Bewuster leven dus. En wetenschappelijk onderzoek toont aan dat het werkt. Mensen die mindfulness beoefenen geven aan dat ze zich minder vaak overweldigd voelen, meer grip krijgen op hun leven en milder zijn voor zichzelf. Ik vertel je er heel graag meer over in deze workshop. En we gaan vooral oefenen.

I. **Miriam Engels**

Researcher at Heinrich-Heine-University Düsseldorf and Trainer for Mindful Self-Compassion

Max. 15

UNS40 2.766

\*This workshop is only available in sessions 2 and 3

*Self-Compassion for Procrastinators*

One perspective for graduates of Psychology is a career in research. As a researcher at the university, you will be faced to work on long term projects with lots of work and deadlines that seem far away. So it is no surprise that procrastination issues are widely spread within academia.

Procrastination is also very common among students, often resulting in very stressful times just before the exams. However, it is rarely a matter of time-management or as Dr. Joseph Ferrari describes it: “Telling a procrastinator to buy a time planner is like telling someone with chronic depression to cheer up”. In this workshop, you will get to know the psychological mechanisms behind procrastination and how to break the vicious cycle by showing compassion for yourself.

J. **Josiah Bonjer**

FPN/Addiction Healthcare

Max.20

UNS40 A2.770

*Students can't be alcoholics... right?*

My name is Josiah Bonjer, former FPN student and currently working as a psychologist in addiction healthcare. I diagnose and treat patients with all kinds of addictions (drugs, alcohol, gambling, pornography, you name it), hence seeing the devastating

effects of drug and alcohol abuse every day. It comes as no surprise then, that the significant rise in "social" or "recreational" drug use among teenagers and young adults has me somewhat worried. However, it also made me wonder: Is the above statement, one I've heard numerous times during my student-time, true? Can students drink excessively on a regular basis, but not get addicted?

Using the DSM 5, the newest diagnostic and statistical manual of mental disorders after the DSM-IV, we will try to find an answer to the above question. After a brief summary of the most important changes between the DSM-IV and the DSM 5 and a very basic explanation of how to use the manual in practice, we will study one (or several) cases I've seen in my clinical work. While discussing them, we gain some insight in the fine line between being addicted or not. I would also like to challenge you, if you dare, to look at your own drug - or alcohol use; would you classify yourself as an addict? Or maybe one of your friends?

During my work, I've drawn my own conclusions concerning the above stated question. Let's find out if we agree...

K. Herco Fonteijn

Maastricht University

Max. 12

UNS40 A2.774

### *Create or Bust*

It's quite possible that you will not apply the knowledge and skills you've obtained during your studies in Maastricht to the workforce. Our fluid society whispers: Create or Bust! This workshop is directed at our ability to generate new and useful ideas. First, the creative process will be introduced through a few brief exercises. After that we'll pay attention to what a person needs in order to be creative and what's so complicated about observing the world with a fresh, crisp vision. Finally, we'll go over a few

exercises to enhance creative thinking skills. These techniques should help you break through 'set' patterns of thinking. By the end of this workshop, you should have an increased understanding of what creativity actually is and how you can develop it on your own.

L. Julia Seekircher & Tim Leder

Maastricht University

Max. 20

UNS40 4.764

*The Power of Mindset*

Is intelligence something that is fixed at an early age determined by your genes? Or is it something that is malleable, that changes over time? Is being good at sports talent or does it have to do with effort? How you think about these things might either help or hinder you to fulfil your potential. Researchers found out that the mindset you have can have a huge effect on how you react to challenges and failure. In this workshop you will discover something about your mindset and how it can help you to attain your goals and embrace challenges.



**M. Eline Hendriks**

Maastricht University

Max. 20

UNS40 A3.770

*Do you have what it takes to be a psychologist?*

In this workshop you will get acquainted with the work of a psychologist in a health care institution for children and adolescents. What does a psychologist do? How does a regular day look like? Do you know which information you need before you might give someone a diagnosis? Let's find out!

**N. Kenny Wolfs**

AltraCura

Max. 20

UNS40 A0.731

*Aggression in Psychiatry*

Working in psychiatric institutions often means dealing with violence and aggression. Aggressive and erratic behaviour is part of the makeup of several psychiatric illnesses, though sometimes violent behaviour can appear seemingly out of nowhere. How does your team handle this? What's the role of a psychologist here? Are there ways to prevent aggression? Beyond trying to answer these questions, we'll close this workshop by learning how to protect ourselves when a situation escalates and talking is no longer an option. Several techniques that are part of the training of psychiatric care will be practiced if time permits.

**O. Gjalt-Jorn Peters**

Greater Good / Open University

Max. 16 participants

UNS40 A4.778

***Improve your presentations: Concept Visualization***

There's two ways to give a good presentation. Some people have the charm and speaking-ability to deliver a fantastic presentation at any given time. Everyone else has to resort to well-built presentations. In achieving such, using the right visual support is crucial. It's simply important in getting your message across. Unfortunately, most presentations are summaries, some even with completely pre-written text. In this workshop I'll briefly explain why that's not advisable; what's the better alternative; and how you implement this. After this, you'll be able to practice it for yourselves.

**P. Susanne Maris**

Self-employed talent coach, trainer, project leader

Max. 60 (session 1) / 65 (session 2)

UNS40 Ko.402

\*This workshop is available on both days, choose only once!

***Clever Timing***

Do you sometimes feel like time escapes you? You intend to do a bunch of things, but at the end of the day almost none of it gets finished. During this workshop, you'll go beyond the tip and tricks about how to manage your time. What do you want to accomplish in the next few years? What do you want to see, do, achieve, have and share? By looking at this bigger picture, we'll

work toward planning your weeks days and hours in a way that suits you. After this workshop, you'll know how to optimize your scheduling to your own benefit.

**Q. Odin Essers**

Maastricht University

Max. 20

UNS40 5.777A

Please follow the tutorial in the link below before attending this workshop!

<http://umlib.nl/tutorial-personalbranding>

***Personal Branding***

Working as a psychologist brings up issues around online communication. In this interactive workshop we focus on using social media and networking sites in a professional environment. By means of case examples and statements you will discuss with fellow participants if and how you would communicate online in certain situations. Furthermore, you get tips on building and maintaining a professional online image.

R. Kim van Oorsouw

Maastricht University

Max. 35

UM SPORTS Exercise room 0.101

*Prison Yoga*

In the US, yoga programs are offered in prisons as part of a forensic treatment program. Prisoners experience yoga as beneficial for the release of tension, behavioral inhibition, and symptoms of anxiety and depression. Prisoners often have histories of trauma, resulting in internalizing or externalizing behavior problems and subsequent offending behavior. Scientific evidence shows that yoga and mindfulness programs improve (mental) health and self-regulation via the autonomic nervous system.

In this workshop a trauma sensitive yoga class will be given. Your experiences will be linked to the self-regulation model of violence. The class can be attended by everyone, with or without yoga experience.

\*This workshop will only be available during round 1!

\*You are advised to wear loose-fitting clothes and attend about 15 minutes in advance, especially if you want to change clothes!

S. Nina Bien

Maastricht University/Très Bien Coaching

<http://tresbiencoaching.nl>

Max. 20 participants

UNS40 A1.748

*Acceptance and Commitment Therapy (ACT)*

We do a lot of thinking. You, university students, especially do a LOT of thinking. Evolution has turned us into thinking machines, producing around 50.000 thoughts every day, the majority of those thoughts being not so pleasant! All this thinking about things, thinking about thinking, and thinking about not being able to stop thinking when we would very much want to, can be very tiring. Some thoughts can even become threatening, overwhelming, terrifying... and science and experience both confirm that the more effort we put into attempts to shut them down or consciously think about something else, the more potent they become. So, what else can we do?

In this workshop you'll be introduced to Acceptance and Commitment Therapy (ACT). ACT is a thoroughly evidence-based behavioural therapy framework that, besides being majorly effective in dealing with mental illnesses such as depressive disorder, addiction, and anxiety disorder, is also very suitable for coaching and even self-help purposes. Being a certified ACT trainer, I will introduce you to some experiential exercises that may help you to start looking at your own thoughts from a different perspective.

## Friday June 16<sup>th</sup>

### T. Marco Correnti

HR Business Partner at Navabi

Max. 20

UNS40 A2.766

#### *Intro to Agile Product Management*

In this workshop you will receive basic training in the most used product management approach for software-reliant companies: the Agile approach. As you and your team race to build the best paper airplane in Maastricht, you will learn about the benefits of going Agile and why companies like Spotify, Valve, Tesla, and Navabi choose it over the old-school Waterfall model. You will also see the potential for applications outside software, such as how Agile can help manage your studies, learn new skills, and expand your career options.

### U. Shauni Drummen & Joyce Jacobs

Royal Kentalis Hoensbroek

Max. 15

USN40 A1.748

#### *SLI-Experience*

The TOS-Experience workshop allows you to experience what it feel like to have an impairment in language development. A few simple exercises and games will show you a lot about language development beyond the standard theoretical explanations. You'll learn to understand children with linguistic impairments much better, and what the long-term effects of such conditions can be.

## V. Isis Diaz

PhD. Candidate / Self-employed

Max. 20

UN540 A4.770

### *Technology Entrepreneurship in Psychology*

Have you ever wondered how Psychology, a fairly traditional profession, can benefit from new technologies? Nowadays, our changing societies demand many professionals to stay up to date and explore new business opportunities. Through technology we can develop innovative solutions and help a larger number of people in various psychological aspects. For instance, in autism, diet and weight control, parenting, human resources...

And... how can you make your psychological contribution to society? In this workshop, we will discover how to be creative and innovate with a focus on science, how to really understand customers' needs with market research and how to make your business ideas come true by using Lean Startup and Design Thinking techniques.

Additionally, you will evaluate your psychological traits and skills needed to be a successful entrepreneur and the importance of creating a positive and stimulating work environment to increase teamwork productivity and effectivity. Because good business ideas need a competent and interdisciplinary team to make these dreams come true. We will also learn about the importance of collaborating with other professionals in the areas of marketing and communication, graphic design, technological solutions, business models and the importance of financial issues and funding, such as business angels and crowdfunding. Finally, I will share with you my experience in a technological business accelerator in Spain, after having completed the Master of Work and Organisational Psychology in Maastricht University, the Master of Family Intervention and Mediation in Sevilla University (South Spain), and after having worked for different search engines and social media companies analysing webs, apps and adverts.

**W. Sophie Bijmens**

Manager assessment & development centers at Motmans & Partners (Hasselt)

Max. 20

UNS40 4.772

*Develop yourself through your Personality type (MBTI)*

The Myers-Briggs Type Indicator is a questionnaire that translates Jung's theory of psychological types in an understandable and useful way. MBTI results identify differences between normal healthy people. The information enhances understanding of yourself, your motivations, your natural strengths and potential areas for growth. Furthermore, it will help you understand and value people who differ from you. During this workshop you will get an understanding of the basics of this theory and how it can be applied to self-understanding and career development.

**X. Charlotte Raue**

PhD Candidate Sport Psychology

Max. 20

UNS40 A2.770

*How do elite athletes perform at their best and how can Sport psychology assist?*

Nowadays athletes are supported by a whole sport system to always perform at their best and even further, until having beaten their own records over and over again. Scientific evidence assists in many areas, as e.g. training, medicine, nutrition and without doubt Sport psychology. Athletes at the highest level do not only train physically, technically, or tactically, but also mentally. Mentally strong athletes can focus on their own competition and perform even under high pressure. To get this mentally strong



applied sport psychologist practitioners help athletes to achieve this mentally strong state, through skills regularly training as a part of their daily practice. In general, the sport psychology practice is based on evidence out of the research field sport psychology, which also covers other areas as for example expertise studies, social psychological aspects of sport and many more. As a sport psychology PhD student and applied practitioner, I will introduce you into the exciting field of Sport psychology. In addition, you will get an overview of topics requested by athletes and how sport psychologists can help them.

#### Y. Nathan Vink

National Air Traffic Control Services (NATS)

Max. 12

UNS40 C-1.667

#### *Building the skies above us – The Psychology of Air Traffic Control and Aviation*

Have you ever looked up in the sky at the vapour trails left by planes and wondered how it all works together? Or perhaps you've been in the air and seen another plane fly passed uncomfortably close...Perhaps you didn't know that the airspace over the Netherlands and Belgium is amongst the most congested on earth. When taken together, the area around London, Brussels and Amsterdam sees the majority of traffic over Europe converge at an almost impossible crossroads. At the centre of all of this are people. Pilots and Air Traffic Controllers in a seemingly endless symphony of orchestrated chaos. Psychology is at the very heart of all of this. Carefully calibrating the workloads and performance of controllers and pilots is the task of Human Factors specialists. The integration of technology and people is nowhere more deeply studied and finely tuned than in aviation. The lives of millions of passengers a day depend upon this. Come and find out how airspace is built and how the study of psychology is literally shaping our skies...

**Z. Ricardo Nieuwkamp**

Maastricht University (Faculty of Law)

Max. 30

UNS40 Co.553

\*This workshop is only available in session 5 and 6!

***Psychology and Law in Action***

During the interactive workshop you will be presented a unique look behind the scenes of a legal psychologist. What do we do, what kind of cases do we come across and especially how do we try to prevent more wrongful convictions and many more interesting questions will be presented? If you are interested in these kinds of questions and you wonder how a psychologist can help in a criminal investigation this is a workshop worth considering.

**A1. Job van den Hurk**

Maastricht University / Scannexus

Max. 20

UNS40. A2.774

***What's So Cool About Science and How to Inform People About It***

Science is occupied with unraveling the nature of reality. Cool, useful and sometimes bizarre observations are made each day and they're of significant use to society. Still, it turns out that a large part of that very society is misinformed if not completely oblivious as to how science actually works! In this workshop, we'll look at several pervasive misunderstandings, and look at the importance of transparent and understandable scientific communication. Beyond that, you'll get acquainted with a few innovative techniques on how to present science in a cool and effective way!

**B1. Marco Sander**

Maastricht University

Max. 20

UNS40 A4.778

*Upgrade Your Presentation Skills*

Doesn't matter at which level your presentation-skills are – they will be improved. You will be provided with practical tips about making your presentation outstanding from the average. Some of those tips are even connected to knowledge you already gained in your first year psychology to make your studies even more practical. Additionally, you have the change to directly implement some of those tips by performing some exercises within this workshop.

Time will fly during those 60 minutes!

**C1. Phil Brüll**

Researcher at Maastricht University

Max. 55 / 40

Auditorium Oxfordlaan

*Political Psychology: how to understand Gross Human Rights Violations?*

Why do people cause conflicts such as those in Bosnia, Rwanda, or Northern Ireland? What are the motivations behind moral atrocities? How can ordinary people become torturers? How does an ongoing genocide (Darfur 2003 – present) go largely unnoticed? Researching such questions is helpful to better understand current political decision making that too often results in apparently unwanted but nevertheless condoned gross violations of Human Rights. In fact, while analyzing past cases one is very

likely to find key social ingredients such as promoted intergroup rivalry, persuasive communication, and manipulation of public opinion that are used to attain political and – often related – economic goals.

Today's discipline of political psychology is closely linked to political science, political philosophy and history, while adhering to the strict scientific methodology of psychology. It incorporates many psychological domains that describe human behavior on individual (personality, cognition, identity) as well as group-level (political culture and communication, leadership, mass-movements). Even adjacent disciplines such as neuroscience, behavioral economics and empirical biopolitics are part of the political psychologist's toolbox. Thus, political psychology is a vibrant interdisciplinary field, focused on the political and humanitarian consequences of human thoughts and actions.

During this workshop, we will use an interdisciplinary approach to get a closer look behind the intriguing scenes of political psychology.

#### **D1. Mirte Gerritsen**

IntrinsiekeMotivatie.com

Max. 10

UNS40 A4.764

#### ***Intrinsic Motivation in Teams***

How do you keep a team motivated? How do you keep yourself motivated? How important is it?

In this workshop, we are going to play a game. You will experience what it is like to work and interact as a team and how the team influences your motivation.

If you are competitive, curious and able to self-reflect... this is something for you.

**E1. Ayla Selamoglu**

PhD. Candidate at Cambridge University

Max. 75/80

UNS40 B 0.673

***Neuropsychology***

Learn about the roles of a neuropsychologist working in a hospital setting. Particular emphasis will be given to the disease Multiple Sclerosis (MS) and standard neuropsychological testing implemented to assess MS patients both in adult and children. This interactive session will provide students with tests practice and scoring of results allowing them to become acquainted with neuropsychology tasks.

**F1. Joris Fonteijn**

Strategic Persuasion Specialist / Obstacle runner at Crobox

Max. 20

UNS40 A5.766

***Career Decisions of a Behavioural Psychologist***

In August 2010 I graduated as a Health and Social Psychologist. Back then, I had no clue, no network and no experience. 7 years, 4 jobs and many lessons later, I can finally say: I love my job.

During this interactive session, I will deep-dive into the different companies I worked for, discuss their pro's and con's, pause at impactful decisions of my career path and answer your questions. Interested in becoming a (commercially-driven) Behavioural Psychologist? Save your questions and attend this session.

#### G1. Susanne Maris

Self-employed talent coach, trainer, project leader

Max. 20

UNS40 A0.731

\*This workshop is available on both days, choose only once!

##### *Clever Timing*

Do you sometimes feel like time escapes you? You intend to do a bunch of things, but at the end of the day almost none of it gets finished. During this workshop, you'll go beyond the tip and tricks about how to manage your time. What do you want to accomplish in the next few years? What do you want to see, do, achieve, have and share? By looking at this bigger picture, we'll work toward planning your weeks days and hours in a way that suits you. After this workshop, you'll know how to optimize your scheduling to your own benefit.

#### H1. Arie van der Lugt

Maastricht University

Max. 20

UNS40 A3.772 \*Only available during sessions 4 & 5

##### *Serious Play!*

Play, think, try, experience, learn! We'll utilize experience-based learning to engage processes that are also involved in the tutorial groups, your sports-team and at work. In this workshop you'll use a number of techniques to enlarge certain aspects of learning and working in groups and have a closer look at them in a playful way. Cooperation, communication, annoyance, initiative, decision making, frustration, success and fun: you experience it yourself with Serious Play!

## 11. Nina Bien

Maastricht University/Très Bien Coaching

<http://tresbiencoaching.nl>

Max. 20

UNS40 A3.770

### *Equine-assisted coaching*

As a student of psychology, you're considering the choice between science, business or mental health. If your choice falls to the latter, then you might be considering a job as a therapist; after all, you love helping people.

What many people don't realise is that you can help people being a coach as well. Coaching and therapy differ in several ways. As a coach, you don't operate from above, but alongside your client. You're not looking at the past, but at the present. There's nothing wrong with your client, but they might benefit from improvements here and there. You don't diagnose or prescribe treatment, but help your client look for what's bothering them, and help them to experience a different point of view, to further develop themselves in order to better stand the challenges life throws at them. You're often independently employed, or you work in a small team. You work with individual clients or teams, and you can target a very diverse set of audiences. Sometimes you also work in cooperation with 'standard' (mental) healthcare.

You mostly know me as a teacher and researcher at the FPN, but I'm also working as an independent coach – with the assistance of my horses! In my workshop, I'll provide a general overview of how coaching relates to psychological therapy. Beyond that, I'll pay closer attention to coaching with horses, together with a number of short videos illustrating equine-assisted coaching. Finally, you'll be offered a few exercises to experience Acceptance and Commitment Therapy (ACT), the foundation on which our coaching method is built.

J1. Gabriel Rangel

[uconnectioni.com](http://uconnectioni.com)

Max. 20

UNS40 A5.770

*Designing Health Promotion Programs for Children*

There is currently a gap between schools and effective and beneficial programs. We must focus on maximizing each child's potential for mental, physical, and emotional health to ensure their well-being and quality of life. In order to close this gap, we use the scientific protocol 'Intervention Mapping' for creating theory-and-evidence based health promotion programs. With this framework, 'Compassion', a program that promotes compassionate behaviors for children aged eight years old has been created and recently piloted in Mexico.

Join us, and learn the six steps of Intervention Mapping while you test yourself and create your own program along the way!

K1. Lukasz Budzinski \*online

Business Development Expert

Max. 10

A5.749A

*The Skill of Sales*

In 1847 Dr. Ignaz Semmelweis, a young doctor, carried out a study proving that clinicians who did not wash their hands carried diseases on them and infected their patients. Such results implied that doctors could cause the deaths of their patients. This research earned bad reviews, as it was not in line with common beliefs. Furthermore, Semmelweis wrote harsh letters to medical leaders around Europe. His peers did not like it. They criticized him and conspired to commit him to a mental institution,



where he, ironically, died from infection. His revolutionary discovery was not implemented into general practice for 75 years at the cost of hundreds if not thousands of lives.

No matter what your profession “ability to sell and influence people is the most important skill to succeed” M. Grzesiak.

During this workshop you will learn about the psychological processes underlying sales. Moreover, you will learn how to apply this knowledge into practice in order to convince your friends that “this party will be great and you should go there” or even to convince your professor that “this research will change the world”! That is not all! You will also learn what are the new tools which will help you to sell to and influence people in the XXI century.

\*This is an **online workshop**, which we are introducing for the first time this year. This workshop will only be offered during round 6, and your attendance, opinions (and perhaps patience) will be much appreciated.

#### L1. Helga Arnardóttir \*online

Positive Psychology Coach / Lecturer on Psychological Well-being and Positive Psychology

Max. 10

A5.753A

#### *Self-employment and Entrepreneurship*

When you graduate, do you really want to join the job market, or would you rather ‘create’ your own job? In this workshop you will learn about the experiences of a self-employed psychologist and coach. You’ll be presented with the questions you need to ask yourself in order to find your direction and how to deal with the challenges you might face along the way through self-compassion rather than blind determination.

\*This is an **online workshop**, which we are introducing for the first time this year. This workshop will only be offered during round 6, and your attendance, opinions (and perhaps patience) will be much appreciated.

## From student to Alumnus/a: UM loves building bridges!

What can the Alumni Office do for you?



In at least two years you'll be an alumnus/a of the UM Psychology bachelor-track. Right now, finding a job in the workforce seems infinitely far away. Still, at the Alumni Office we would like to let you know that we can help you achieve this. We like to keep in touch with our alumni, and offer a number of options to stay connected for life. Furthermore, it's never too early to start discovering the benefits of the UM-network for your career. Good to know right now for instance, is that you can use our exclusive Career Services until six months after you graduate. You can share in the employment databanks offered by the UM. Furthermore, we organize fun activities where you can meet your

former fellow students and your expertise in the workforce can be called on for a lecture during an Alumni meeting, held in- or outside of the Netherlands.

### Experiences of FPN Alumni

On the FPN-website you'll find stories of experience by Alumni. These stories might help you to decide on your choice of master track at the FPN.

### We'll keep in touch!

We don't just keep in touch through meetings but also through the Alumni Faculty of Psychology and Neuroscience LinkedIn group. LinkedIn is the biggest online professional network. Through a profile featuring your CV you can improve your professional visibility. Furthermore, an up-to-date profile helps you find a job and to get in touch with the right people that can help you get to it. If you're curious about the UM and FPN Alumni-policy, please visit our websites: [www.maastrichtuniversity.nl/fpn/alumni](http://www.maastrichtuniversity.nl/fpn/alumni) or [www.maastrichtuniversity.nl/alumni](http://www.maastrichtuniversity.nl/alumni)

Should you have any questions right now don't hesitate to contact me at [solange.schlosser@maastrichtuniversity.nl](mailto:solange.schlosser@maastrichtuniversity.nl).

Kind regards,

On behalf of the Maastricht University Alumni Office