Welcome to the Master in Psychology: Specialization Health and Medical Psychology

Chris Verhoeven

February 1st 2018
Discover the world at Leiden University
Today… We start, You start

Professional perspectives, requirements, planning this year, thesis, internship, basics
What brings you here? Why HMP for you?
HEALTH & MEDICAL PSYCHOLOGY

Body & Mind

Focus on capacity & empowerment

Stress & disease

Chronic diseases

Prevention & health promotion

eHealth & self-management
Characteristics
Health and Medical Psychology

• Focus on prevention, health and disease
• Interest in positive psychology and empowerment
• Mind – Body interaction
• Innovations in healthcare, education and research
• Interdisciplinary focus
• Clinical orientation
Professional perspectives

Primary prevention & training
• Municipal and national health care organizations (e.g. Voorlichtingsburo Voeding, GGD, Trimbos, Hersenstichting, Hartstichting, Astma Fonds, etc.)
• Companies

Research
• Universities and research institutes (TNO, Nivel, etc.)

Policy
• Local or federal government
• Developmental aid organizations (e.g. WHO)
Professional perspectives

Health care

- Primary health care (adults, children)
- Private practice
- Secondary health care: GGZ, hospitals, rehabilitation centers, medical centers
- Medical psychology department hospital
- Entry to post-graduate clinical training (e.g., GZ-opleiding)
Future of health/ medical psychologist

- Focus on themes with societal relevance
- Broad clinical, commercial and scientific orientation
- Experience has shown that most alumni find a job in their discipline
What do you need to do afterwards…..

• You CAN proceed with the Post Master training
• This is the case for all students who do Clinical, Child & Adolescent, Clinical Neuro or School psychology
Postmaster BIG programmes

Bachelor 3 yr

Master 1 yr
CP HP CNP CAP SP

GZ-psychologist Child/adults 2 yr

Psychotherapist Child/Adults 4 yr (2 yr for GZ)

Clinical psychologist 4 yr

Clinical neuro-psychologist 4 yr

On BB: document about PDO (in Dutch)
BB: General information Master Health and Medical Psychology, internships
Post-master training programs at the moment

• Health care psychologist → PDO ‘GZ-psycholoog’ (adult)
  (many applicants, few places)
• PDO ‘Psychotherapeut’ (Adults)
• PhD-study
• Specific therapy-training programs (e.g. Cognitive-behavior therapy, client-centred therapy)

• Please note that additional requirements have to be met
Additional requirements postmaster programmes

Postmaster GZ-psychooloog:

• Organisational, legal and ethical aspects of the health care system (is part of a 20 ec internship)
• Internship of at least 520 hours (20 ECTS) with supervised assessment and treatment
• Three diagnostic cases with diverse assessment questions and diagnostic instruments and supervised by a licensed supervisor (for BAPD or LOGO)
What does the health and medical psychology program look like?
# MSc Program Health and Medical Psychology

<table>
<thead>
<tr>
<th>Clinical practice path</th>
<th>Standard path</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Mandatory courses</td>
<td>20 ec</td>
</tr>
<tr>
<td>• Electives</td>
<td>0 ec</td>
</tr>
<tr>
<td>• Internship</td>
<td>20* ec</td>
</tr>
<tr>
<td>• Thesis</td>
<td>20 ec</td>
</tr>
</tbody>
</table>

*Clinical practice internship incl. Organizational, ethical & legal aspects of health care*
# Health and medical psychology programme (start Feb 2018)

<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 7 8</td>
<td># 11</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>#</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>BTS (5)</td>
<td>CBI (5)</td>
<td>Thesis (20)</td>
<td>Internal Practical Internship (10)</td>
<td>Internship (10-20)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training internship (teaching IPS/IBV (10)</td>
<td>HPIP (5)</td>
<td>Innovations in e-HC (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HPDP (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAICD (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating disorders (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Environmental psychology (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Discover the world at Leiden University
Basic therapeutic skills

- 2x yearly
- 5 two-hour lectures:
  - requirements that ensure that patients can benefit from a therapeutic relationship.
- 14 three-hour workgroups:
  - Training in basic therapeutic skills, such as building the psychotherapeutic relationship, establishing rapport, handling resistance, reflective listening etc.)
  - Mini-therapy sessions
- Separate lecture and workgroups for health & medical psychology and clinical psychology
- Coordinator: Veronica Janssen

Pilot! Automatic enrolment If not: deregister today
Cognitive-behavioral interventions

- 2x yearly
- 4 two-hour lectures and 1 Q&A:
  - general aspects of cognitive-behavior therapy.
  - specific interventions for different psychopathologies.
- 7 three-hour (supervised) and 7 two-hour (unsupervised) workgroups:
  - training in basic cognitive-behavioral interventions, such as case formulation, exposure, cognitive restructuring and relapse prevention.
  - Mini-therapy sessions: applying these interventions as an apprentice therapist to one of the fellow students
- Separate workgroups for health & medical psychology and clinical psychology
- Coordinator: Véronique de Gucht
Health promotion & disease prevention

• 1x yearly
• 4 two-hour lectures:
  ▪ recent insights into theory- and evidence-based health promotion.
  ▪ systematic approach to design and implementation of effective interventions.
• 8 three-hour workgroups:
  ▪ designing an intervention aimed at improving health.
  ▪ implementing and evaluating part of the intervention in a real-life situation (Healthy Faculty Days).
• Subscription in August
• Coordinator: Winnie Gebhardt
Psychological assessment and interventions in chronic disease

• 1x yearly
• 7 two-hour lectures:
  ▪ Epidemiology of, and psychosocial problems associated with a variety of chronic diseases.
  ▪ Disease-specific psychosocial intervention programs for quality of life and self-management.
• 7 three-hour workgroups:
  ▪ Training in using different assessment instruments.
  ▪ Training in using specific intervention strategies in patients with chronic disease.
• Subscription in August
• **Coordinator:** Véronique de Gucht
Master thesis

• A thesis-information-meeting will be held March, you will get a personal invitation by Umail

• Topics will be presented and you can indicate your topics of interest

• You will be allocated and than you talk to the corresponding staff member in order to choose a specific topic together

• There are 2 presentations
  • Oral presentation of research proposal (2\textsuperscript{nd} week of May 2017)
  • Poster presentation of results (2\textsuperscript{nd} week of Dec 2017)

• There are 2 deadlines scheduled:
  • Handing in the research proposal (before June 1, 2017)
  • Handing in final thesis (end of Jan 2018)

• Thesis coordinators: Margot van der Doef & Judy Veldhuijzen
Internship

- An internship info-meeting will be held March, you will get a personal invitation.
- Preferably you start an internship after you finished most your courses and most of your thesis.
- The timing (nr. of days a week) of the internship is flexible, and depends on your wishes and those of the organization.
- You can find your own internship place or you can apply to listed organizations (BB → general information HMP → internships).
- An Internal Practical Internship will be organized (between February 12th and May 18th 2018), info next sheet.
- Dutch students can consider to follow the Trainers Course Communication Skills (as elective) and let ‘being a trainer of IBV’ count as their 10 ec internship.
- Internship coordinator: Chris Verhoeven
Internal Practical Internship HMP & CNP

- It is a 10 ec internship with a coaching/therapeutical focus.
- For students HMP or CNP (international students have precedence)
- Preferably you have obtained the BTS course or the clinical practice part of Adult and old-age clinical neuropsychology
- No other internship can be done for your master
- It is an intensive trajectory between Feb 12th and May 18th 2018
- After this internship a report needs to be written
- You have to realize it will mean a time investment of 2.5 days a week.
- Registration form is available on: BB: Internal Practical Internship HMP & CNP (enrol yourself)

Apply by mail before Feb 8th verhoeven@fsw.leidenuniv.nl !!!
What courses can you take besides the ‘mandatory’ program?
Electives

If you plan to do a 10 ec internship you need 10 ec of electives

BUT

• List of electives in e-guide (from own & other specialisations)
• Electives from specialisations within psychology
• Two recommended courses:
  Health psychology in Practice (uSis code 5015)
  Innovations in E-Health care (uSis code 5057)
Master education committee (MOC)

There is a Master Committee responsible for all kinds of issues that are important for the master programs (p.e. evaluation of the courses, standardization of regulations between specializations, information stream bottom-up, etc)

Each specialisation is represented by 1 Dutch-speaking student, 1 international representative and 1 lecturer

Student (2017-2018): Anneke de Jong, a.t.dejong@umail.leidenuniv.nl
Int. student: Ana Milolic
Lecturer: Chris Verhoeven, verhoeven@fsw.leidenuniv.nl

Facebook: “MOC Psychology Leiden University”
Email: mocpsychology.students@fsw.leidenuniv.nl
MOC Get-together

February 1, 14:30-16:30
Common Room, FSW
(2nd floor, near the central stairs)
Mentor-system

- Students will get a personal mentor
- Mentorship is obligatory (no ec’s)
- Three meetings a year
- You get an invitation for your first meeting soon

Aim:
- To discuss planning and choices within the master program (e.g. electives)
- To discuss problems with the study (e.g. progress or organisational problems)
- To discuss future perspectives (e.g. internship, postmaster courses)
- To get referred to the right persons
Procedure to subscribe

Subscribing for **non-mandatory courses** with Usis for 2\textsuperscript{nd} semester courses of 2017-2018 will be possible this afternoon between 12.00-15.00 hours

• End of August 2018 you subscribe for the courses of the 1\textsuperscript{st} semester
• Read carefully in Usis the remarks (e.g. “Students Health and Medical Psychology”), so you subscribe to the right coursegroup (remember the USiS codes of the courses)
• If Usis reports for a chosen elective: “Full” or “waiting list” there is a realistic possibility that you can not follow the course.
Basics

• Usis:
  You need that function to subscribe for courses, check your grades, subscribe for exams (10 calendar days in advance of the exam!)

• Studentnumber:
  If you have not received that yet, contact the Onderwijs Service Center immediately.

• Blackboard:
  There you find the latest info on courses, assignments for workgroups….
  You enrol yourself
Basics

• Umail:
  Use your umail address for all correspondence with the university (forward it to your personal mail if you don’t check it regularly)… the university will use umail for important messages

• Master diploma:
  Submit the application form for graduation in time – best you can do is to apply for graduation when you have 40 ects. Diploma’s are dated on the last working day of the month. Official graduation sessions are scheduled 4-6 times a year.
Discover the world at Leiden University
If questions come up after this session, you can contact
Chris Verhoeven (2B53) 071-5274069
verhoeven@fsw.leidenuniv.nl