Master in Health & Medical Psychology
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Amy van Rietschoten
Student Health and Medical Psychology
Are you interested in...

• Empowerment: ‘what someone can do’
• Healthy lifestyles
• Impact of life events on daily living
• Coping with chronic disease
• Doctor-patient relationship
• Mind-body interplay
• E-health interventions

• Building bridges between science and clinical practice
Health and Medical Psychology

Future of the health/ medical psychologist?

• Focus on themes with societal relevance
• Broad clinical, professional and scientific orientation
• Experience has shown that all alumni find a job in their discipline
Perspectives health and medical psychologists

1. Prevention and health promotion
2. Diagnosis and treatment (therapy)
3. Scientific research
4. Coaching, training
5. Healthcare policy and innovation
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)
• Coaching
Professional perspectives

Primary prevention & training

• Municipal and national health care organizations (e.g. Voorlichtingsburo Voeding, 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)
MSc Program Health and Medical Psychology

- Mandatory courses 20 ec
- Electives 10 / 0 ec
- Internship 10 / 20 ec *
- Thesis 20 ec

- incl. Organisational, ethical & legal aspects of health care
- ‘Basis Aantekening Psychodiagnostiek’ (BAPD) may be possible
Topics of Health Psychology in Leiden

- Complex interplay neurobiological, psychological & social factors
- Prevention and changing lifestyles
- Coping with stress and impact on health
- Interventions focused on dealing with chronic illness
- Clinical health psychology skills
# Health and Medical Psychology Master programme

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## Standard programme

- **BTS (5)**
- **CBI (5)**
- **HPDP (5)**
- **PAICD (5)**
- **Thesis (20)**
- **Internship (20)**

## Alternative programme with a 10 ect internship

- **BTS (5)**
- **CBI (5)**
- **Elective E-health (5)**
- **Elective HPIP (5)**
- **HPDP (5)**
- **PAICD (5)**
- **Internship (10)**
- **Thesis (20)**
# Health psychology Master programme (Start Feb)

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## Mandatory courses
- BTS (5)
- CBI (5)
- HPDP (5)
- PAICD (5)

## Thesis (20)

## Possible elective
- HPiP (5)
- E-health (5)

## Internship (10)

## Internship (20)
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

• 7 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)
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.
Basic therapeutic skills

- 2x yearly

- 4 two-hour lectures:
  - requirements that ensure that patients can benefit from a therapeutic relationship.

- 14 four-hour workgroups:
  - training in basic therapeutic skills, such as building the psychotherapeutic relationship, establishing rapport, handling resistance, reflective listening etc.

- Mini-therapy sessions
Cognitive-behavioral interventions

• 2x yearly

• 7 two-hour lectures:
  • general aspects of cognitive-behavior therapy.
  • specific interventions for different psychopathologies.

• 7 three-hour and 7 four-hour 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.
Master research & thesis

• Thesis-information-meeting (October/February).
• A list of topics; you can indicate your topic of interest.
• Placement and contact with supervisor.
• There are two deadlines:
  • handing in the research proposal (incl. oral presentation)
  • the final date for the thesis (incl. poster presentation).
Internship

• Internship-info-meeting (October and February).
• Start (preferably) an internship after completion courses and thesis research activities.
• Finding a place: Find a setting that fulfills the criteria, check with the coordinator, apply, determine tasks, get final permission from coordinator, sign contract, send contract to coordinator.
• Clinical practice internship: 20 ec (including diagnosis and treatment of pts). For example:
  • Medical psychology department hospital or rehabilitation center
• Practice or Research internship (10 ec) For example:
  • GGD health promotion
  • TNO research
  • Trainers Course Communication Skills (10ec EL) and teach the 2nd year IBV course (10 ec Internship).
Electives

Doing the MSc in 1 year requires good planning, but is certainly feasible.

Electives if time allows it:

• List of electives in e-guide (from own & other specialisations).
• Electives from specialisations within psychology.
• Health Psychology in Practice is recommended.
• Innovations in eHealth care is recommended.
Post-master programs

• Health care psychologist (e.g., GZ-opleiding)
• Specific therapy-training programs (e.g., Cognitive-behavioral therapy)
• PhD-study

• These are eligible for all students who have completed a Master in Clinical, Health, Child and Adolescent or Clinical Neuropsychology!

• Note: some additional requirements (e.g. re internship) and high competition!
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
Why would you choose *Leiden* MSc Health & Medical Psychology?

- Only 1-year professional Master in NL where health promotion and coping with chronic illness are offered in combination
- Strong link theory – practice
- International focus
- Small group (approx 50 students a year), close contacts, a lot of student-staff interaction
- Keeping all options open: access to post-graduate training programs (e.g., GZ-opleiding, VG Ct CGT opleiding etc.) if requirements are fulfilled
Questions??

Please also take the opportunity to ask your personal question(s) in the ‘meet and greet’ and the information market after this session.

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