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

Chris Verhoeven

August 29st 2019
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

Prevention & health promotion

Chronic diseases

eHealth & self-management

Discover the world at Leiden University
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
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
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
Additional requirements postmaster programmes

Postmaster GZ-psycholoog:

• Organisational, legal and ethical aspects of the health care system (is part of a 20 ec internship)
• Internship of at least 560 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

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

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<th>Month</th>
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**BTS (5)**

**HPDP (5)**

**CBI (5)**

**PAICD (5)**

**TCCS (10)**

**IBV internship (10)**

**IPI (10)**
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: Jessica Terpstra

Automatic enrolment
If not: deregister today
OSC 1-3pm
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

Automatic enrolment
If not: deregister today
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 University Days).
- 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

Automatic enrolment
If not: deregister today
Master thesis

- A thesis-information-meeting will be held October, 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 Feb 2020)
  - Poster presentation of results (2\textsuperscript{nd} week of June 2020)
- There are 2 deadlines scheduled:
  - handing in the research proposal (before March 1, 2020)
  - Handing in final thesis (end of June 2020)
- Thesis coordinators: Margot van der Doef & Judy Veldhuijzen
Prep course (Preparatory statistics)

- 2x yearly
- 6 two-hour lectures
- 6 two-hour workgroups
- It teaches students statistical knowledge and practical skills at a conceptual level, useful for the quantitative research process used in most master theses. The topics cover part of the bachelor statistics program with specific attention for formulating research questions, data handling in SPSS, interpreting and reporting SPSS results (APA style), and drawing conclusions based on these results.
- **Coordinator**: Tom Wilderjans

If you think you have a statistical deficiency
Subscribe today
Internship

• An internship info-meeting will be held October, 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 and June 2020), info next sheet.
• Dutch students can consider to follow the Trainers Course Communication Skills (as elective) and let ‘being a trainer of IBV/IPS’ 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 (or are doing) 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 and June 2020
• You have to realize it will mean a time investment of 2,5 days a week.
• Registration form will become available on: BB: Internal Practical Internship HMP & CNP (enrol yourself)

Apply by mail before Feb 5th 2020 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

- List of electives in e-guide (from own & other specialisations)
- Electives from specialisations within psychology
- Two recommended courses:
  Health psychology in Practice
  Innovations in E-Health care
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 1\textsuperscript{st} semester courses of 2019-2020 will be possible this afternoon between 13.00-15.00 hours

- End of January 2020 you subscribe for the courses of the 2nd semester
- If Usis reports for a chosen elective: “Full” or “waiting list” there is a realistic possibility that you can not follow the course.
Masters Education Committee

In Dutch: Master OpleidingsCommissie (MOC) has a teacher and student representatives

Mission:
• Improve education

Contact:
• Facebook: “MOC Psychology Leiden University”
• Email: mocpsychology.students@fsw.leidenuniv.nl

Present student: Marieke van Solkema: marieke@vansolkema.nl
What can you do?

• Fill out the evaluation forms after every course
• Report your issues and comments to the representatives

We are looking for new representatives!

• Dutch-speaking MOC student representative
• International Student Platform (ISP) representative

Contact: Marieke@vansolkema.nl
Member recruitment team

Do you want to

• share your experiences with the master with future students?
• answer questions future students have?
• be present (or recruit volunteers) at informational activities?

Update you CV (and earn some money) with becoming a member of the recruitment team of psychology!

Contact: ambassador.mscpsy@fsw.leidenuniv.nl before Sept 7th
(with motivation letter: introduce yourself, describe why you are interested and what makes you suitable)
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.
If questions come up after this session, you can contact
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