

Preparing for course subscription

Health and Medical Psychology

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**Universiteit
Leiden**
The Netherlands



A quick overview

Programme structure

- Four mandatory courses 20 EC
- Thesis 20 EC
- Internship 10/20 EC
- Two elective courses 0/10 EC

Degree

- MSc in Psychology

Type of programme

- Full time
- 60 EC

Starts in

- September
- February



Mandatory courses

Basic therapeutic skills

- 2x yearly (block 1 and 3)
- 5 one-hour lectures, 14 three-hour mandatory workgroups (un)supervised
- Covering topics related to the therapeutic relationship and therapeutic skills, such as building the psychotherapeutic relationship, establishing rapport, handling resistance, reflective listening etc.). Mini-therapy sessions.

Cognitive behavioural interventions

- 2x yearly (block 2 and 4), separate workgroups for HMP and CP
- 4 two-hour lectures, 14 three-hour mandatory workgroups (un)supervised
- Covering general aspects of CBT and specific interventions for different psychological problems, this course focuses on training in CBT techniques such as case formulation, exposure, cognitive restructuring, and behavioural experiments, and incorporates mini-therapy sessions.



Mandatory courses

Designing interventions for behavioural change

- 1x yearly (block 1)
- 4 two-hour lectures, 7 two-hour mandatory workgroups
- Recent insights into theory- and evidence-based health promotion, and theory and practice of a systematic approach to design and implementation of effective interventions. Real-life implementation.

Psychological assessment and interventions in chronic disease

- 1x yearly (block 2)
- 7 two-hour lectures, 7 two-hour mandatory workgroups
- For a variety of chronic somatic diseases (e.g., cardiovascular disease or cancer), this course will focus on the associated psychosocial problems, the instruments used to assess them, and the disease-specific psychosocial intervention strategies that can be applied to improve quality of life and self-management.



Mandatory courses

- Presence is mandatory for the mandatory courses
- On BS you find specifics in case you do miss one session.
- Mostly max 1x missing is allowed and will have to be compensated by an assignment

- Subscription is possible only for the semester to come
 - so in July-August for block 1+2 courses
 - and December-January for block 3+4 courses



Often chosen electives

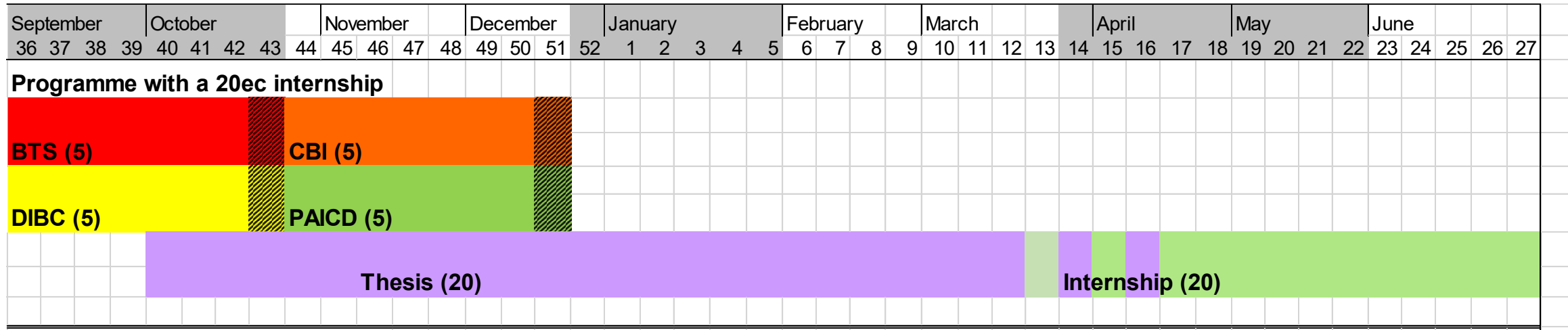
- Health Psychology: from Research to Practice (block 3);
- Innovations in eHealth Care (block 3);
- Trauma and Mental Health: etiology, prevention, diagnostics and treatment (block 4)
- Trainers Course Communication Skills (block 1+2)
Alternative planning required (please contact Verhoeven@fsw.leidenuniv.nl for suggestions/advice).
- Perspectives in Clinical Neuroscience (block 4)

See Prospectus for the total list of available electives.

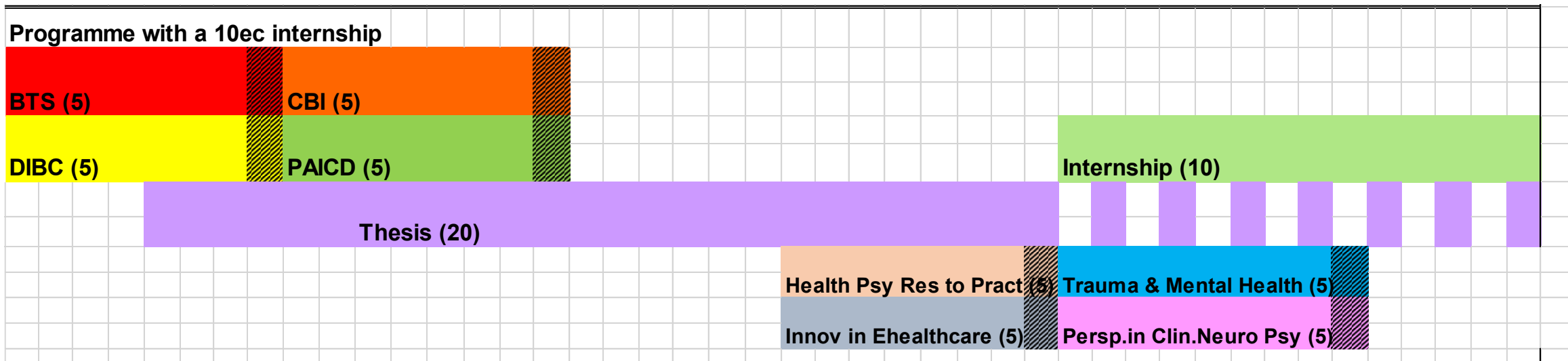


Starting in September timeline



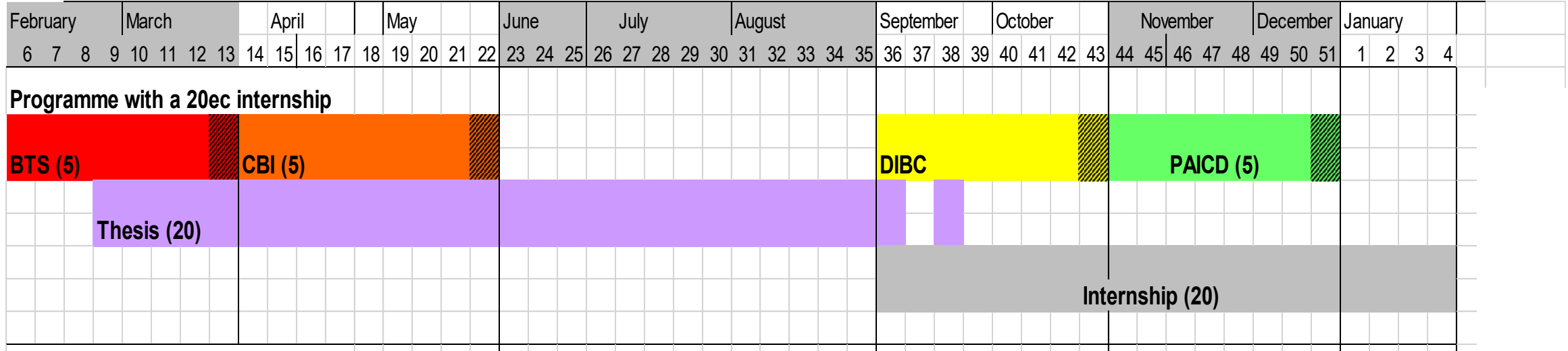


September				October				November				December				January				February				March				April				May				June							
36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27

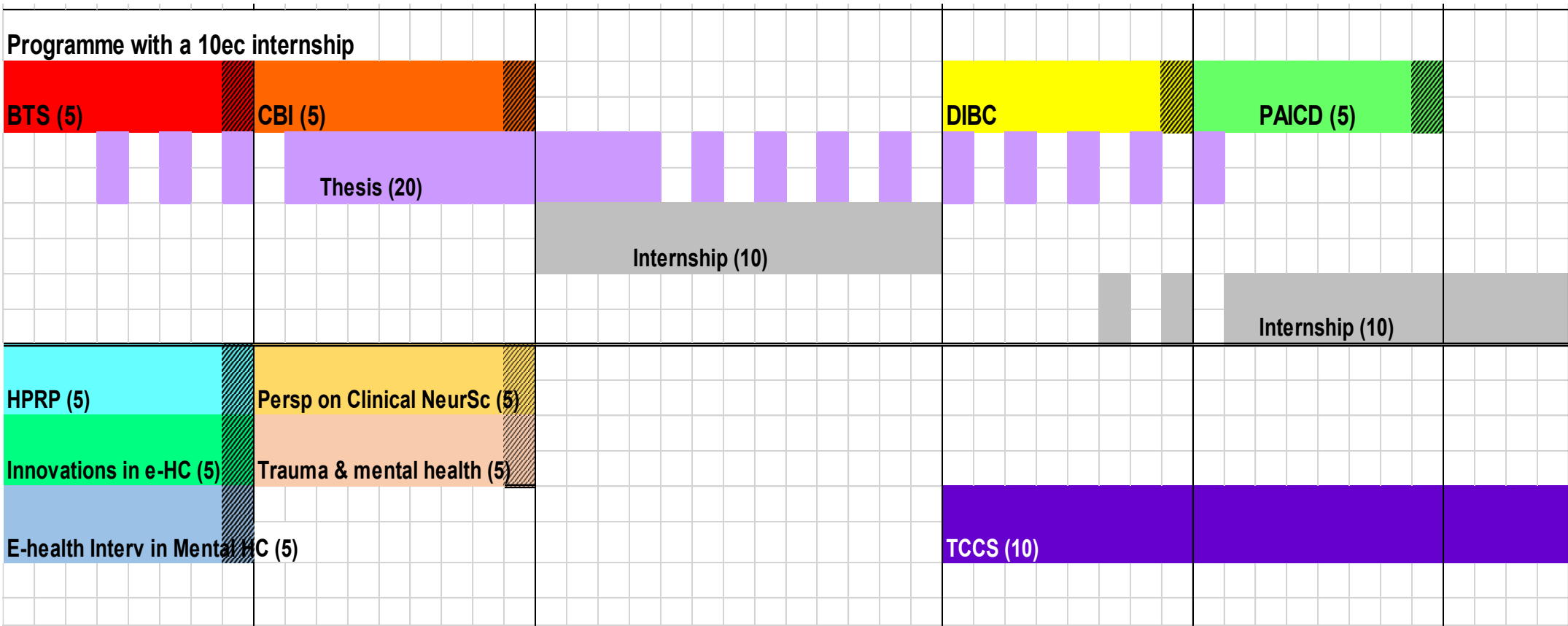


Starting in February timeline





February					March					April					May					June					July					August					September					October					November					December					January				
6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	1	2	3	4										



Thesis

- Thesis Kick-off-meeting will be held mid February, and mid September (invite through Umail)
- Topics:
 1. Pick a topic for the list provided, motivation letter, get selected
 2. Find your own topic & supervisor, ask approval (HMP topic, quantitative, PhD supervisor)
 3. Combine a thesis-internship, apply for it, ask approval
- You communicate with the coordinators about your ideas and preferences.
- No subscription in MyStudymap is required for the thesis, the start of the thesis is the Kick-off meeting.
- There are a few deadlines scheduled:
 - Hand in contract (at the start of thesis project)
 - Handing in the research proposal (6 weeks after the start)
 - Presentation of results (beginning of June or December)
 - Handing in final thesis (15th of June or December, or date set with your supervisor)



Internship

- An internship info-meeting will take place end of February and September (invitation via Umail).
- Preferably you start an internship after you finished most your courses and most of your thesis (BTS and CBI required for a 20EC internship).
- You start looking for one ± 6 months before you want to start.
- The timing (nr. of days a week/ starting date) of the internship is flexible and depends on your wishes and those of the organization.
- Your internship is evaluated after the required no. of hours (280 or 560h).
- You can find your own internship place or you can apply to listed organizations (BS → Master HMP → internships). When you find a place you ask approval from the internship coordinator.



Internal Practical Internship (10EC)

- Trajectory focused on COACHING
- Is organized between February and June each year
- IPI is given in English
- International students get precedence
- Max 12 students
- Info & registration via Verhoeven@fsw.leidenuniv.nl

The timing of this internship is fixed and might require a closer look at the planning of your mandatory courses/thesis (pls mail Chris Verhoeven).



I want to start looking for internships already, what are the requirements?

- A qualified psychologist to supervise you (practical internship: behavioral scientist; research internship: a qualified researcher; clinical internship licensed GZ psychologist/ psychotherapist)
- Health or medical psychology-related
- A variety of tasks that can be practiced
- The required number of days (35 or 70)
- If you want to fulfill the GZ criteria, a 20 EC internship with min 60 hours diagnostics and min 60 hours treatment
- No subscription required in MyStudymap (but you need a Uni-contract)
- For students who are planning to do an internship or thesis project abroad: they need to register their internship or thesis project via the 'Study Abroad' tile. This has to be done at least two weeks before departure



Before the start of the programme

Sign up for courses in MyStudymap

- Courses first semester (Sep-Jan)
 - Course planning in June
 - Course enrolment in July
- Courses second semester (Feb-Aug)
 - Course planning in November
 - Course enrolment in December
- Instructions on student website of Leiden University

Be present at the Master's Kick Off, we expect you there.

- Kick off meetings are held the last Thursday before the start of the academic semester (end of August and end of January).
- More information will follow via Umail



