

UNIVERSITY OF **PSYCHOLOGY**

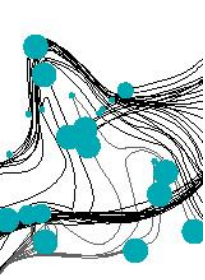


OPEN DAY

MASTER PSYCHOLOGY

PowerPoint online:

www.utwente.nl/master/mps/powerpoint

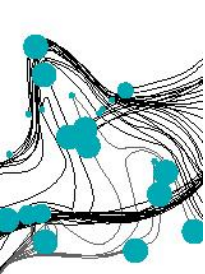


TODAY'S PROGRAMME



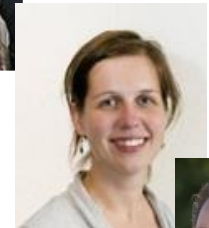
- General information about psychology master
- Specific information about master
 - Health Psychology & Technology
 - Learning Sciences
 - Human Factors and Engineering Psychology
 - Break
 - Conflict, Risk and Safety
 - Positive Psychology and Technology
- Admission and Pre-Master

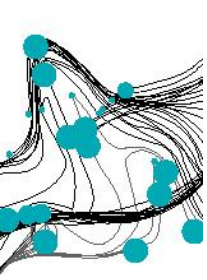




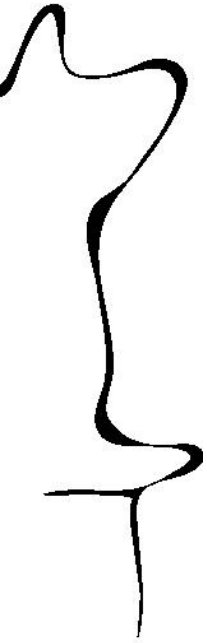
WHO ARE WE?

- Programme director: Mariëlle Stel
 - Programme coordinator: Laura Holsbeeke
 - Study adviser (Pre-)Master: Joleen de Jong & Anne Oltvoort
- Masterspecializations by:
- Health Psychology and Technology: Christina Bode
 - Learning Sciences: Alieke van Dijk
 - Human Factors and Engineering Psychology: Lida David
 - Conflict, Risk and Safety: Mariëlle Stel
 - Positive Psychology and Technology: Marjolein Prenger





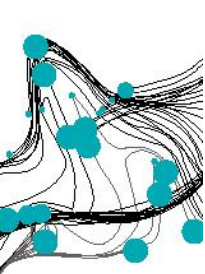
WHO ARE YOU?



What is your current/previous education?

- Bachelor Psychology at University of Twente
- Bachelor Psychology elsewhere
- Other Bachelor (wo)
- University of applied sciences (hbo)



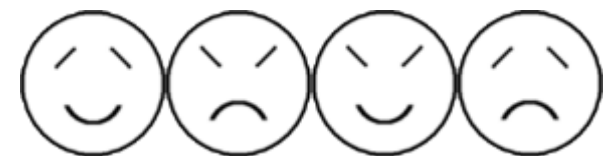


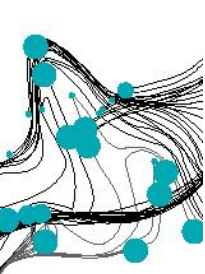
WHAT IS (THE MASTER) PSYCHOLOGY?



- Psychology = studying human behaviour
- Aim: improve well-being
- In the master:
 - Gain more in-depth knowledge
 - Trained as a designer and researcher with professional skills
 - Apply knowledge: Intervention for societal problems

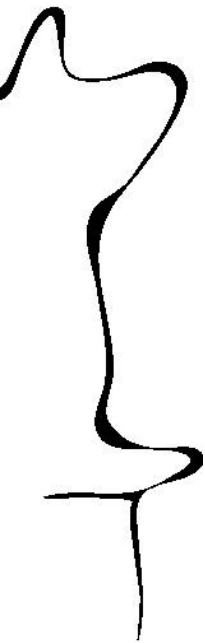
→ Become an expert in master's specialization

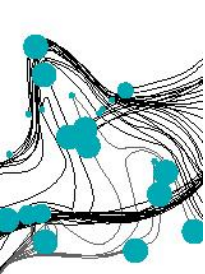




WHAT IS (THE MASTER) PSYCHOLOGY / WHY IN TWENTE?

- specializations @ UTwente:
 - Health Psychology and Technology
 - Learning Sciences
 - Human Factors and Engineering Psychology
 - Conflict, Risk and Safety
 - Positive Psychology and Technology

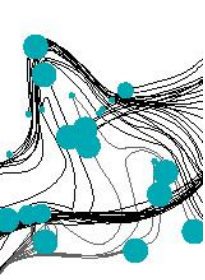




WHY PSYCHOLOGY IN TWENTE?

- Unique combination of Psychology and Technology
 - Understanding human behaviour better by using technological measurements
 - Making use of technology when creating psychological interventions
 - Improving used technology with the knowledge of psychology



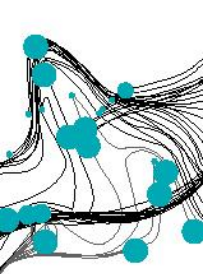


WHY PSYCHOLOGY IN TWENTE?



- Unique and interesting master specializations
- Unique combination of psychology and technology
- Applied psychology programme and designing solutions for psychological problems
- Small-scale & open, friendly atmosphere
- Pre-master programme
- Technological & applied focus
→ Better opportunities on job market!





MASTER PROGRAMME



- Explained in specialization presentation
- In general:
 - 1 year programme of 60 EC
 - 40 hours per week
 - Courses
 - Thesis & Internship



Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Public Health Psychology 201000136	5EC Research Methods in Psychology 201400579	5EC Behavioural Medicine 201200121	
5EC Design of Persuasive Health Technology 201400584	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course			

UNIVERSITY OF HEALTH PSYCHOLOGY & TECHNOLOGY

The background is black. The text 'UNIVERSITY OF HEALTH PSYCHOLOGY & TECHNOLOGY' is centered. 'UNIVERSITY' and 'OF' are white, while 'HEALTH', 'PSYCHOLOGY &', and 'TECHNOLOGY' are green. To the right of the text, there is a decorative wavy line in white and green, ending in a small circular pattern of dots. Below the text, there are two more decorative elements: a cluster of dots on the left and a wavy line on the right, both in white and green.

Stans Drossaert, Marcel Pieterse & Christina Bode



WHAT IS HEALTH PSYCHOLOGY?

Relationship between psychology and (physical & mental) health:

- Influence of behaviour and psychosocial factors on the onset of disease
- Influence of psychosocial factors on the course of disease
- Influence of disease on quality of life



Binge drinking

Vaccinations

(Social) learning theories

Obesity

Risk communication

Exercising

Implicit change techniques

Safe sex

Stress

Motivation and self-regulation

WHAT IS HEALTH PSYCHOLOGY?





WHAT IS HEALTH PSYCHOLOGY?

Relationship between psychology and health:

- Influence of behaviour and psychosocial factors on the onset of disease
- **Influence of psychosocial factors on the course of disease**
- Influence of disease on quality of life



Help-seeking

Adherence to therapy

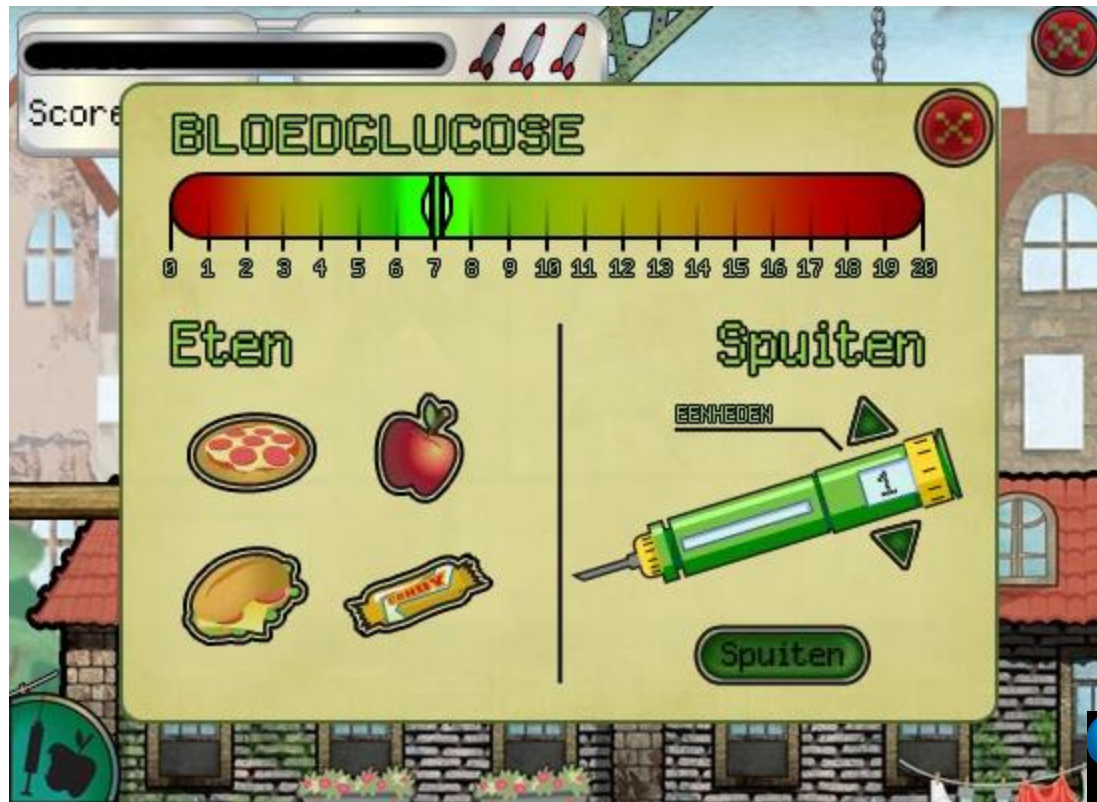
Stress-management

(online) Peer support

Doctor patient communication

Self-management

WHAT IS HEALTH PSYCHOLOGY?





WHAT IS HEALTH PSYCHOLOGY?

Relationship between psychology and health:

- Influence of behaviour and psychosocial factors on the onset of disease
- Influence of psychosocial factors on the course of disease
- **Influence of disease on quality of life**



Fatigue

Prejudice and stigma

Pain

Post-traumatic growth

Coping with loss & (approaching) death

Consequences for social environment

WHAT IS HEALTH PSYCHOLOGY?

Systematic Review and Meta-Analysis

Medicine®

OPEN

Prevalence and determinants of depression in caregivers of cancer patients A systematic review and meta-analysis

Hai-mei Geng, BSc^a, Dong-mei Chuang, BSc^b, Fang Yang, BSc^a, Yang Yang, BSc^a, Wei-min Liu, BSc^a, Li-hui Liu, BSc^{c,*}, Hong-mei Tian, BSc^{c,*}

Abstract

Background Aim of this study was to estimate the prevalence rate of depression in cancer patient caregivers and to identify factors affecting depression and quality of life of cancer caregivers.

Methods Relevant research articles were retrieved after literature search in several electronic databases. Random effects meta-analyses were performed to obtain pooled estimates of the prevalence rates of depression and anxiety; their respective scores, and quality of life scores. Significant relationships between depression and factors related to depression and quality of life reported in individual studies were identified.

Results Thirty studies were included. Overall, 21,149 caregivers were appraised in these studies (age 52.65 years [95% CI: 49.65, 55.65]; 31.14% [28.40, 33.89] men). The prevalence of depression and anxiety were 42.30% [33.31, 51.29] % and 46.55% [35.59, 57.52], respectively. Quality of life score, as measured with Caregiver Quality of Life—Cancer scale was 64.55 [47.44, 81.66]. Patient's condition, caregiving burden, duration of caregiving, spouse caregiver, caregiver being unemployed, caregiver with chronic disease, caregiver's sleep quality, caregiver's avoidance, financial problems, and female sex were positively associated with depression whereas overall quality of life of caregiver, pre-loss grief, caregiver's education level, caregiver's age, caregiver's sense of coherence, and caregiver's bondage with patient were negatively associated with depression in caregivers.

Conclusion A considerably high prevalence of depression is found in cancer patient caregivers. Several factors may affect depression and their quality of life of cancer patient caregivers.

Abbreviations: BDI = Beck Depression Inventory, CESD = Center for Epidemiological Studies Depression, CQOLC = Caregiver's Quality of Life Index—Cancer, DSM-IV = Diagnostic and Statistical Manual of Mental Disorders-IV, EORTC QLQ-C15-PAL = Core Questionnaire of the European Organization for Research and Treatment of Cancer, HADS = Hospital Anxiety and Depression Scale, POMS = Profile of Mood States, PRISMA = preferred reporting items for systematic reviews and meta-analysis, SCID = structured clinical interview, SF = Short Form, STAI = State-Trait Anxiety Inventory, WHOQOL-BREF = World Health Organization Quality of Life Best Available Techniques Reference Document.

Keywords: cancer patient caregivers, depression, meta-analysis, nursing, systematic review

42% Anxiety
47% Depressive
symptoms

1. Introduction

Cancer patient caregivers play an important role in patient's disease



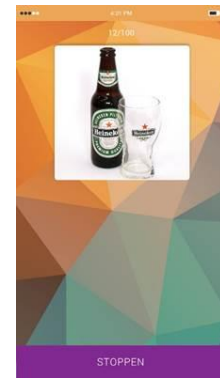
WHAT IS HEALTH PSYCHOLOGY?

SOME EXAMPLES OF RESEARCH PROJECTS IN OUR DEPARTMENT



Alcohol-de-Baas.nl

Can alcohol addiction be tackled with implicit tasks?
(AAT)



VR eLearning programme to prevent
Infections in health care?





WHAT IS HEALTH PSYCHOLOGY?

Physical and mental health

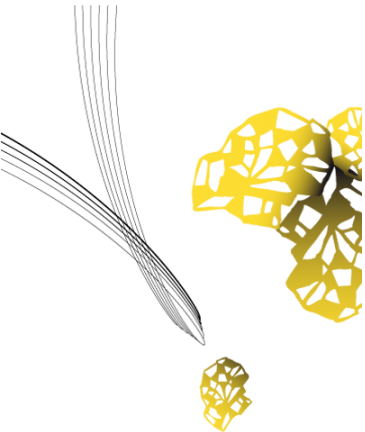
Not primarily aimed at psychiatric disorders

To understand and to influence (via policy or interventions)

(no training to be psychotherapist)



Aimed at the public, patients or health professionals

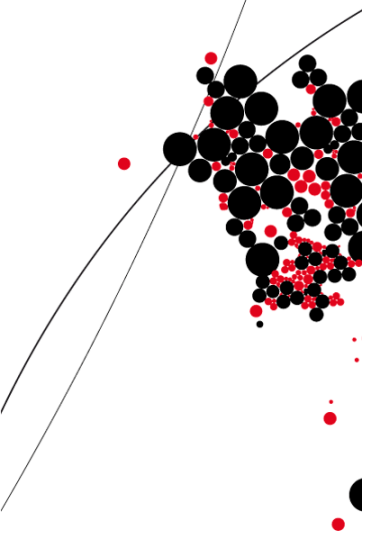


WHY HEALTH PSYCHOLOGY & TECHNOLOGY IN TWENTE?

Technological “touch”

How can we use psychology to improve technology?

How can we use technology to improve health psychology?





WHAT IS PSYCHOLOGY & TECHNOLOGY?

FREE ONLINE COURSE

eHealth: Combining Psychology, Technology and Health

How can technology make you healthy? Learn about the design, application, implementation and evaluation of eHealth.

MOOC: Free Open Online Course (*Video's, discussions, quizzes, assignments*)

One of the first universities to develop a MOOC on eHealth

Sneak peak at

www.futurelearn.com/courses/ehealth



WHAT IS PSYCHOLOGY & TECHNOLOGY?

FREE ONLINE COURSE

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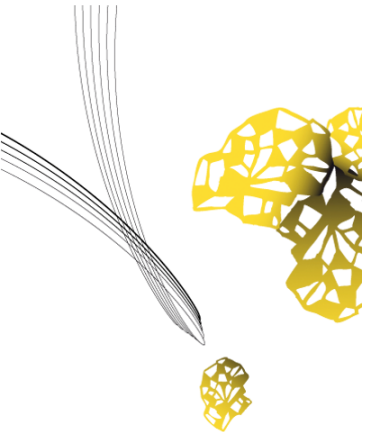
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assignments)

www.futurelearn.com/courses/ehealth



WHY HEALTH PSYCHOLOGY & TECHNOLOGY IN TWENTE?

Technological “touch”

How can we use psychology to improve technology?

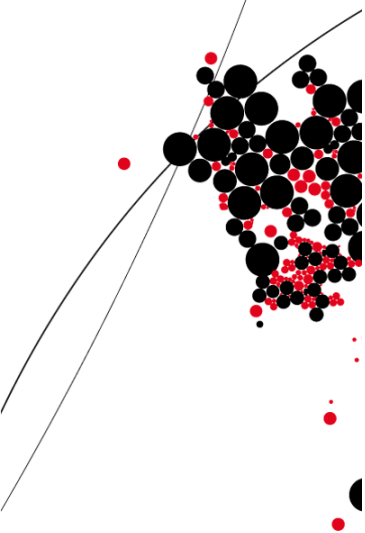
How can we use technology to improve health psychology?

Focus on design

Attention for context, involving all relevant stakeholders

Attention for professional skills

Leading discussions, negotiating, interdisciplinary collaboration





STUDY PROGRAMME

Health Psychology & Technology

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Public Health Psychology 201000136	5EC Research Methods in Psychology 201400579	5EC Behavioural Medicine 201200121	
5EC Design of Persuasive Health Technology 201400584	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course			



STUDY PROGRAMME

Health Psychology & Technology

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Public Health Psychology 201000136	5EC Research Methods in Psychology 201400579	5EC Behavioural Medicine 201200111	
5EC Design of Persuasive Health Technology 201400584	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course			

Professional
Skills



STUDY PROGRAMME

Health Psychology & Technology

Semester 2		Semester 1	
Quartile 2A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Public Health Psychology	<div>About Staying Healthy</div> <div><u>Theories about:</u> Determinants of health behaviour Behavioural Change Techniques</div> <div><u>Practice / skills:</u> Translating strategies into practice Negotiating an intervention proposal with relevant stakeholders</div>		
5EC Design of Persuasive Health Technology			
5EC Elective Course			



STUDY PROGRAMME

Health Psychology & Technology

Semester 2		Semester 1	
Quartile 2A	Quartile 2B	Quartile 1A	Quartile 1B
		5EC Behavioural Medicine	
		and (if applicable) Internship (35EC)	

About being ill

Theories about (a.o.):

Impact of illness on Quality of Life
Self Management & Social Support
Organisation of the (Dutch) Health Care system

Practice/ Skills

Critical review of existing interventions
Guiding a group discussion



STUDY PROGRAMME

Health Psychology & Technology

Semester 1	
Quartile 1A	Quartile 1B
5EC Behavioural Medicine	5EC Advanced Research Methodology
5EC Design of Persuasive Health Technology	
5EC Elective Course	

About designing technologies
for health in interdisciplinary teams

Theories about
Persuasive technology
Design & research methods

Practice /Skills
Develop a video prototype of an ehealth
intervention
Conducting formative evaluation
Working in interdisciplinary teams



STUDY PROGRAMME

Health Psychology & Technology

Semester 1		Semester 2	
Quartile 1A	Quartile 1B		Quartile 2B
5EC Public Health Psychology	5EC Advanced Research Methods	Together with PPT <ul style="list-style-type: none">- mixed methods research- log data analysis- experience sampling- story line analysis- text mining	
5EC Design of Persuasive Health Technology			
5EC Elective Course			
		Major Thesis (60 applicable) Internship (35EC)	
		See other tracks 😊	



INTERNSHIP

The Internship...

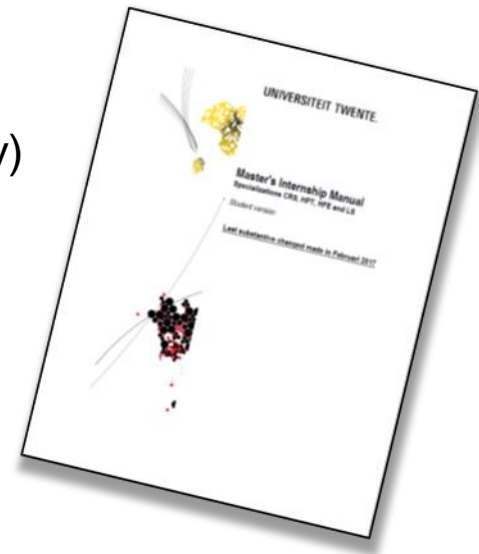
- Is 10EC
- May be part of masterthesis (but not necessarily)
- Starts in blok 1B (November)
- Is accompagnied with workshops



Internship Assignments...

- Are offered by the university
- You may also look for assignments yourself
(in consultation with internship coördinator)

See: <https://www.utwente.nl/en/psy/master/internship/>





INTERNSHIP

Examples of past internships

**UNIVERSITEIT
TWENTE.**

To help develop a self-compassion intervention for patients with cancer



Zorginstituut Nederland

To make an inventarisation of existing eHealth interventions in longterm care

PHILIPS

To help with development of a neuro-feedback intervention for people with insomnia

CZ deventer
ziekenhuis

Benefits and barriers of using VR in patient education for kidney patients

UNIVERSITEIT TWENTE.



MASTER THESIS

- 25 EC or 35 EC Research assignment
- Internal or external



MASTERTHESIS

Examples of past research assignments



Compassion fatigue in hospice volunteers



umcg

Who decides about use of anti-psychotic medication in dementia-patients?



Does biofeedback help to reduce pain in patients with fibromyalgia?

<https://www.utwente.nl/nl/bms/pgt/ond/gp/>

CARREER

National Health Organizations or Knowledge Institutes



Zorginstituut Nederland



kennis en aanpak
sociale vraagstuk





CARREER

Local or Regional Health Organizations

Municipal Health Services

Hospitals



Patient organisations



Mental Health



Companies





CAREER

RESEARCHERS



Juliane Menting
Nivel

Participation in people with chronic conditions



Lonneke Lenferink
RUG-University of Groningen

Psychological consequences of “missing persons”



Jeroen Deenik
GGZ Centraal

Life style interventions in psychiatric care

CAREER

PROFESSIONALS



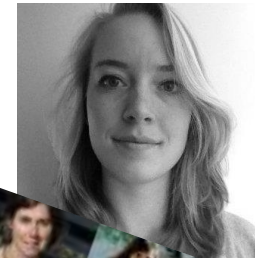
Marieke Kingma Hanzehout
Teacher



Ellen Sticco
Staff member



Martine P. Tactus
Staff member, eHealth



Jolet van der Steen
Staff member, patient safety

Desper Brons
Consultant, eHealth Innovations





For more information

See: www.utwente.nl/go/mps.

Questions??

Stans Drossaert (coord.)

c.h.c.drossaert@utwente.nl

Marcel Pieterse

m.e.pieterse@utwente.nl

Christina Bode

c.bode@utwente.nl

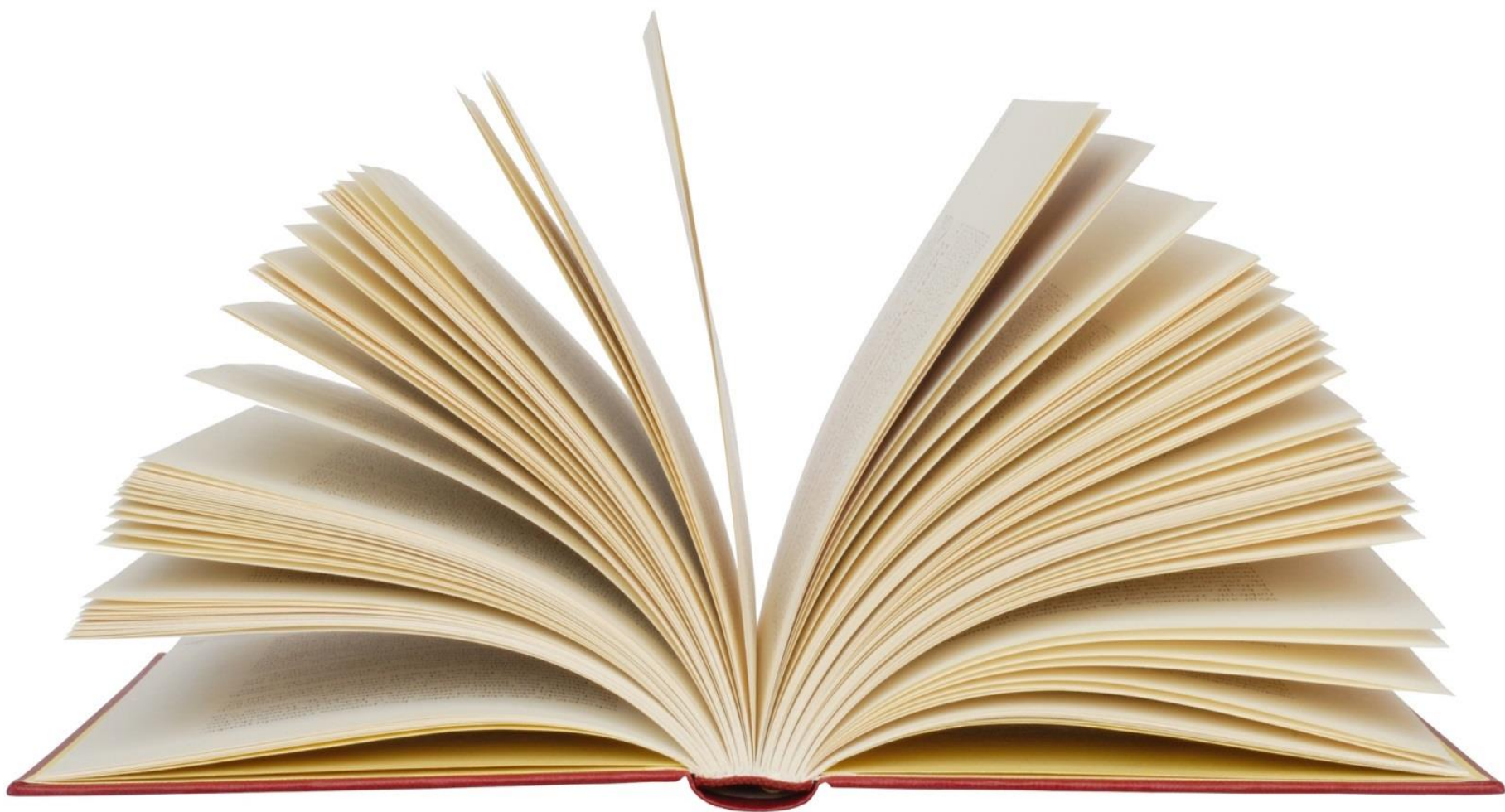
UNIVERSITEIT TWENTE.



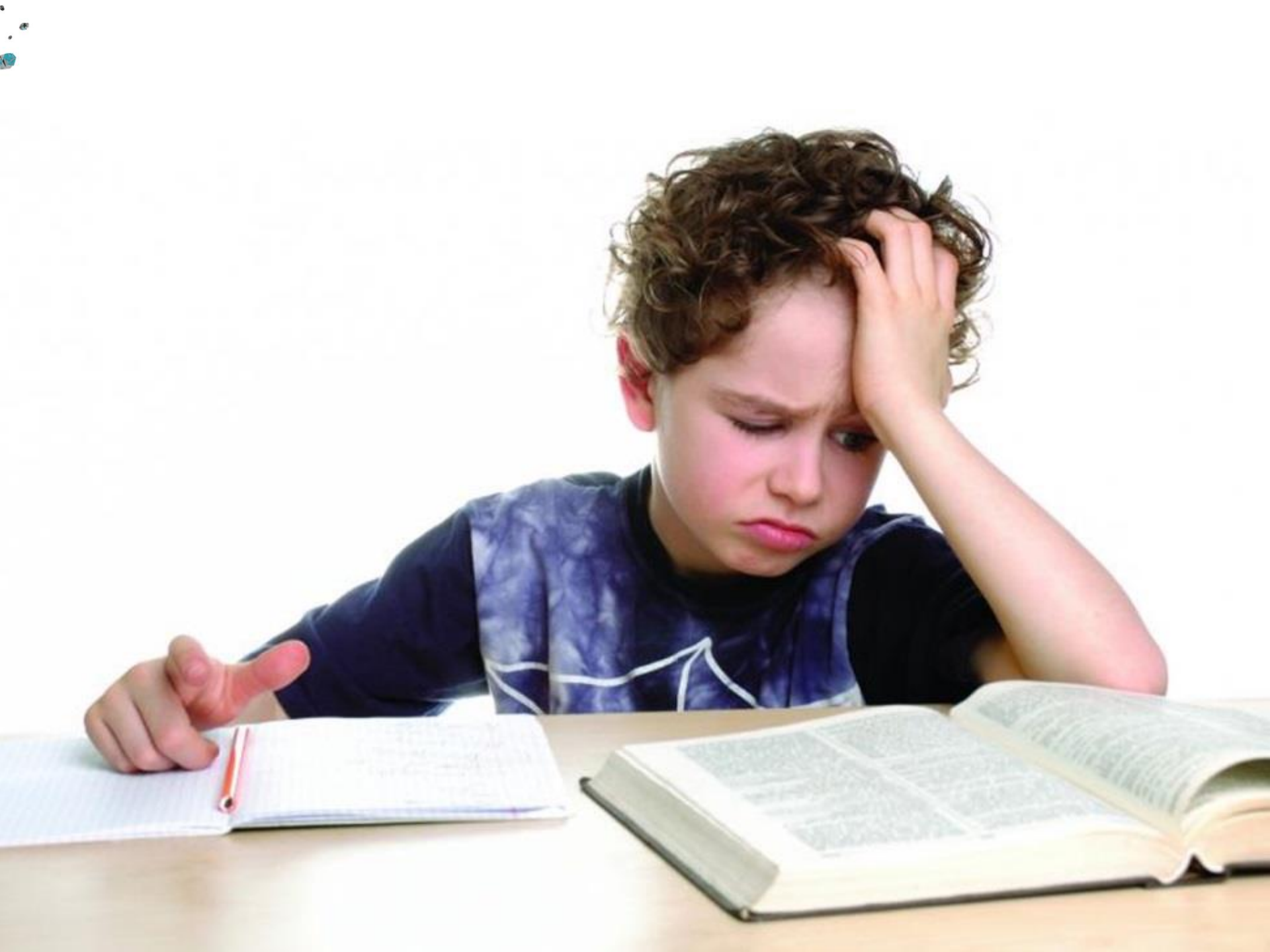
UNIVERSITY OF LEARNING SCIENCES



Alieke van Dijk









$$f(x) = \frac{d^p}{p(p)} x^{p-1} e^{-\lambda x} \quad x > 0; \quad \pi(p) = \int_0^\infty x^{p-1} e^{-x} dx \quad L(f) = \pi f(x) = \frac{d^{p+1}}{p^{p+1}} (\pi x^{p+1} e^{-x})$$

$$f(x) = 2u(x) = np L u d - u f(p) + (p-1) 2x; - d 2x = d = \frac{np}{2x}, \Rightarrow \Delta = \frac{p}{x} \quad f(u) =$$

$$f(x) = E\left(\frac{u}{x}\right) = \int_0^\infty \frac{u}{x} \frac{1}{p(p)} x^{p-1} e^{-x} dx = \frac{1}{p(p)} \int_0^\infty x^{p-1} e^{-x} dx = \frac{p(p-1)}{p(p)} = 1$$

$$f(u) = (u-1) \Rightarrow \frac{f(u-1)}{p} = \frac{1}{p} \quad E \Delta = \frac{1}{np-1} \quad d p = \frac{u}{u-1} \quad d^2 = \frac{(u-1)^2}{(u-1)(u-2)}$$

$$E \Delta = \frac{1}{np-1} \quad d = 1 \quad (x_1, x_2) = p \{x_1, x_2\}$$

$$p^2 [(np-1) - (u-2)] \frac{(u-2)}{(u-1)} \quad \frac{f(u-1)}{p} = \frac{u-1}{x^2} \rightarrow \frac{u}{\sqrt{u}} \sim$$

$$(np-1)^2 (u-2) \quad \text{Var } \Delta =$$

$$f(x) = p(T \leq x) = p^x \quad \int_0^p \frac{u}{p} \frac{u^{p-1}}{p} du = \frac{1}{np-1} \Rightarrow$$

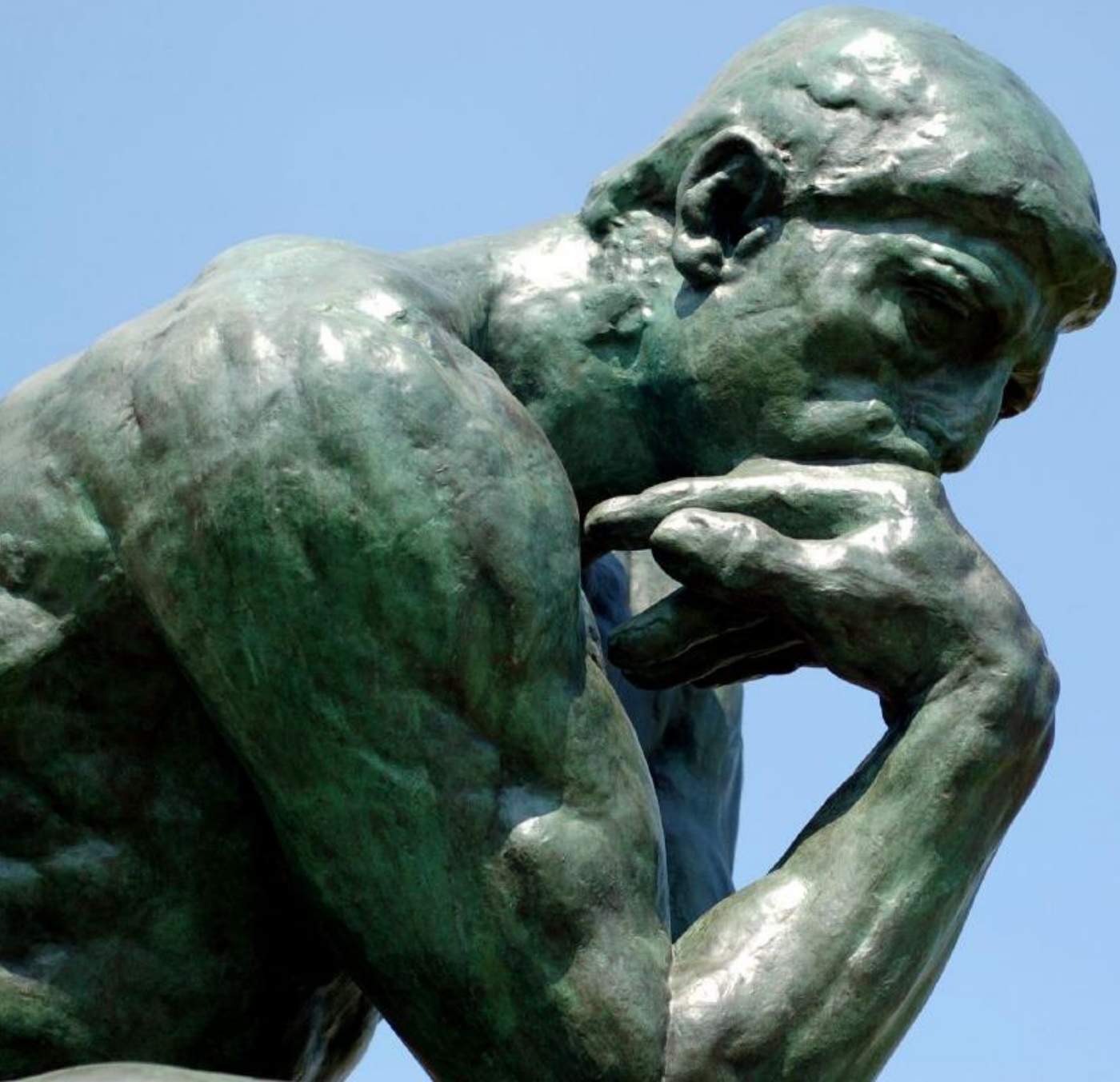
$$f(x) = \int_0^p \frac{u}{p} \frac{u^{p-1}}{p} du = \frac{1}{np-1} \Rightarrow \quad S_p^2 = \frac{(u-1)^2}{u+u-2}$$

$$\frac{u}{3} \left[\frac{t}{u} \pi \right]_0^p = \frac{u}{u+1} f' \quad p \{x_1, x_2\} = [u f(x)]^u$$

$$E(I_2) = E(\bar{x}) = \frac{2}{u} E(2x) = \frac{2}{u} p$$

$$L(f) = \pi f(x) = \frac{d^{p+1}}{p^{p+1}} (\pi x^{p+1} e^{-x})$$











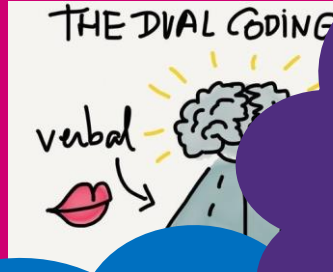
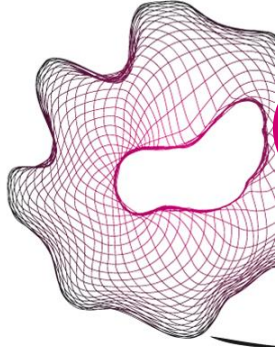
MOTIVATION











		2
	Block 2A	Block 2B
	5EC	
	Innovative technology-based environments	
5EC	Masterthesis (and possibly internship)	
Learning and individual differences		
5EC		
Elective course	35EC	



Internship

- Development e-learning environment
 - Educational-psychological principles
 - App mobile phone
- Training machine operators

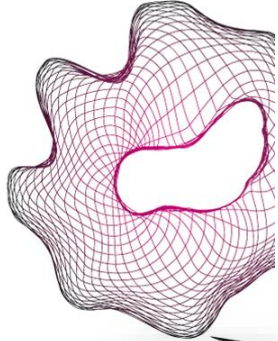


UNIVERSITY OF TWENTE.



After graduation

- Educational psychologist
- Advisor learning and development
- E-learning consultant
- Educational consultant
- Educational designer
- Educational scientist
- Etc.



Some of our graduates



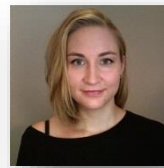
Janneke Bekhuis
Educational psychologist
EduMatch



Hannie de Bie
Educational researcher
CAOP - Schoolleidersregister



Anne Lohuis
Lecturer and researcher
Saxion



Anneloes Post
Instructional designer
Anneloes Post – A&O



Angelique Egberink
Test developer
A-Vision



Ruth Harmsen
PhD. student
University of Groningen



More info?

- Track and internship coordinator
 - Alieke van Dijk (a.m.vandijk@utwente.nl)
- Thesis project coordinator
 - Hans van der Meij (h.vandermeij@utwente.nl)



UNIVERSITY OF HUMAN FACTORS & ENGINEERING PSYCHOLOGY

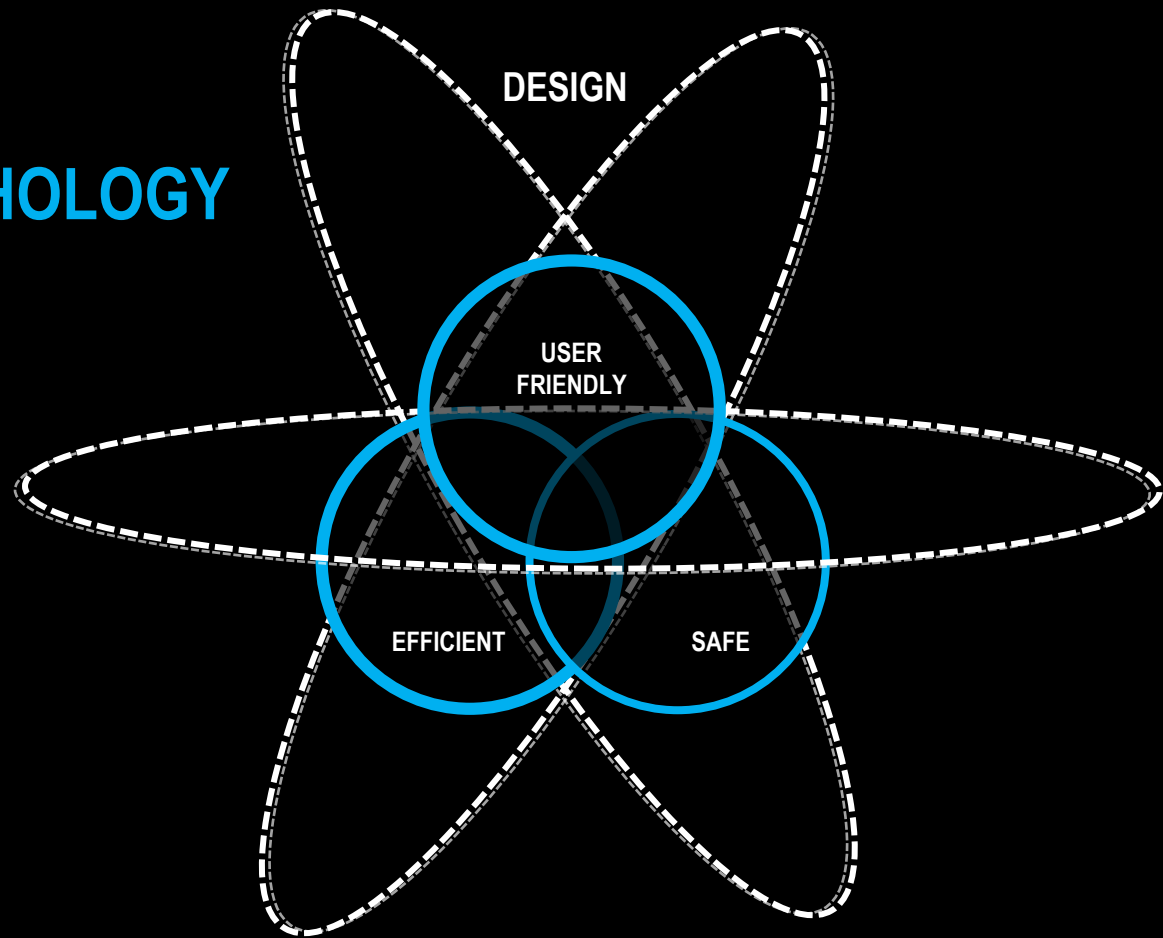
Lida Z. David



WHAT IS HFE?

*“Design systems that
serve the user”*

KNOWLEDGE OF **COGNITIVE PSYCHOLOGY**



HFE Psychology is a unique Master Programme



Psychology to optimize technology



Theory AND practice



Multiple, diverse domains



Internship



**Our graduates
have**

Strong, unique profiles

- Novel field
- Advanced research skills
- Many applied activities to show-off d

Head start in the working field

Programme structure

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Resilience Engineering 201300034	5EC Advanced Research Methods for HFE 201400579	5EC Human Computer Interaction 201100126	
5EC Cognition and Technical Systems ¹ 201400583	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course			

More information:

<https://www.utwente.nl/en/education/master/programmes/psychology/specializations/human-factors-engineering-psychology/>



RESILIENCE ENGINEERING

ANALYSIS OF SOCIOTECHNICAL SYSTEMS

- Adapting to complexity
- Dealing with surprises
- Improving well-functioning aspects of a system

COGNITION AND TECHNICAL SYSTEMS – INTELLIGENT SYSTEMS

Create intelligent systems, based
on knowledge of human cognition

(start in September)





COGNITION AND TECHNICAL SYSTEMS – TRAFFIC PSYCHOLOGY

Create optimal traffic systems,
based on knowledge about
cognitive processes

(start in February)



ADVANCED RESEARCH METHODS

Wide range of different research methods

- practical research skills
- Theory & practice (workshops)
- Eye-tracking, EEG, psychophysics, neuromarketing, data analysis



HUMAN COMPUTER INTERACTION

Technologies that suit the human mind

Classic and recent topics in HCI,

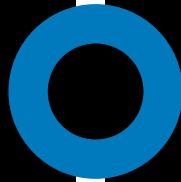
- e.g. usability, learning

Real design problems

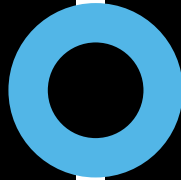
- e.g. how do people find information on the web?

**Where can I do my
Thesis on?**

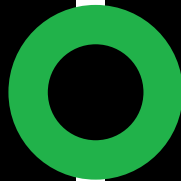
**RESEARCH
DOMAINS**



COGNITIVE PSYCHOLOGY



HUMAN FACTORS



TECHNICAL COGNITION



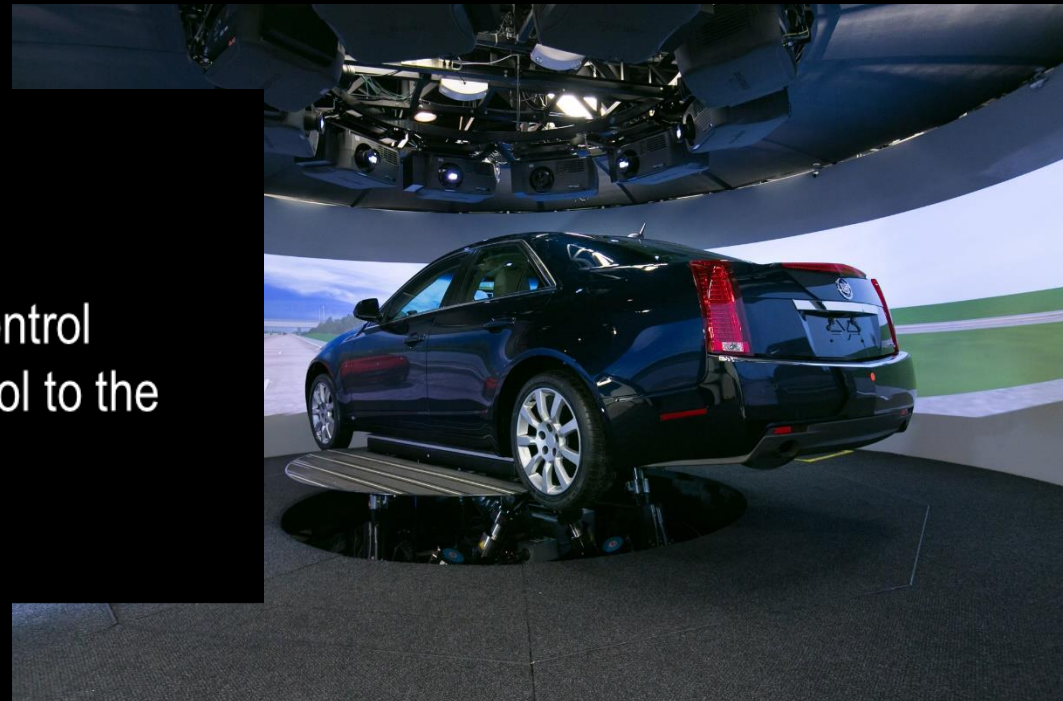
COGNITIVE RESEARCH - EEG

- Visual consciousness and visual attention
- Memorizing websites
 - states predict memorability of the websites
- Motor Skills: Training & Cognitive Processes

HUMAN FACTORS RESEARCH TRAFFIC PSYCHOLOGY

Automatic vehicle control vs. Manual control

- When should the car hand over control to the driver?
- Simulator studies



A low-angle, upward-looking shot of two surgeons in an operating room. They are wearing blue scrubs, blue bouffant caps, and white face masks. A large, circular surgical light is positioned above them, casting a bright glow. The background is dark, emphasizing the surgical team and the light.

HUMAN FACTORS HEALTHCARE

Safe/efficient medical devices
e.g. Can we predict who will
be a successful surgeon
using laparoscopic
simulators?

HUMAN FACTORS SOCIOTECHNICAL SYSTEMS

- Adaptive automation
 - Situation awareness
- e.g. Situation awareness in
the cockpit of an airplane



TECHNICAL COGNITION COGNITIVE ROBOTICS

- Computational creativity
- Cognitive robotics
- Neural basis of cognition

COGNITIVE ROBOTICS

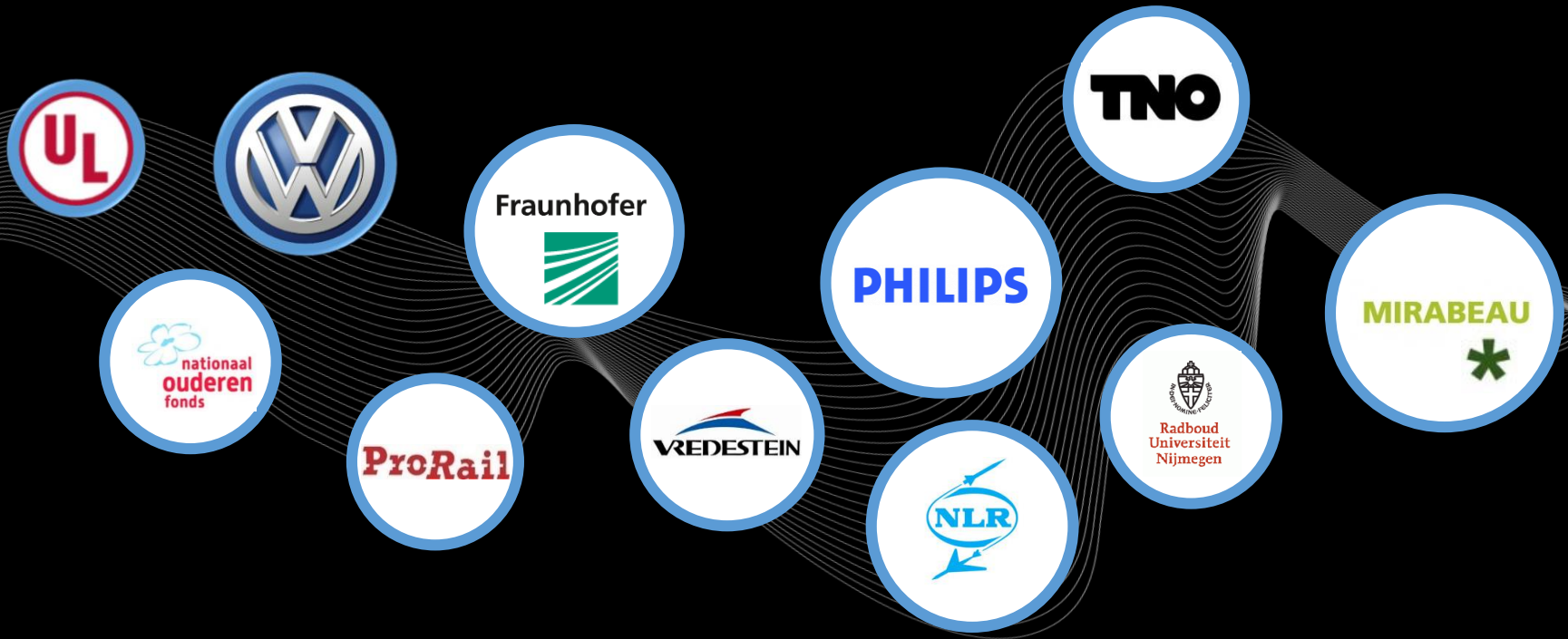
Can robots learn to understand their environment?

How can robots learn to interact with humans?

iCub robot (@ Design Lab)
Experiments with motor skills, language and human-robot interaction

**What are my
career prospects?**





What are my
career prospects?

UNIVERSITY
OF TWENTE.

What role will I have?

Multidisciplinary team member

Link user-design during different stages of product development

Design, implementation and evaluation of products



University: Scientific researcher, PhD, lecturer, project worker



Business: Human factors expert, researcher, usability consultant, user experience (UX) designer, interaction designer



Industries: Automotive industry, Technological industry, Medical industry, Consultancy ...

Our Graduates



Name: Lennart Overkamp
Position: Interaction Designer
@ Mirabeau

Name: Raphaela Schnittker
Position: PhD Candidate Human Factors & Patient Safety
@ Monash University (Australia)



Name: Joyce Leussink
Position: UX Consultant
@ Advise Internet Marketing

Name: Lida Z. David
Position: Lecturer department CPE
@ University of Twente



For testimonials:

<https://www.utwente.nl/en/education/master/programmes/psychology/specializations/human-factors-engineering-psychology/career>



QUESTIONS?
CONTACT ME

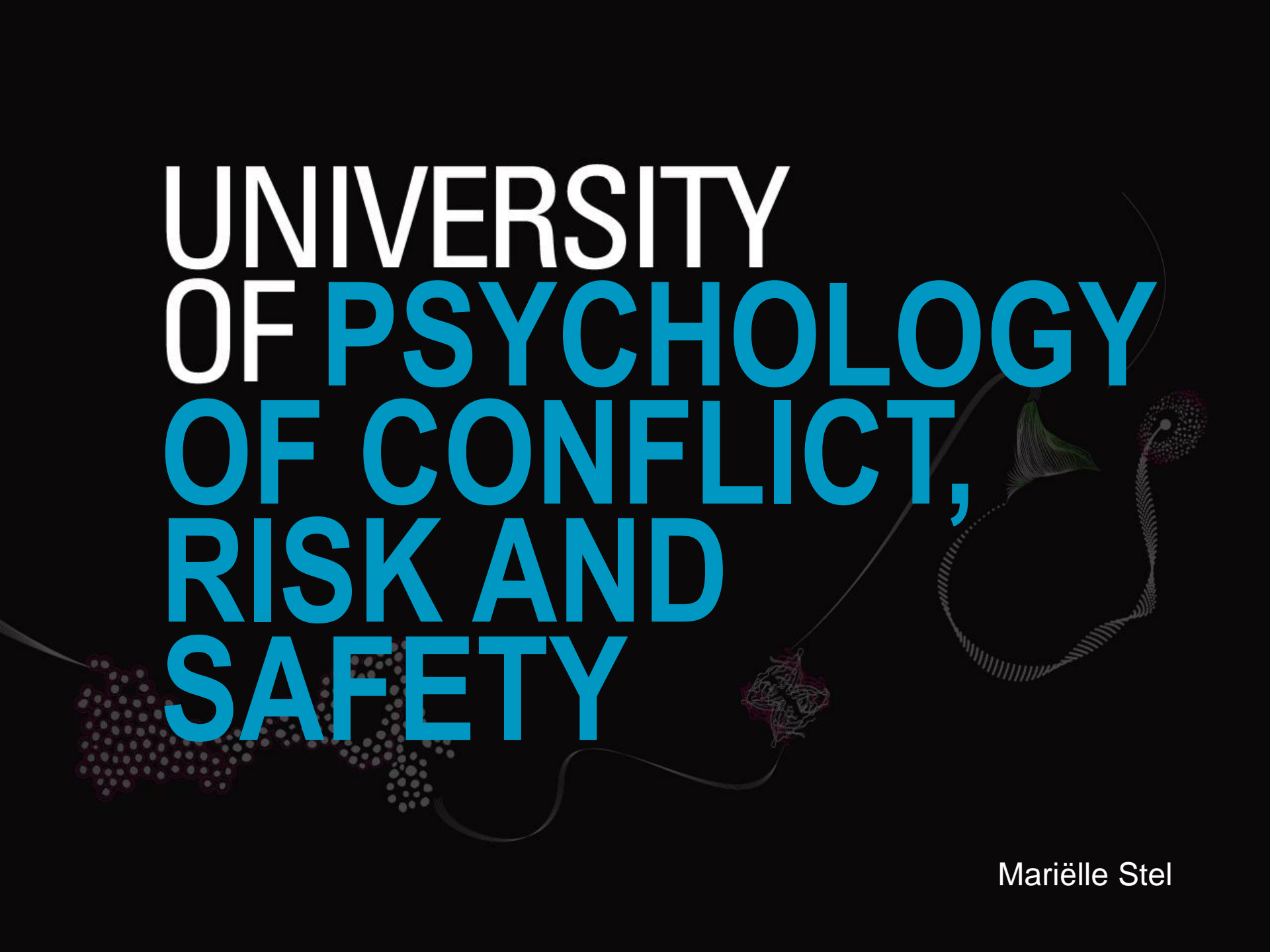
Lida David | l.david@utwente.nl | Cu B320



TODAY'S PROGRAMME

- General information about psychology master
- Specific information about master
 - Health Psychology & Technology
 - Learning Sciences
 - Human Factors and Engineering Psychology
 - Break
 - Conflict, Risk and Safety
 - Positive Psychology and Technology
- Admission and Pre-Master

UNIVERSITY OF PSYCHOLOGY OF CONFLICT, RISK AND SAFETY

The image features a dark background with a large, bold text block on the left. The text is in a sans-serif font, with 'UNIVERSITY' in white and the rest in blue. To the right of the text, there is a decorative graphic consisting of a thin, dark line that swirls and loops, with small, dark, dotted shapes scattered along its path.

Mariëlle Stel

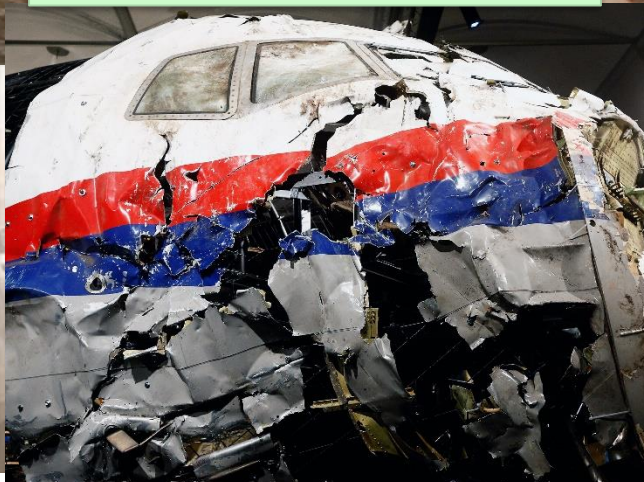


WHAT IS THE MASTER CRS ABOUT?

safety

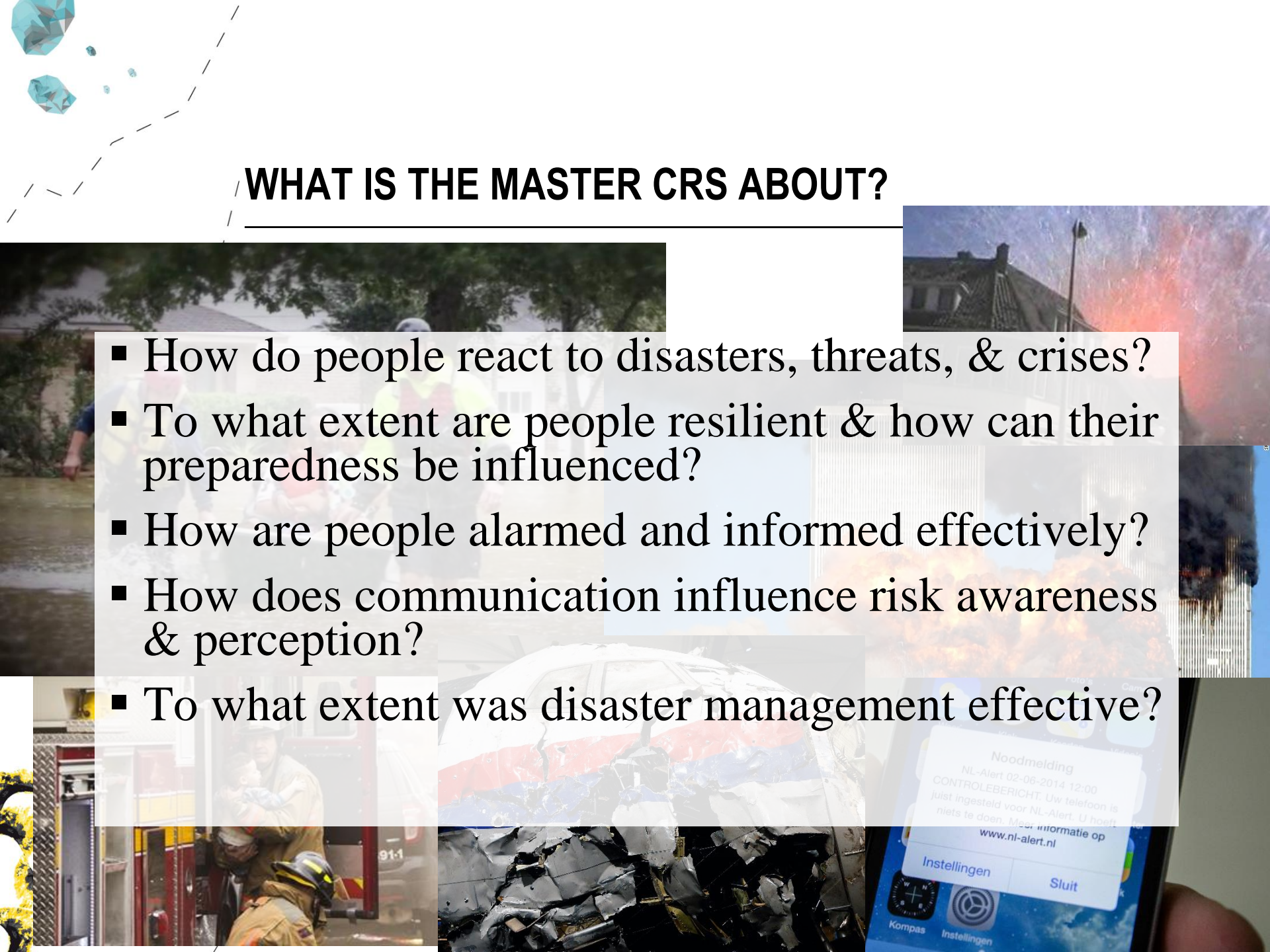
WHAT IS THE MASTER CRS ABOUT?

physical
safety



WHAT IS THE MASTER CRS ABOUT?

- How do people react to disasters, threats, & crises?
- To what extent are people resilient & how can their preparedness be influenced?
- How are people alarmed and informed effectively?
- How does communication influence risk awareness & perception?
- To what extent was disaster management effective?



WHAT IS THE MASTER CRS ABOUT?



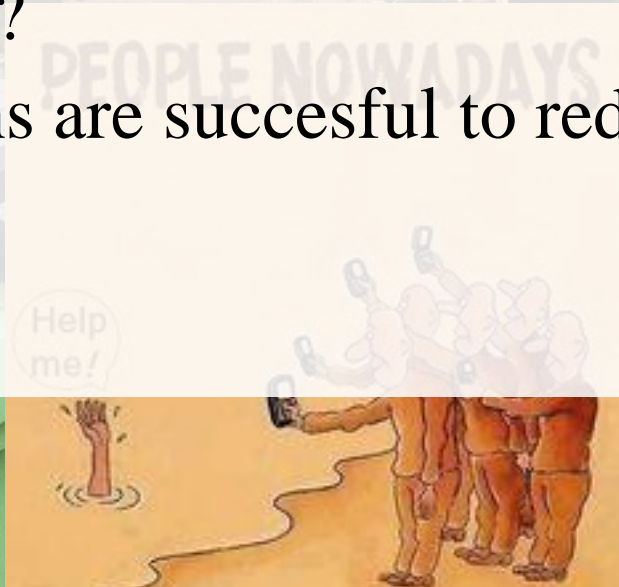
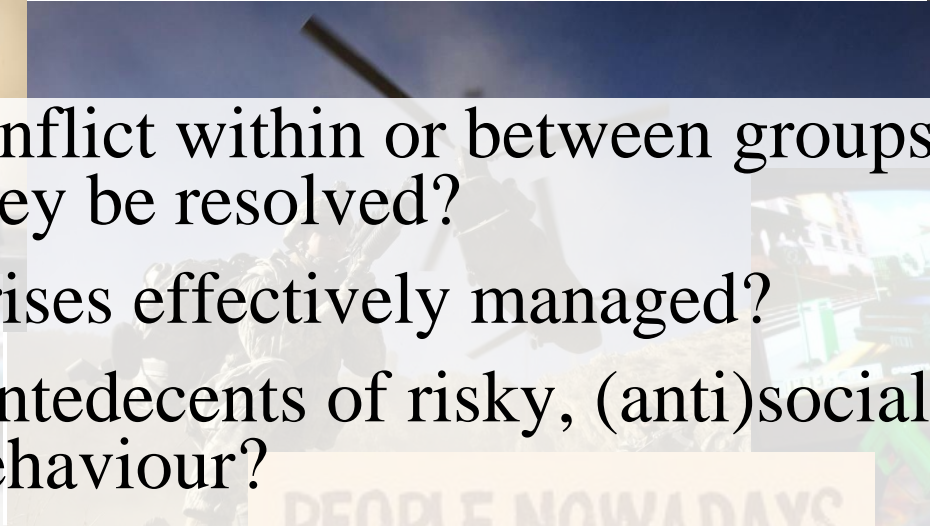
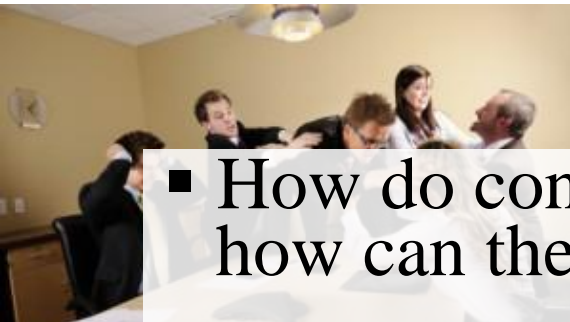
social safety





WHAT IS THE MASTER CRS ABOUT?

- How do conflict within or between groups arise & how can they be resolved?
- How are crises effectively managed?
- What are antecedents of risky, (anti)social & criminal behaviour?
- Which interventions are succesful to reduce this type of behaviour?



WHAT IS THE MASTER CRS ABOUT?



technology





STUDY PROGRAMME


Psychology of Conflict, Risk & Safety

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Group Dynamics and Interventions 201100014	5EC Advanced Research Methods for CRS 201600161	5EC Psychology and Crime 201400580	
5EC Risk and Leadership in Societal and Technological Context ³ 201400581	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course ⁴ 1 out of 3: - Learning and Instruction ¹ - Cognition and Technical Systems ¹ - Design of Persuasive Health Technology ¹			



STUDY PROGRAMME

Psychology of Conflict, Risk & Safety



Semester 1	
Quartile 1A	
SEC Group Dynamics and Interventions 201100014	Adv Me
SEC Risk and Leadership in Societal and Technological Context ³ 201400581	
SEC Elective Course ⁴ 1 out of 3: - Learning and Instruction ¹ - Cognition and Technical Systems ¹ - Design of Persuasive Health Technology ¹	

Group Dynamics and Interventions

Main aim: To understand intra- and intergroup processes

- Why and how do groups form?
- How do groups develop?
- How do people within and between groups influence each other's opinions and behaviours?
- What are do's and don'ts in decision making?
- How does group conflict arise and how can it be resolved?
- What makes an effective leader?
- What makes an effective team?

⇒ Learn skill to develop intervention trainings

Teacher: Mariëlle Stel



STUDY PROGRAMME

Psychology of Conflict, Risk & Safety

Semester 1	
Quartile 1A	
5EC Group Dynamics and Interventions 201100014	A
5EC Risk and Leadership in Societal and Technological Context ³ 201400581	
5EC Elective Course ⁴ 1 out of 3: - Learning and Instruction ¹ - Cognition and Technical Systems ¹ - Design of Persuasive Health Technology ¹	

Risk and Leadership in Societal and Technological Context

Aim: to understand psychological processes of risk and leadership

- How do crises develop?
- How to effectively communicate about risks and crises?
- What is the effect of risk communication on the development of crises?
- What is the effect of leadership on the development of crises?

=> Apply knowledge to analyze failing leadership and risk communication that might provide an explanation for the development of crises

Teachers: Peter de Vries & Jan Gutteling



STUDY PROGRAMME

Psychology of Conflict, Risk & Safety

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Group Dynamics and Interventions 201100014	5EC Advanced Research Methods for CRS	5EC Psychology and Crime	
5EC Risk and Leadership in Societal and Technological Context ³ 201400581	Advanced Research Methods for CRS Aims: to (a) learn about current best (and questionable) research and (b) acquire skills to use advanced research methods and technology in the domain of Conflict, Risk and Safety aimed to facilitate master thesis research. Learn about: do's & don'ts in conducting & reporting research, state-of-the-art research methods and technologies (e.g., GPS) and analyzing empirical data (e.g., R). Teachers: Margot Kuttschreuter, Sven Zebel, et al.		
5EC Elective Course ⁴ 1 out of 3: - Learning and Instruction ¹ - Cognition and Technical Systems ¹ - Design of Persuasive Health Technology ¹			

UNIVERSITY OF TWENTE.



STUDY PROGRAMME

Psychology of Conflict, Risk & Safety

Psychology and Crime

Aim: to understand the socio-psychological aspects of crime

- Which personality and environmental factors stimulate criminal and antisocial behaviour?
- How to interview suspects and witnesses of a crime?
- How to detect deception?
- How to negotiate during a crises?
- How to prevent recidivism?
- How to mediate between victims and offenders?

Teachers: Ellen Giebels, Renate Geurts et al.



Semester 2	
Quartile 2A	Quartile 2B
5EC Psychology and Crime 201400580	
Analysis and (if applicable) Internship (35EC)	



STUDY PROGRAMME

Psychology of Conflict, Risk & Safety

Semester 1		Semester 2	
Quartile 1A	Quartile 1B	Quartile 2A	Quartile 2B
5EC Group Dynamics and Interventions 201100014	5EC Advanced Research Methods for CRS 201600161	5EC Psychology and Crime 201400580	
5EC Risk and Leadership in Societal and Technological Context ³ 201400581	Master Thesis and (if applicable) Internship (35EC)		
5EC Elective Course ⁴ 1 out of 3: - Learning and Instruction ¹ - Cognition and Technical Systems ¹ - Design of Persuasive Health Technology ¹			



MASTER THESIS EXAMPLES:

- Effectiveness of a behavioural profile training
- Leader behaviour; does leadership show through behaviour?
- Risk perception and self-reliance regarding large scale events
- Alcohol and Technology; new ways to measure effects of alcohol in the field
- Moral dilemmas in crisis situations
- Understanding sustainable environmental behaviour – the case of food waste
- When people deceive others
- Determinants of risk perception
- How is life on the UT campus?
- Are social media expressions on food scandals amplifying risk perception?



INTERSHIP EXAMPLES

- Victim in Focus (Slachtoffer in Beeld) – interviewing victims who decline to participate in victim-offender mediation
- Stadsring51 - Determining the validity of a screening instrument that assesses the financial self-reliance of civilians
- Veiligheidsregio Twente - Gaining insight into the risk perception of people who attend large scale events
- How do victims, offenders and mediators think about digital forms of victim-offender mediation?
- Dutch Centre for Crime Prevention and Safety



CAREER AFTER CRS

- Behavioural scientist at police, ministry of defense or justice
- Trainer or mediator (conflict and negotiation, group processes)
- Consultant / coordinator risk and / or safety
- Personnel & organisation (inappropriate behaviours, diversity, leadership)
- Policy worker or information officer at ministry or multinational
- Researcher / advisor risk management or safety at university, WODC, TNO

WHY **Psychology of Conflict Risk and Safety** AT THE UNIVERSITY OF TWENTE?

- Unique specialization on safety
- Applied focus
- Using new technology
- Great researchers & teachers!

<https://www.utwente.nl/nl/bms/pcrv/en/>





Thank you for your attention!

For questions:

m.stel@utwente.nl

Or stop by:

Cubicus: C239b

For slides of this presentation:

www.utwente.nl/master/mps/powerpoint

UNIVERSITY OF POSITIVE PSYCHOLOGY AND TECHNOLOGY



Matthijs Noordzij & Marjolein Prenger

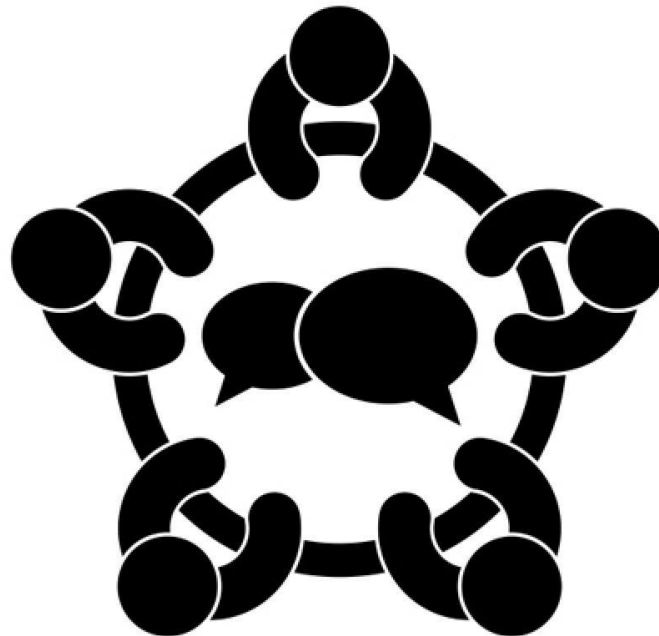
WHY STUDY CLINICAL PSYCHOLOGY AT UTWENTE?

- Excellent preparation to specialize as 'GZ-psychologist'
 - Many teachers work part-time in clinical practice



WHY STUDY CLINICAL PSYCHOLOGY AT UTWENTE?

- Excellent preparation to specialize as 'GZ-psychologist'
 - **Small classes relative to other CP-programs in the Netherlands**



WHY STUDY CLINICAL PSYCHOLOGY AT UTWENTE?

- Excellent preparation to specialize as 'GZ-psychologist'
 - **Equips you with all necessary knowledge and skills to start a 'GZ-opleiding' or specialization in Germany**



WHAT IS UNIQUE TO POSITIVE PSYCHOLOGY & TECHNOLOGY?

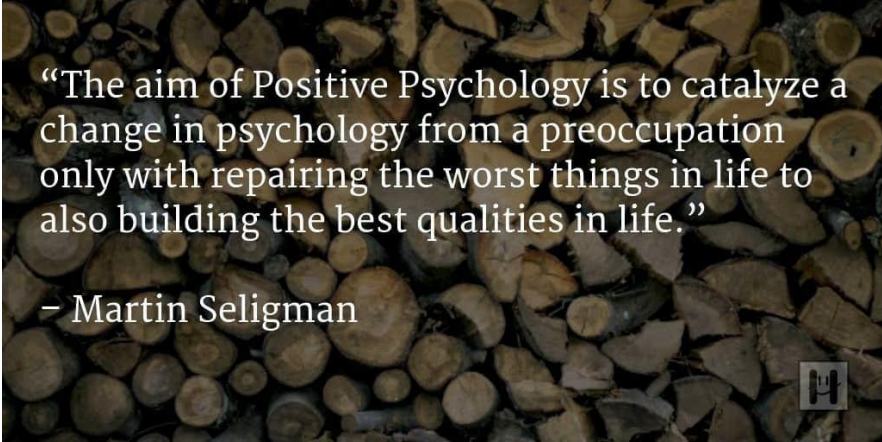
Dual focus: psychopathology and well-being:

- Acquiring basic knowledge and skills to understand/treat psychiatric disorders
- Gaining insight in the mechanisms leading to resilience, well-being and flourishing



WHAT IS UNIQUE FOR POSITIVE PSYCHOLOGY & TECHNOLOGY?

This master prepares you to become a clinical psychologist who is an **ambassador** for **positive psychology** and **technology** in mental healthcare



“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.”

– Martin Seligman



Technology is a
useful servant
but a dangerous
master.

– Christian Lous Lange

Positive technology: Wearables and mental health



**Narrative technology:
Computerized analysis of counsellor-client communication**





minddistrict

product

catalogue

ehealth

support

request a demo

contact

ENGLISH

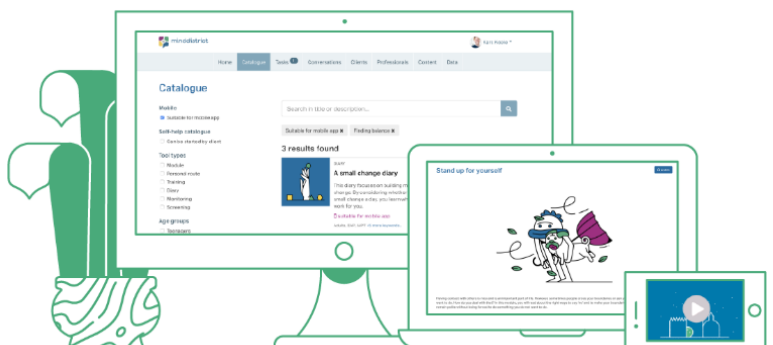
menu

Empowering people to master their wellbeing

Ehealth for the workplace and healthcare organisations

Discover our product >

Get to know us
through this video



Our mental health platform is

- Optimised for mobile use
- Developed for maximum effect
- Flexible and user friendly
- Filled with many modules


STUDY PROGRAM

Semester 1		Semester 2	
Block 1A	Block 1B	Block 2A	Block 2B
Positive clinical psychology (7.5 EC)	Positive behavioural therapy (7.5 EC)	Internship PPT (20 EC)	
Compassionate technology (7.5 EC)	Advanced Research Methods (5 EC)	Master thesis PPT (10 EC)	
	Personal inspiration (2.5 EC)		

STUDY PROGRAM

Semester 1		Semester 2	
Block 1A	Block 1B	Block 2A	Block 2B
Positive clinical psychology (7.5 EC)	F		
Compassionate technology (7.5 EC)	A		

- Learn about models that explain psychopathology and well-being a) in terms of dysfunctional factors and b) about positive psychological theories in terms of the absence or presence of resources
- Learn to apply the various theories in clinical situations
- Learn to formulate a personalized treatment program to guide clients



Coordinator:
Marion Sommers-Spijkerman

STUDY PROGRAM

Semester 1		Semester 2
Block 1A		
Positive clinical psychology (7.5 EC)	F	
Compassionate technology (7.5 EC)	A	
	Personal inspiration (2.5 EC)	

- Knowledge and skills about how to reduce suffering and increase wellbeing in mental healthcare through technology
- How technology and human therapist together can create compassionate mental healthcare
- How (just as a therapist needs to be well trained), technology needs to be well designed and evaluated



Coordinator: Matthijs Noordzij

STUDY PROGRAM

Semester 1	
Block 1A	Block 1B
Positive clinical psychology (7.5 EC)	Positive behavioural therapy (7.5 EC)
Compassionate technology (7.5 EC)	Advanced Research Methods (5 EC)
	Personal inspiration (2.5 EC)

- Learn the principles of behaviour therapy, different models, techniques and strategies that underline these different therapies
- Learn to apply these techniques and strategies in clinical practice
- Skills in counselling, behavioural strategies, and learn to apply these from a positive psychology framework.



Coordinator: Wendy Pots

STUDY PROGRAM

Semester 1	
Block 1A	Block 1B
Positive clinical psychology (7.5 EC)	Positive behavioural therapy (7.5 EC)
Compassionate technology (7.5 EC)	Advanced Research Methods (5 EC)
	Personal inspiration (2.5 EC)

- Applied workshops on state-of-the-art research methods in fields of clinical and health psychology (e.g. experience sampling, log-data analysis, storylines analysis).
- Critically reflect on, and design scientific studies



Coordinators: Anneke Sools

STUDY PROGRAM

Semester 1	
Block 1A	Block 1B
Positive clinical psychology (7.5 EC)	Positive behavioural therapy (7.5 EC)
Compassionate technology (7.5 EC)	Advanced Research Methods (5 EC)
	Personal inspiration (2.5 EC)

- To support students in coping with uncertainty and self-criticism
- To develop more compassion and mindful listening skills in conversations with clients
- To develop a stronger and more expressed professional identity.



Coordinator: Marjolein Prenger

SECOND SEMESTER

Standard program

- Clinical internship (20 EC) & Master thesis (10 EC)

Research focus

- Master thesis (30 EC)
- No access to GZ training, but important when considering research career!

Combination

- Clinical internship (10 EC) & Master thesis (20 EC)
- Only access to GZ training provided when (limited) deficiency has been completed

INTERNSHIP AND CAREER

- Mental health care settings
 - *Prevention*
 - *Mood disorders*
 - *Personality disorders*
 - *Elderly*
 - *Children and youth*
 - *Addiction care*
 - *People with disabilities*
 - *Hospice for children with cancer and parents*
- Hospitals and rehabilitation settings
 - Forensic settings
 - Coaching
 - Policy making
 - Research

⇒ **Specialize further as either ‘GZ-psycholoog’ or specialisation clinical psychology in Germany**

CAREER PROSPECT: RESEARCHER



Christina Ullrich
Junior Researcher
University of Twente

“As a junior researcher at the UT, I am working on a project in which we design a narrative intervention to support personal recovery in people with personality disorders.

The most I like in my current project is the focus on personalized care by co-creation with patients and mental health practitioners. We make sure that this intervention fits the needs and preferences of the target group, so it can be easily implemented in practice.”

FINALLY

- Intensive, challenging and very interesting master
- Offered in English as from September 2019.

Questions?

About masterprogramme:

a.m.sools@utwente.nl

About internship:

Marjolein Prenger: m.prenger@utwente.nl

Jochem Goldberg: j.goldberg@utwente.nl

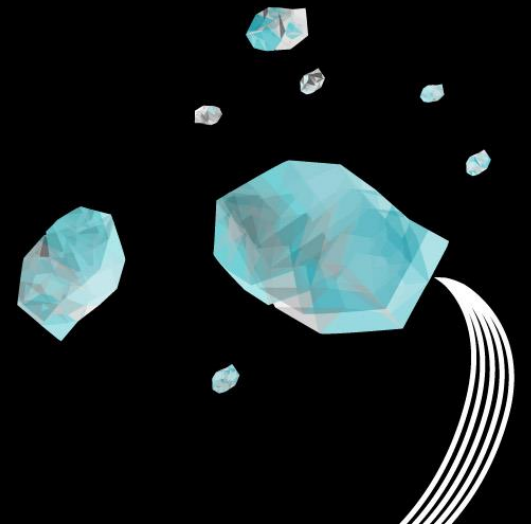
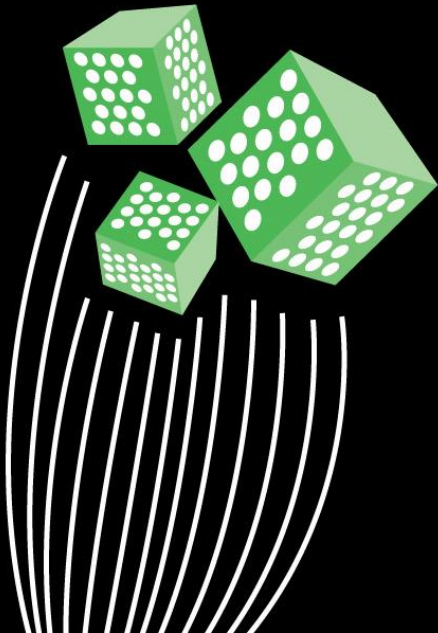
About different study patterns:

studieadviseur-mps@utwente.nl

UNIVERSITEIT TWENTE.

ROUTES TO THE MASTER & APPLICATION

ANNE OLTVOORT





‘ROUTES’ TO THE MASTER

DUTCH RESEARCH UNIVERSITY (WO BACHELOR)

Bachelor PSY UT

- transfer directly into the master:
 - B2 module preparing for master specialization



Bachelor PSY other universities

- contact the study adviser (before 1 December/ 1 July) whether you can transfer directly into the Master's programme/specialization or need to take some (pre-master) courses

Bachelor students (other than Psychology)

- pre-master: contact study adviser (not admissible for specialization Positive Psychology & Technology!)



'ROUTES' TO THE MASTER

UNIVERSITY OF APPLIED SCIENCES (HBO)

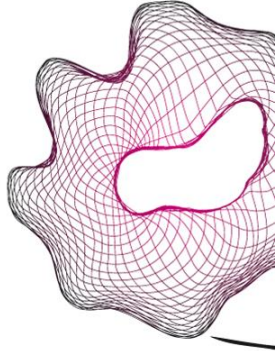
Admissible for pre-master's programme

➤ If (hbo) bachelor is related:

- Social Work and Services → HPT / CRS
- PABO/Teacher Training College → LS
- IVK/Safety & Security Management Studies → CRS
- TP/Applied Psychology → HFE / CRS/ HPT/ LS
- <https://www.utwente.nl/en/education/master/programmes/psychology/admission/hbo-degree/>

Admissible for pre-master Positive Psychology & Technology

➤ hbo bachelor 'Toegepaste Psychologie (klinische hoofdstroom)' of Saxion Deventer

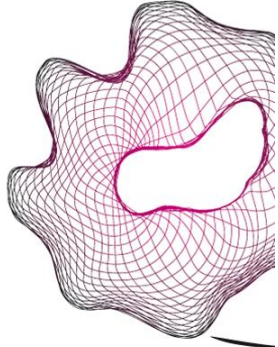


'ROUTES' TO THE MASTER INTERNATIONAL DEGREE

- Do the eligibility check
- For more specific information, go to the website:

www.utwente.nl/en/education/master/programmes/psychology/admission/international/



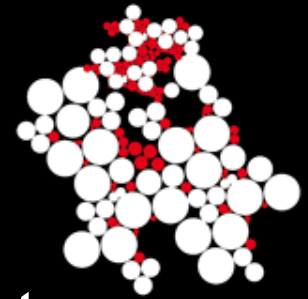


APPLICATION

- Enrolment in September or February
- Deadlines:

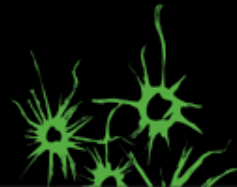
Who?	Start September	Start February
National students	August, 1 st	January, 1 st
Visa students	May, 1 st	October, 1 st
NonVisa, international	July, 1 st	December, 1 st
Other pre-studies	July, 1 st	December, 1 st

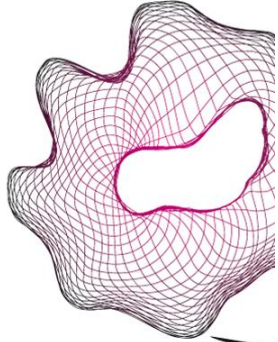
- More information:
 - <https://www.utwente.nl/en/education/master/how-to-apply/>
 - Current PSY B3 students UT or Premaster UT students receive an info e-mail from BOZ



Pre-master's programme for Hbo students

Anne Oltvoort
Study adviser (pre-)master Psychology
studieadviseur-mps@utwente.nl





PRE-MASTER PROGRAMME

Three parts (sequence!):

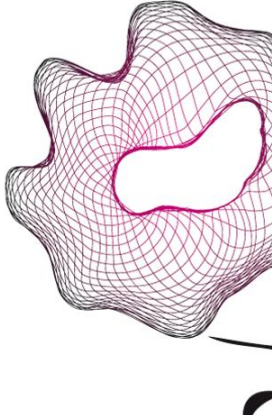
1. 30 EC generic part (= 'transfer minor/doorstroomminor')
 - offered in semester 1 + 2
2. Self study basic knowledge of PSY, relevant for specific master specialization → self study in summer, 4-5 EC, exam in July/August
3. 15 EC module to prepare for specific master specialization
 - only in semester 1, depending on master specialization in 1A or 1B, bachelor students also take these modules

For more detailed information pre-master/doorstroomminor see:

<https://www.utwente.nl/en/education/master/programmes/psychology/pre-master>

+ info on the hand out you will receive!

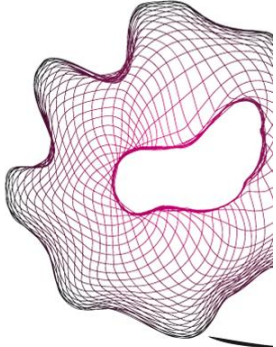
UNIVERSITY OF TWENTE.



OVERVIEW PRE-MASTER PROGRAMME

	SEM 1 19-20	SEM 2 19-20	SUMMER 2020 or ...	SEM 1 20-21 or ...
START SEPT	30 EC GENERAL		SELF-STUDY	MODULE QUARTILE 1A OR 1B
	SEM 1 19-20	SEM 2 19-20	SUMMER 2020 or ...	SEM 1 20-21 or ...
START FEBR		30 EC GENERAL	SELF-STUDY	MODULE QUARTILE 1A OF 1B

Start pre-master september 2019 → start master february 2021
Start pre-master february 2020 → start master february 2021
Transfer minor (30EC) during HBO → self study in summer → module in SEM 1 after HBO



STUDY LOAD & RULES PRE-MASTER

- **Fulltime studying definitely costs 40 hours per week!**
(so be aware of that when you have a side job / other activities)
- No parttime schedule, lectures on 3/4/5 days a week
- **Transfer HBO-WO: only for the better performing students**
 - Higher level, amount and tempo, more research oriented
 - English & Statistics
- **Binding recommendation/rules (“Bindend studie advies”)**
For example maximum attempts (2) per pre-master’s course
All regulations pre-master/transfer minor:
<https://www.utwente.nl/en/education/master/programmes/psychology/pre-master/>