14th Swiss Psychology Students’ Congress
24. – 26.03.2017 Schüpfheim (LU)

Registration starts 08.12.2016 at 7 pm

> psychologystudents.ch
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Dear students, speakers and guests
We are pleased to welcome you to the 14th congress for psychology students.

For the last seven months the psyKo team has prepared a varied program for you. We hope that you get to enjoy good lectures and workshops with experts from different psychological fields. In addition, several students will enrich the programme by presenting their research work or by carrying out a training workshop.

On saturday evening we will take you to the magic forest to celebrate. Frutti di Mare will start the evening with a concert followed by several DJ’s who will keep you on the dancefloor with some Electro Swing tunes!

We hope the psyKo will give you the opportunity to fly through a galaxy full of knowledge, new people and new experiences.

We wish you an exciting psyKo 2017!
Your psyKo team
psyCH psychology students
switzerland

your organisation
psyCH psychology students switzerland is the national organisation for psychology students. As your organisation psyCH has a lot to offer: We organise annual events, represent you politically and provide a lot of information about your studies. Behind psyCH, is a group of motivated psychology students who work on a voluntary basis – to make all that happen. Furthermore, psyCH is a non-profit organisation helping you to make the best out of your university years.

our vision
psyCH is a student organisation, dynamic and professional. We represent a continuous network of Switzerland’s psychology students. As an independent nonprofit organisation, our activity is based on the voluntarily work of our psyCH board, that is an assembly of motivated and creative psychology students from all over Switzerland. With our projects we try to improve the present and future of psychology students. Therefore psyCH creates a base for you to help you to evolve, and to learn. That is why we provide a framework for you, in which developmental, learning and implementing visions can take place. psyCH counts all psychological local organisations of Switzerland as their members, who participate actively. We really appreciate the work of active and former committee. Psych opts for flexibility in the implementation and continuity of our values.

our mission
psyCH is committed on a social and political level for the interests of psychology students. We bring psychology students together and support their network with different projects. Furthermore psyCH establishes on a national and international level between the different student organizations. By our connections to other psychological organisations and via psyPra we enable networking and cooperation between psychology students and professionals. To offer you interesting activities beside university studies we are committed to existing and new projects, supporting their implementation and adapting them to your current needs. psyCH offers students the opportunity to gain new knowledge and experience outside the university context. Moreover we create a motivating work environment for our board, and the opportunity to develop yourself. psyCH supports the transition between studies and professional world. Knowledge transfer and active exchange is important to us. Therefore we use all our available resources to promote this mission. Last but not least, psyCH pursues a transparent communication within and outside the organization.

our projects
psyPra is your leap into the working world! With internship providers presenting their vacancies it gives you the opportunity to apply for internships and job vacancies. Furthermore psyPra gives you a glance on possible fields of work for psychologists. psyKo is the annual national psychology congress, where interesting lectures, trainings and workshops are presented. The psyKo also gives you the possibility to present your own research to other students by giving a student lecture. At the same time there is always a lot of fun, for example at the psyKo-party.

psyCH trainers’ school is a 4 days seminar, where psychology students learn how to give workshops, lead team building sessions, improve in speaking in public and facilitating group discussions. We help them to gain knowledge, skills and experience for their future training deliveries.

Do you have a great idea for another project? Or do you want to help us keeping up with the ongoing projects and provide an interesting, funny and diversified leisure programme for Switzerland’s psychology students? psyCH supports you when you are organizing the students party of the year, arrange an interesting lectures or plan a hike in the mountains. Make your project come true– join us for the psyCH Board!

> psychologiestudierende.ch
> info@psychologiestudierende.ch
 programme

 **Friday**

 16:00–17:15  infotables

 17:15–17:45  psyKo opening

 Information about FSP and psyCH

 17:45–19:15  RED

 opening lecture

 Dr. Leonel Gonçalves
 Development and validation of risk-assessment instruments

 19:30–20:30  dinner

 20:45–open end  ice breaking games & lounge
### Saturday

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<td>Laura Quintana</td>
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<td>Prof. Dr. Damian Läge</td>
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Sunday
09:00–09:45  
breakfast

10:00–12:00  
psyCH trainer school workshops
Arben Kqiku, Charlotte von Sichard & Jamaa El–Alami
How to avoid misunderstandings?

BLUE  
Eva–Maria Stauffer & Dominik Meier
Help others to help yourself?

YELLOW  
Vanessa Aeschbach & Eliane Knörr
Building Habits of Happiness

GREEN  
Léonore Guiet & David Bruno
Emotional Regulation

12:15–13:15  
lunch

13:30–14:00  
student lectures
Anna Babl
Psychotherapy integration under scrutiny: Investigating the impact of integrating emotion–focused components into a CBT–based approach

BLUE  
Adrien Ott
Trans* and mental health – Explaining the minority stress theory

YELLOW  
David Bruno
Homosexuality, homophobia and masculinity: between gender, stereotypes, identity levels and stigma inversion

GREEN  
Friederike Biegel
Trauma history, mental health problems and interpersonal problems among incarcerated women

14.30–16.00  
closing Lecture
Valerie Camos
Functioning and Development of Working Memory through the Time–Based Resource–Sharing Model

16:00–16:15  
thank you & goodbye

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**Interessante Jobs in der Verkehrspsychologie**  
Emplois intéressants dans la psychologie de la circulation

**Tätigkeitsgebiete**  
Verkehrspsychologinnen und -psychologen sind hauptsächlich in der Diagnostik und in der Intervention tätig.

**Diagnostik**  
VerkehrspsychologInnen führen verkehrspsychologische Eignungsuntersuchungen durch. Ziel dieser Fahreignungsdiagnostik ist eine Aussage in Bezug auf die künftige Verkehrsbewährung der untersuchten Personen.

**Intervention / Therapie**  
Die VfV bildet Fachpsychologinnen und -psychologen in Psychotherapie zu Verkehrstherapeuten aus. Diese bieten Verkehrstherapien an, welche auf die Wiederherstellung der charakterlichen Eignung abzielen.

**Unser Verband**  

**Domaines d’activité**  
Les psychologues de la circulation sont essentiellement actifs dans le domaine du diagnostic et de l’intervention.

**Diagnostic**  
Les psychologues de la circulation procèdent à des expertises d’aptitude psychologique à la circulation. Ce diagnostic d’aptitude sert de base à la future mise à l’épreuve, en matière de conduite, des personnes examinées.

**Intervention / Thérapie**  
La SPC propose aux psychologues spécialistes en psychothérapie une formation en qualité de thérapeutes de la circulation. Leur tâche est de rétablir l’aptitude caractérielle à la conduite à l’aide de conseils délivrés lors de séances individuelles.

**Notre association**  
Fondée en 1986, la Société Suisse de Psychologie de la Circulation (SPC) est affiliée à la Fédération suisse des Psychologues (FSP) depuis 1987. L’objectif principal de la Société est de veiller à ce que les connaissances actuelles en matière de psychologie soient prises en compte dans les efforts fournis en matière de transports (routiers, ferroviaires, aquatiques, aériens). À l’heure actuelle, la SPC compte 100 membres.

**Etes-vous intéressé(e) à en apprendre plus? Contactez-nous!**

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[Links to related websites]
Violence is a major public health issue, which has led to concern regarding the recidivism risk of offenders. To assess violence risk, structured risk assessment instruments are increasingly used. One form of structured risk assessment follows the actuarial approach, in which statistical correlates of the antisocial behavior of interest are identified and weighted according to the strength and direction of association. Instruments following this approach are labeled as actuarial risk assessment instruments (ARAI). These instruments are considered as the most accurate method of recidivism risk estimation. Although ARAI are a reliable and valid method to assess recidivism risk, a substantial proportion of relapses are not identified with this approach. This is insofar challenging for forensic psychologists, as the discipline is confronted with a zero tolerance regarding recidivism and a substantial media attention. On the basis of risk assessment, forensic psychologists deliver various forms of rehabilitative treatment in the context of the criminal justice system. These interventions are relevant in the prevention of recidivism and hence support the integration of offenders after release from various forms of detention.

Dr. Leonel Gonçalves received his PhD in forensic psychology from the University of Minho. His main research interests include inmate adjustment to prison life and the assessment of offenders. He is currently working for the Canton of Zurich at the Office of Corrections, Department of mental health services, research and development division.
Wie weiter nach der Uni?


Am Psychiatrisch-Psychotherapeutischen Ambulatorium IKP in Zürich besteht die Möglichkeit, das Praktikum zu absolvieren.

Institut für Körperzentrierte Psychotherapie IKP
Kanzleistrasse 17, 8004 Zürich; Stadtbachstrasse 42a, 3012 Bern


Die Weiterbildung eignet sich für angehende Psychotherapeut(inn)en, die bedürfnis- und klientenzentriert arbeiten, Klient(inn)en als selbstverantwortliche, ebenbürtige Gegenüber wahrnehmen und behandeln möchten, und die Freude haben an ganzheitlichem, vielseitigem und kreativem Schaffen.


Am Psychiatrisch-Psychotherapeutischen Ambulatorium IKP in Zürich besteht die Möglichkeit, das Praktikum zu absolvieren.

PsyG: Das IKP befindet sich in fortgeschrittener Phase der Akkreditierung!

Institut für Körperzentrierte Psychotherapie IKP
Kanzleistrasse 17, 8004 Zürich; Stadtbachstrasse 42a, 3012 Bern

Mehr Infos?
Tel. 044 242 29 30
www.psychotherapie-ikp.com

Ganzheitliche Psychotherapie-Weiterbildung in Zürich oder Bern
Besuchen Sie unsere laufend stattfindenden Gratis-Info-Abende (www.ikp-therapien.com)

Wie weiter nach der Uni?
Psychotherapy is a central and effective component of the most promising treatment approach for chronic somatoform pain, multimodal interdisciplinary treatment. The importance of psychotherapy motivation for treatment outcome has been shown in various mental health domains, but not yet for chronic pain. The majority of patients with this disorder seem poorly informed on psychotherapy and are consequently unmotivated. This study aims to investigate the predictive value of baseline psychotherapy motivation on treatment outcomes (pain intensity, depression and psychological distress) of interdisciplinary treatment of chronic somatoform pain.

The present project targets lyrical improvisation and its possible consequences on executive functions. The current state of the literature targeting this domain is rather poor, and the effects of lyrical improvisation on cognitive functions remain unknown. Lyrical improvisation is a multi-dimensional process that requires great effort from the individual. This process is rather challenging because one must produce rhymes, create new ones, stock them, and inhibit unfitting words. During the creation of improvised rhymes working memory is completely saturated. We hypothesize that the regular practice of lyrical improvisation, due to its effects on working memory, might increase executive functions such as updating, shifting, and inhibition.

Julian Stewart  
Medically unexplained pain: Does motivation for psychotherapy predict treatment success?  
Room RED

Arben Kqiku & Jamaa El Alami  
Does Freestyle Rap Correlate with Higher Executive Functions?  
Room BLUE
Workaholism is a two dimensional construct, connecting an intense cognitive drive towards working or “working excessively” with the behavioral manifestation of “working compulsively”. Workaholism and compulsive internet use share behavioral patterns, however the second is related to the preoccupation with internet. Quinoones-Garcia and Korak-Kakabadse (2014) in a breakthrough study revealed, that overachieving employees might as well be potential candidates for Compulsive Internet Use but tend to be overseen due to their successful job performance. Emotional instability and conscientiousness have been associated with high performance and both workaholism and compulsive internet use.

Evangelia Gioni
Discovering potential associations among Compulsive Internet Use, Workaholism, Emotional Stability and Conscientiousness in adult employees: a cross national study between Greece and Switzerland
Room YELLOW

Laura Quintana
Evaluation methods in HCI – Usability Testing for YouTube
Room YELLOW

Human-Computer Interaction (HCI) is a discipline concerned with the design, evaluation and implementation of interactive computing systems for human use and with the study of major phenomena surrounding them (SIGCHI, 1992). In the framework of a seminar last spring we conducted a Usability Testing evaluating the closed captions (= subtitles) creator tool from YouTube. During individual sessions with 9 participants using classical think aloud method with tasks, eye-tracking and interview questions we assessed the usage pattern and issues encountered when using the tool. This presentation will give you some insight on how a Usability Testing is conducted and what challenges and rewards you can encounter on your journey as a UX researcher.

Laura Quintana
Evaluation methods in HCI – Usability Testing for YouTube
Room YELLOW

When you are interested in dream interpretation, typology, the work with images from the unconscious, sand play, myths and fairy tales or imagination techniques, if you are open for questions of meaning, spirituality as well as a resource-oriented therapy method, which considers individual creative possibilities, then you can get the title of Swiss-recognized Psychotherapist/Psychologist at the C.G. Jung-Institut Zürich, Küsnacht, working alongside the academic degree.

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Discovering potential associations among Compulsive Internet Use, Workaholism, Emotional Stability and Conscientiousness in adult employees: a cross national study between Greece and Switzerland

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Changing people’s behaviour is the most challenging goal for a psychologist. In recent years, this task has evolved to be even more ambitious, since an increasing number of projects are focusing on the experience of customers and employees as a starting point to influence behaviour by using situational cues. New practises emerge based on human-centred design rules. It is obvious that psychologists play a central role in this field. Consequently, the number of job advertisements for experience managers with a psychological background is rising. Using specific project examples this workshop offers a view of the practical challenges, current approaches and open questions in this field. Workshop participants develop psychological based approaches in concrete exercises.

Felix Walliser studied psychology and business administration at the University of Bern. He is the founder and business partner of a psychological consulting company called Effex.


**Prof. Dr. Damian Läge**

Soziale Motivation – implizit, aber versteh- und messbar
Room YELLOW

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Sexual behaviour of women and men is very different; nevertheless, they have similar dreams and desires. Playing with these differences leads to mutual inspiration. The key to erotic lies in seeing women and men in their own attractive way. Most people say they know how it works. And yet many people are unsure if they do it right. Actually, sex is an easy thing we do not have to learn at school. But online portals and magazines are full with uncertainties around sexuality: That’s why, in this workshop, questions you always wanted to have an answer to will be answered. The workshop addresses only to women. All men, who are interested in the topic, can ask their questions to Mrs. Shiftan on Friday evening, where she will be present during dinner.

**Dr. Dania Shiftan**

Sexuality – an easy thing?
Room GREEN

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With a PhD in Clinical Sexology, Dania Schiftan works as licensed psychotherapist and sexual therapist at ZiSMed in Zürich (Switzerland). She is also known as an expert in questions around sexuality and relationships at «TV Joiz» and «Radio 1»

The workshop addresses only women. All men who are interested in the topic can ask their question to Ms Shiftan on Friday evening where she will be present during dinner.

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Prof. Dr. Daniel Läge hat Philosophie und Psychologie in München studiert und in politischer Wissenschaft, Philosophie und Psychologie promoviert. Seine Forschungsschwerpunkte sind unter anderem in den Bereichen der Marktpsychologie, Urteil- und Entscheidungsforschung und Wirtschaftsspsychologie. Er ist Leiter der Arbeitsgruppe Angewandte Kognitionspychologie an der Universität Zürich. This workshop is held in German.
Saving for retirement is becoming increas-ingly important. The most frequently heard advice is: Start saving early. Although this is now widely known, many people still struggle to put money aside each month. Instead they reassure themselves that they can simply start saving even more money in a few years’ time. But why is it so difficult to save money for retirement now? And why is it so much easier to imagine doing that at some later point?

In her presentation, Anne Herrmann shows the psychological models that explain these phenomena. She describes methods that help people saving money regularly. These methods were developed based on the psychological insights gained into typical saving behavior. They address barriers that need to be overcome to support people to make better money decision for the sake of their future selves. Finally, Anne Herrmann will give some tips on what everybody can do to save more money with less effort.

Anne Herrmann studied business psychology at the University of Applied Sciences in Lüneburg, Germany. After different employments as a researcher and consultant she completed her PhD. She teaches courses on Business Psychology and on Behavioral Economics at the University of Applied Sciences Northwestern Switzerland.

Neurofeedback is a non-invasive therapy method that enhances endogenous neuromodulation. This technique extracts different features from the EEG (Electroencephalogram) and feeds them back to the patient through visual, auditory and kinaesthetic stimulation. This enables the brain to observe its own activity and correct dysfunctional brain-wave patterns by means of improved self-regulation.

There are many different Neurofeedback protocols that have been studied for various clinical conditions, yielding differential results. More recent protocol developments suggest increased effectiveness using a personalized symptom-based approach. Good clinical skills are required to maximize treatment effects; therefore it is a great tool for Psychologists, as it fits well in a multi-modal treatment approach, together with psychotherapeutic and psychopharmacological interventions. Nevertheless it requires patients’ consistency and engagement, as at least 20 to 30 sessions are needed in order to achieve long-lasting results. The process-oriented procedure and treatment expectations will be discussed through a case example.

Andrea Blunck has a background in Psychology with a Master’s Degree in Clinical Neuropsychology and she is currently pursuing her training as a licensed Psychotherapist in Bioenergetic Analysis. Since 2010 she has been working as a Neurofeedback Therapist and has specialised also in diagnostic procedures including qEEG and ERP. Currently she is working in private practice mainly with psychiatric adult patients. Furthermore she is lecturing professional courses for therapists’ in the clinical application of Neurofeedback according to the Othmer Method for the company EEG Info. She teaches in spanish, german and english.
The shift from pastoral to spiritual care and religious care generates an interdisciplinary debate. The underlying motive for this shift is to show a sensitivity for multiple religious traditions and a consciousness about religious and ideological pluralism. It reflects the desire to overcome Christian-centrism in an age of globalization and diversity.

Prof. Dr. Isabel Noth studied theology at University of Bern and psychology at the University of Bern and Vienna. Her main research area is pastoral care, spiritual care, spirituality and health and intercultural spiritual care. She is a professor for spiritual care, religious psychology and religious education at the University of Bern.

The task of the presentation is to reflect on the meanings of the terms spiritual care, religious care and pastoral care. All three are key strands of continuing education programs in the field of existential support.

In our constantly changing environment, children and adolescents live in a world affected by continuous transition, which can lead to a loss of equilibrium. In vulnerable individuals, this loss can cause mental distress. This is partially reflected in the increasing number of disability pensions given to adolescents and emerging adults due to mental problems. Having a disability pension stigmatizes them, finding an occupation becomes difficult. However, occupation plays a crucial role in our society. It ensures our existence, is key to our wellbeing, our psychosocial development and the formation of our identity. The consequences of unemployment are harmful: compared to the working population, unemployed people tend to depression, suffer from exhaustion and sleep disorders, and show a problematic drinking behavior. We will analyze the relationship between unemployment and mental distress in adolescents and emerging adults. Further, we will look at service provisions (e.g. Supported Education) and how they are implemented in Switzerland.

Filomena Sabatella has a master degree in psychology. Today she works at the ZHAW and is currently doing her PhD at the University of St. Gallen. Her main interest in research are prevention and early recognition of mental illness in youth, supported employment and job coaching and neuropsychology.
Our workshop will not only give you a brief but fundamental introduction what Dance and Movement Therapy (DMT) is and can do today, but also you will have the opportunity to experience the effects of it on yourself. The first part concerns mainly the work in psychiatric clinics. You will experience the main purpose of DMT to let the patient learn and find back again the well feeling in his own movements and moments of clear presence. Therefore we work with the resources of the patient, which he owns but is not able to recognise or to use them.

In the second part we go in deeper processes with the aim to be clear with own emotions, wishes, boundaries and clear expression. This way of DMT, namely process orientated, is very important for patients who leave the clinic setting but aren’t able yet to manage their own life properly; or in a private Praxis for people who landed in a personal crisis, often burnout or secondary depression, disorientation or problems in their connections. Finally there will be time for your questions concerning this method and the value of it for your work.

For all participants of this workshop: please install R on your computer before the workshop and take your computer with you!

Nathaniel Philips has a PhD in Experimental Psychology from the University of Basel. He is interested in decisions under uncertainty, with a focus on information search, impression formation, and decision making. Furthermore, he enjoys R, open science, reproducible research, and Bayesian statistical methods. Philips thinks that R is fun and shares this fun through an introductory e-book titled “YaRrr! The Pirate’s Guide to R” with everyone.

Forget Excel. Skip MatLab. And don’t even speak the letters SPSS. Unlike these limited, outdated software packages, R is free, incredibly powerful, easy-to-learn, and most of all -- ridiculously fun! In short: R is the answer to your wildest data dreams. In this workshop, I will show you how easy it is to use R to perform all your data tasks --- starting from loading data, calculating descriptive statistics, and creating beautiful plots, to conducting hypothesis tests, performing ANOVA and regression analysis, and conducting cutting-edge Bayesian analyses. But wait, there’s more! I will also show you how you can easily create full APA style manuscripts with RMarkdown --- a language that allows you to combine all of your writing, data, and R analysis in a single document. When the workshop is over, it will no longer be the year 2017, it will be the year 0 AR (After R). Get ready to throw out your calendars.

Dr. Maja Zimmermann has a degree in biology, psychology, physiology and ethology. She took part in further educations such as psychotherapy (SIKOP) and has a diploma in dance and movement therapy.

Irina Horvath started her career as a teacher. Later, she obtained a diploma in art therapy with specialization in dance and movement therapy. Today she works as an independent dance and movement therapist.

Dr. Nathaniel Philips
R: The answer to your wildest data dreams.
Room BLUE

Dr. Maja Zimmermann & Irina K.Horvath
Dance- and Movement Therapy, an old definition with new content.
Room RED
Processwork was developed in Zurich in the late 70ties by Arnold Mindell, a physicist (MIT) and Jungian training analyst. He discovered that illness and symptoms are meaningful expressions of the unconscious mind - dreams of the body so to speak. Unfolding dreams, symptoms, relational difficulties, team and group dynamics as well as social tension one finds information which is useful for the creative development of the individual and the collective field. Processwork cultivates a bridge between various therapeutic orientations, spiritual attitudes and social action in the context of individual, relationship and group work. The Institute of Processwork (IPA), Zurich, offers a Charta-accredited psychotherapy training (prov. accredited BAG), a Foundation course and training in group and conflict work.

Reinhard Hauser, Ph.D., is a psychotherapist (ASP) and international trainer of Processwork, a team and group facilitator using the practice of Worldwork. www.reinhauer.net

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L’atelier a comme but de permettre aux participant•e•s de se familiariser avec le langage épicène et féminisé et de se perfectionner dans son utilisation, selon les recommandations du Guide du langage épicène et féminisé élaboré par Cárine Carvalho (Bureau de l’Égalité Unil) et Pascal Gygax (Unifr)*.

Lors de l’atelier, des cas pratiques seront discutés, après une présentation scientifique visant à sensibiliser les participant•e•s aux problèmes liés à l’ambiguïté sémantique de la forme grammaticale masculine.

Pascal M. Gygax is a senior lecturer at the Department of Psychology at the University of Fribourg (Switzerland) where he leads the Psycholinguistics and Applied Social Psychology Group.

This workshop is held in French.
What does it mean to live in a foreign world? What does culture mean? And what kind of effect does it have on the counseling with unattended minor refugees? These questions are pointing on specific marks in the cross-cultural field: Different understanding of crises, illness and “mental states” in other cultures as well as a vague interrelated understanding of the world view. As an example for the impact of different backgrounds a young Somali told me: “In Somalia I woke up everyday with pistol-shots and here I get up with bird’s twitter.” This circumstances should be considered in the work with migrants. Like a pendulum back and forth between the own cultural aspects and the culture of the client. This is a crucial task in the transcultural work.

Samuel Bieri has a Master in psychology from the University of Berne. He continued his studies with further education in body centred psychotherapy. Today he works at the Zentrum Bäregg as a psychologist.

This lecture is held in German and translated in French.

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**Samuel Bieri**

*Between the worlds – aspects of transcultural psychology and the work with unattended minor refugees*

*Room RED*

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**FRUTTI DI MARE**

*Room RED*

> https://soundcloud.com/fruttifrutti
> https://www.facebook.com/fruttiquartier/
Wer bin ich?

Wirf mal einen Blick auf dich.

Szondi-Institut, Krähbühlstrasse 30, 8044 Zürich

**Die Schicksalsanalyse – für alle Fälle**


**Grosstante Amalie**

Mit der **Schicksalsanalyse** und ihren Deutungsmöglichkeiten kommst du an dein genetisch bedingtes **psychisches Erbe** heran.

Weisst du, was dir deine Vorfahren eingebrockt haben?

Beispielsweise der **Ur-Schweizer Onkel Hans** oder die rebellische **Grosstante Amalie**? Dada liess grüssen.

Oder was an **familiärem Potential** noch alles in dir steckt? Unsere **genotrope Wahllehre** hilft dir dabei.

Die Schicksalsanalytische Therapie gräbt tief mittels Szondi-Test, Traumdeutung und Genosoziogramm im familiären Unbewussten.

sunday 10:00–12:00
psyCH trainer school workshops

How to avoid misunderstandings?
Learn why others don’t get what you mean by communicating better.
Arben Kqiku, Charlotte von Sichart, Jamaa El-Alami
Room RED

“You can not not communicate” – Paul Watzlawick. Many conflicts arise because we don’t understand each other. During this workshop we are going to learn and exercise practical skills to improve communication. In addition, every participant will apply these techniques to his/her daily life.

Help others to help yourself?
Discovering altruism and its societal impact
Eva-Maria Stauffer, Dominik Meier
Room BLUE

Do you want to make the world a better place? Our workshop assists you in enhancing your knowledge and improving your personal skills in communication, empathy and altruism. The aim of this training is that participants learn how to help others effectively and how to implement an altruistic attitude in their everyday lives.

Building Habits of Happiness
Experience the effects of positive psychology and use it for your daily life.
Vanessa Aeschbach, Eliane Knörr
Room YELLOW

Based on our evolutionary background we are programmed to focus on negative experiences. Learn how to bring more positive experiences and happiness into your life using neuroscientific knowledge.

Emotional Regulation
How to understand your emotions and how to manage them
Léonore Guiet, David Bruno
Room GREEN

Emotions are an important part of our daily basis. Even if we all experience them we may not know a lot about them. Some of those emotions are easier to handle but some of them can be harder to understand. This training will focus on some evidence-based models about emotions and also ways to regulate and understand them better.
The results of this study will indicate whether the integration of emotion-focused elements into treatment as usual increases the effectiveness of Psychological Therapy. If advantages are found, which may be limited to particular variables or subgroups of patients, recommendations for a systematic integration, and caveats if also disadvantages are detected, can be formulated. On a more abstract level, a cognitive behavioral (represented by PT) and humanistic/experiential (represented by EFT) approach will be integrated. It must be emphasized that mimicking common practice in the development and continued education of psychotherapists, EFT is not integrated as a whole, but only elements of EFT that are considered particularly important, and can be trained in an eight-day training plus supervision of therapies.

Trans*people face systematic discrimination and harassment as a result of social stigma. Their Gender–nonconformity violates the requirement that everyone in our society should be either male or female with clearly assigned gender roles. Unsurprisingly, Trans*people show high rates of suicidality and psychological distress. But what exactly does “trans*” mean and what are possible stressors? In my student lecture, I will answer these questions and I will introduce the minority stress theory to explain the psychological process between discrimination and mental health. Also, I will present the findings of my master thesis: I conducted a study on the relationship between minority stress, resilience factors and mental health outcomes of transgender people in Switzerland. Finally, we will discuss different approaches to reduce minority stress.

Homophobia is a controversial topic in our modern society. In recent years we’ve seen a rising number of homophobic aggressions in western countries. Lots of research has been done on the subject without reaching a consensus. According to much of this research, though, homophobia could come from a lack of masculinity, thus creating an aversion in heterosexual men. So, are homosexual men less masculine than their heterosexual counterparts? In order to find an answer to this question, we tested two groups of 89 men separated by their sexual orientation with a validated French version of the Bem sex role inventory. We found that heterosexual and homosexual men would differ slightly only on the femininity scale of the inventory and not on the masculinity scale. Those results, although limited, allow a better understanding of the role of masculinity in homophobia, and the methodological flaws inherent in gender research.
Working memory is a system dedicated to the maintenance and the processing of information, and considered as the hub of human cognition. Its measures are strong correlates of high-level cognitive skills. Several studies have established that this capacity dramatically increases with age from early childhood to adolescence. Consequently, developmental psychologists assume that cognitive development is underpinned by this age-related growth in WM capacity. However, understanding working memory functioning and identifying the roots of this increase proves to be a task fraught with difficulties. This talk will present the Time-Based Resource-Sharing model of working memory. The theory describes a multi-level cognitive architecture of working memory and makes a series of predictions about its functioning. This talk will review empirical findings in young adults supporting these predictions as well as studies in children, which shed light on factors of working memory development.

Valérie Camos is professor of developmental psychology at the Université de Fribourg since 2010. She completed her PhD in 1998 at the Université de Bourgogne. After a post-doc in Randy Engle’s lab at Georgia Institute of Technology, she was lecturer at the Université René Descartes Paris V and then moved back to Université de Bourgogne as professor in developmental psychology. In 2011, she created the Fribourg Center for Cognition, a multidisciplinary research center. Apart from her work on working memory, she is still interested in numerical cognition, especially on counting subitizing and transcoding.
thank you!
7 psyKo team

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