Preparing for course subscription
Health and Medical Psychology

Dr. Chris Verhoeven (verhoeven@fsw.leidenuniv.nl)
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
<table>
<thead>
<tr>
<th></th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programme with a 20ec internship</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BTS (5)</td>
<td></td>
<td></td>
<td>CBI (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIBC (5)</td>
<td></td>
<td></td>
<td>PAICD (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thesis (20)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Internship (20)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Health Psy Res to Pract (5)
Trauma & Mental Health (5)
Innov in Ehealthcare (5)
Persp.in Clin.Neuro Psy (5)
<table>
<thead>
<tr>
<th>Programme with a 10ec internship</th>
</tr>
</thead>
<tbody>
<tr>
<td>BTS (5)</td>
</tr>
<tr>
<td>CBI (5)</td>
</tr>
<tr>
<td>DIBC (5)</td>
</tr>
<tr>
<td>PAICD (5)</td>
</tr>
<tr>
<td>Thesis (20)</td>
</tr>
<tr>
<td>Internship (10)</td>
</tr>
<tr>
<td>Health Psy Res to Pract (5)</td>
</tr>
<tr>
<td>Trauma &amp; Mental Health (5)</td>
</tr>
<tr>
<td>Innov in Ehealthcare (5)</td>
</tr>
<tr>
<td>Persp.in Clin.Neuro Psy (5)</td>
</tr>
</tbody>
</table>
Starting in February timeline
Programme with a 20ec internship

BTS (5) CBI (5) DIBC PAICD (5)

Thesis (20)

Internship (20)

Programme with a 10ec internship

BTS (5) CBI (5) DIBC PAICD (5)

Thesis (20) Internship (10)

HPRP (5) Persp on Clinical NeurSc (5)

Innovations in e-HC (5) Trauma & mental health (5)

E-health Interv in Mental HC (5) TCCS (10)

HPRP (5) Persp on Clinical NeurSc (5)

Innovations in e-HC (5) Trauma & mental health (5)

E-health Interv in Mental HC (5) TCCS (10)
Programme with a 20 ec internship

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

Programme with a 10 ec internship

- BTS (5)
- CBI (5)
- DIBC
- PAICD (5)
- Thesis (20)
- Internship (10)
- HPRP (5)
- Innovations in e-HC (5)
- Persp on Clinical NeurSc (5)
- Trauma & mental health (5)
- E-health Interv in Mental HC (5)
- TCCS (10)
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, quantative, 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 internships (10EC)

• An **COACHING Internal Practical Internship (IPI HMN)** is organized between February and June each year. Focused on coaching and this IPI is given in English.
  
  Info & registration via Verhoeven@fsw.leidenuniv.nl

• A **TRAINERS Internal Practical Internship** is possible for Dutch speaking students who followed the Trainers Course Communication Skills (as elective) and after that apply for a teaching/training-focused internship. Positions are facilitated (but not guaranteed) by the TCCS staff.
  
  Further info verhoeven@fsw.leidenuniv.nl.

• The timing of these internships 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