

November 24th 2021, 6.00–7.30 pm
Clinical Psychology
in times of crisis



Denise Girard, MSc
Clinical Psychologist,
Alumni of SFU

The pandemic SARS-CoV-2 is a major health crisis that has changed the lives of millions globally. Large scale crises such as this one are almost always accompanied by increases in depression, post-traumatic stress, substance use and a wide range of other mental and behavioural disorders - also regarding people who were considered healthy before the outbreak. Compared to the physical dangers of the virus, the psychological effects have received less attention. In »Professional Fields & Practice of Psychology« we will speak about the importance of clinical psy-disciplines focussing on times of crisis, emphasizing the treatment and care of individuals of all ages within a psychiatric inpatient and outpatient setting. The presentation will also give insight on the different psychological activities and interventions utilised within this setting and how those were impacted by the pandemic SARS-CoV-2.

Lecture Series
Professional Fields and
Practice of Psychology

Studying psychology opens up a wide range of professional opportunities. Working as a psychologist is possible in many professional fields, depending on the specialisation. In order to facilitate orientation, a selection of professional fields will be presented at this event. Psychologists from each SFU branch will present their fields of work and provide an insight into their everyday work. There will be first-hand information as well as space for exchange and questions. Language of presentation will be English.

October 20th 2021
Petra Elsinger, MSc

Clinical and Health Psychologist,
People & Change Manager,
Enterprise Agile Coach, Alumni of SFU.

November 24th 2021
Denise Girard, MSc.

Clinical Psychologist
Alumni of SFU

December 1st 2021
Maja Fesel Kamenik, PhD
Business Psychologist

December 15th 2021
Regina Gregori Grgič, PhD
Lecturer and researcher

January 19th 2022
Dipl.-Psych. Jörg Bergmann
Clinical, Health and Organizational
Psychologist

always Wednesday from
6.00–7.30 pm
Online via Zoom

Registration

<https://uso6web.zoom.us/j/84594154973>

December 1st 2021, 7.00 pm

Boosting employee's potential in a world where all red alarms are on
Role of business psychologist in creating stimulating workplace, promoting growth mindset and taking care of comprehensive wellbeing



Maja Fesel Kamenik, Phd M.B.A.
Business Psychologist

In 2020 negative emotions (worry, anger, stress, and sadness) among employees reached record levels. In addition, Gallup has found that roughly seven in ten employees are struggling or suffering, rather than thriving, in their overall lives. Did you know that just 16 % of employees in Slovenia are engaged? That 51 % of employees are daily experiencing worry? That 37 % of employees are daily experiencing stress? Gallup's research turns on all red alarms.

In »Business psychology« we will look at the problems Gallup identified through BEEP model of boosting employee's potential. We will discover what opportunities should organizations provide to create stimulating environment; what mindset is optimal for employees to have and what can organizations do to promote that; and last but not least, how can we take care of employee's wellbeing. Only when we figure out answers to these questions, we will be able to increase satisfaction, engagement, commitment, and positive emotions in the workplace.

Through BEEP model we will learn how psychologists in organization can help realize individual's potential and what roles can psychologists take on to set off red alarms. At the end of the day the goal is not »work to live«, rather it should be »living while working«.

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<https://uso6web.zoom.us/j/85886055759?pwd=NzdwTERFSEdETigFMolHU25Gemp1dz09>
Meeting ID: 858 8605 5759 | Passcode: 123

December 15th 2021, 6.00–7.30 pm
**Digital Perspectives
in Clinical Psychology**



Regina Gregori Grgič, PhD
Lecturer and Researcher

Technologies and digital tools evolve exponentially and have an impact on each aspect of our lives. All professions, Psychologists included, modify continuously and go through technological updates. The impact of the digital world on Clinical Psychology is huge, but we can consider two macro-areas of consequences: on the one hand, psychologists can integrate in their clinical practice new technologies and digital tools; on the other, the use of technologies changes human minds (e.g., the »new« mind of digital natives), behaviour and social relationships. These changes must be investigated, understanding both their functional and their psychopathological aspects. Psychological knowledge and techniques should deal with the digital world and develop in agreement with its growth. This holds true not only for academics and researchers, but also for clinical psychologists. In this lecture we will reflect on the effects of technologies on our minds and we will introduce the main and innovative digital instruments that psychologists can exploit in their professional activity (e.g., online therapy and virtual reality).

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https://uso2web.zoom.us/webinar/register/WN_NJ798FBLT2eKnXhmCQ3nww

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January 19th 2022, 6.00–7.30 pm

Strengthening occupational health Organizational development with a focus on health



Dipl.-Psych. Jörg Bergmann

Clinical, Health and Organizational Psychologist

For more than 10 years I have been working in organizational development in addition to my work as a clinical psychologist. I have worked in these two psychological fields in parallel and without many points of contact. Until I was made aware of the topic of occupational health by a project partner about 3 years ago. This changed my work step by step. While at the beginning of my work as an occupational health psychologist I was mostly invited to give health promotion courses such as stress management or mindfulness training, I later discovered that for sustainable health education in the company it is important to develop the organizational and management culture towards a health-sensitive company. My focus moved from behavioral to structural prevention. Thus, for me, the clinical- psychological and organizational- psychological sides of my work are slowly growing together.

Occupational health psychology is »a specialty within psychology devoted to understanding workplace sources of health, illness, and injury and the application of this knowledge to improve the physical and mental well-being of employees.« (APA, 2021). In this presentation I would like to invite the audience to get to know the work as an Occupational health psychologist through two exemplary measures for strengthening the health of companies.

- 1) Development measures on the topic of health-oriented leadership.
- 2) The introduction and development of the role »mental health ambassador« in companies.

These two measurements I developed in cooperation with a major German health insurance company for different start-ups and grown-ups within the tech industry in Berlin/Germany.

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