

Week of APH Spring Sessions 2022: A Healthy Mind



TUE APRIL 5

plenary session

12:30 - 14:00

Grand Opening

Chair: Arne Popma

Welcome by APH director Martine de Bruijne

Stress transcends traditional boundaries

- Christiaan Vinkers, psychiatrist and full professor 'Stress and Resilience in Psychiatry' at Amsterdam UMC

From molecule to mind - Hanneke Hulst, health- and neuroscientist, philosopher and full professor 'Neuropsychology in Health and Disease' at Leiden University

Q&A



THU APRIL 7

parallel research program sessions

12:30 - 14:00

Towards sustainable elderly care for clients and professionals. Workshop 1: Sustainable elderly care: professional perspective – SPH, QoC, ALL

HBCD's take on lifestyle and mental health – HBCD

AI en machine learning in Mental Health – MH

Quantified Self – PM

15:30 - 17:00

Towards sustainable elderly care for clients and professionals. Workshop 2: Sustainable elderly care: (elderly) client perspective – SPH, QoC, ALL

Impact of stressful life events: a global perspective – GH

FRI APRIL 8

webinar

12:30 - 13:45

Omdenken - 'Omdenken' is the Dutch word for flip-thinking. It's a creative thinking technique that teaches you how to transform a problem into an opportunity. It's a type of psychological jujitsu. It not only leads to a solution to an existing problem, but opens new vistas of possibility. This leads to a paradox: the more problems we confront, the better!

This webinar offers an energetic and interactive introduction to flip-thinking in 75 minutes.

We welcome you to join us and meet your fellow researchers online! For more information about the program, please visit the APH website.

After registration you will receive an Outlook calendar invitation.

REGISTER
HERE!