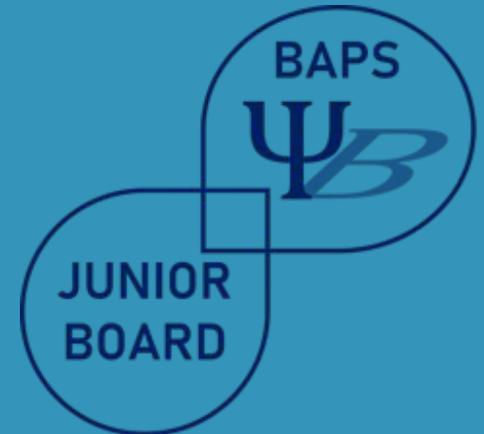


# Networking in Psychology *in Belgium*



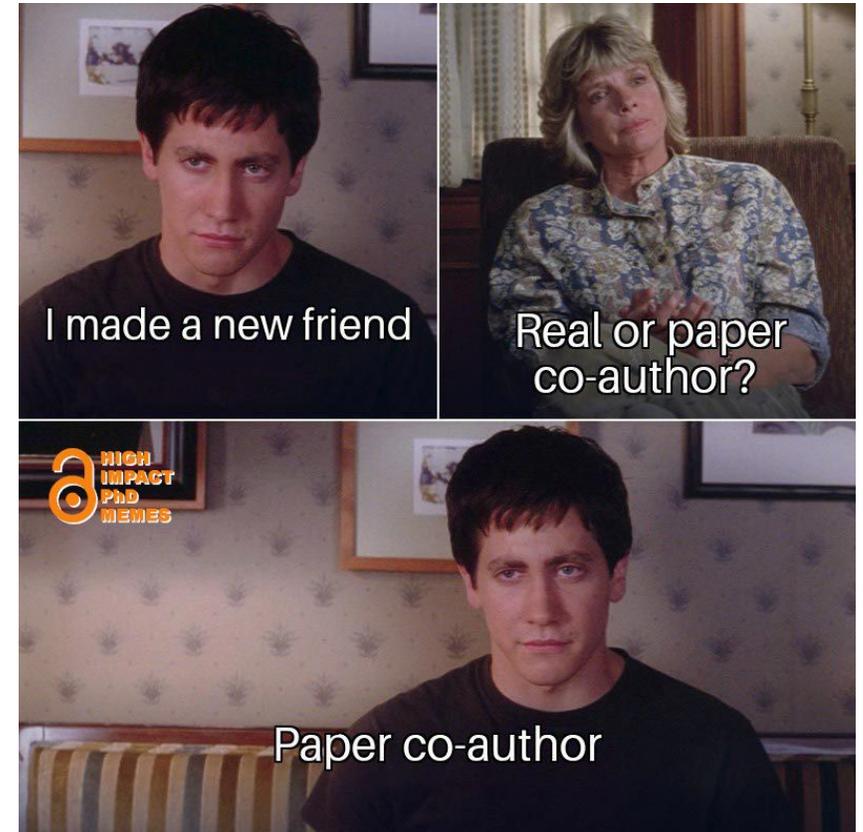
BAPS Junior Day 2022, June 2<sup>nd</sup>



C.Grégoire, C.Eben, E.Grimm, Y.Denutte, J.Vossen, Y.Ozuer, S.Kassas, S.Invernizzi

# Why is networking important?

- PhD students are a vulnerable population
  - More likely to suffer from depression and anxiety
- ... and loneliness
- Why? Moving cities, countries, isolation because of pandemics or writing articles for example



# Why is networking important?

- Opportunities to make friends and socialize as a PhD student
- Connecting with people and building strong, professional relationships
- Maintain a balanced mental health
- Social life can help reduce stress level
- Avoid loneliness and stay sociable even when we think we don't need it
- Surround yourself with people who can help you achieve your goals



# ULiège

- Lab day (PsyNCog, RUCHE, Sénescence etc)
- specific seminars
- Faculty activities: annual barbecue, annual drink
- CPLU related activities
- « PhD Students - FPLSE – Uliège » and meets: Welcome Drink 08/06
- **NEW** PhD House (B8) + PhD network activities



# UCLouvain

- Grants and Internships
- Lab or Faculty-wide Meetings and Seminars
- Reaching out to International Researchers & Conferences
- CIO : PhD and the job market : Workshops - Discussion - Networking
- **Facebook Page « Valo Doc : le doctorat à l'UCLouvain »**
- Commission des Relations avec les Milieux Professionnels (CRMP) :  
Soirée de rencontre
- IPSY Day (once a year)



<https://www.facebook.com/UCLouvaindoctorat/>

# Ghent University

- lab meetings
- inter-departmental seminars (like the CCN)
- Faculty (re)-connect events
- for PhDs: doctoral school events (e.g. job market for young researcher; PhD movie night, PhD pub night)
- for post-docs: post-doc community
- international community within the faculty
- Reaching out to International Researchers & Conferences



# UMONS

- Ph.D College : Talks, gathering, activities
- Seminars and workshops : conversations tables
- U-Stat : helpdesk for data management
- Journée de la recherche FPSE : D-Day for young researchers in psychological sciences - Once a year

# Vrije Universiteit Brussel

- PhD related activities: Doctoral School Humanities  
(<https://www.facebook.com/dshnetwork/>)
- Informal activities: Swamp  
(<https://www.facebook.com/Societyofweirdandmadpeople/>)
- VUB musical (<https://www.facebook.com/VUBMusical/>)
- International students: International Student Platform  
(<https://student.vub.be/en/international-student-platform>)
- Please have a look at  
<https://student.vub.be/en/find-your-student-organisation#interest> for a full overview of the available student organizations



# KU Leuven

- Lab meetings and interdisciplinary seminars
- Grants and Research Internships
- PhD Society Leuven (<https://www.facebook.com/phdsociety/>) & @PhD\_Society\_L
- Pangea International House for all students including PhD's
- Year long workshops, seminars and talks
- YoReCa (Young Researchers Careers) skill development and training programmes
- Career center and HR trainings

**KU LEUVEN**



# Université Libre de Bruxelles

- Faculty-wide weekly seminars
- Facebook page: Center for Social and Cultural Psychology , ULB  
(<https://www.facebook.com/SocialpsychULB?fref=ts>)

- Retreats for the discussion of research projects.

Example: PACE lab (Research Center for the Promotion of Health, Prosocial Behavior and Wellbeing) organized a retreat in nature for exchanging ideas and connecting with colleagues.



# Belgian associations

- Belgian Association for Psychological Sciences (BAPS) - & Junior Board: <https://www.baps.be/>
- Belgian Federation of Psychologists (BFP): <https://en.bfp-fbp.be/>
- Vlaamse Vereniging van Klinische Psychologen (VVKP): <https://vvkp.be/>

## Other Psychological Sciences related networks:

- Belgian Society for Neuroscience (BSN): <https://bsn.ulb.be/>
- Association Belge pour l'Intervention et la Psychothérapie Familiale Systémique <https://www.abipfs.be/>
- Union Professionnelle des Logopèdes Francophones : <https://www.uplf.be/>
- Association scientifique et éthique des logopèdes francophones: <https://www.aself.be/>
- Union Professionnelle des Psychologues Cliniciens Francophones & Germanophones (UPPCF)

# More broadly

## Students

- Belgian Federation for Psychology Students (BFPS): <https://www.bfps.be/>

## Examples of European networks

- European Federation of Psychologists' Associations (EFPA) projects group: <https://www.efpa.eu/activities/working-groups>
- European Society for Cognitive Psychology (ESCOP): <https://www.escop.eu/>
- European Association of Work and Organizational Psychology (EAWOP): <http://www.eawop.org/>
- European Association of Social Psychology (EASP) <https://www.easp.eu/>

## Look for associations, federations and networks related to

- ✓ your broad field of research
- ✓ your thesis
- ✓ your values
- ✓ your personality

Find this presentation on

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<https://www.unitag.io/fr/qrcode>





**#BAPS2022**

**#BAPSJunior2022**

**#BAPSNetworking**

