

June 13th & 14th

# The Stressed Brain

*A Nervous System*

# PROGRAMME BOOKLET

# Word of Welcome

## Dear visitor of the Mind the Brain Symposium,

Welcome to our symposium! This year's edition will be the 15th edition, which means in good Dutch tradition we will celebrate our lustrum. It has been a great privilege to organise this year's edition with this great committee.

This year we will discuss two days all about '*the stressed brain*'. A trending topic in both science and in society, making it a highly interesting subject for a broad group. Stress is inevitable, and maybe even necessary. However, it is mostly known as a negative effect on well-being. In this modern society there is always reason to stress, creating an enormous pressure on our public health. When is stress good, what is stress and do we want stress? We will talk about this elaborately during the symposium.

As future academics we want to know everything, help society and want contribute to awareness. Therefore, during this symposium we try to combine all this in the programme. We have four great key-note speakers, workshops from all fields and student presentations. With this we hope to bring together people and ideas, to further develop as society and science.

I hope you will enjoy our programme and see you at our symposium!

*Tessel Wijne, Chair of the 2019 Mind the Brain committee*

*Left to right: Tjerk, Maria, Evy, Angelina, Joëlle, Andre, Lauryna, Tessel*



# General Information

## **Registration**

Please register at the registration desk on each day that you are attending. Upon registration you will receive a nametag, goodiebag and lunch ticket.

## **Abstract booklet**

This booklet was sent to you via email. It contains abstracts of the students who are presenting a poster or giving a presentation. Please keep these abstracts confidential.

The schedule of the (poster) presentations is also included in this booklet.

## **Workshops**

All workshop slots are full and can only be attended when you have registered through email. Workshops will be given in different rooms, please check the location on page 10 in this booklet.

## **Lunch and drinks**

Coffee, tea and lunch are included in your ticket. We end both days with drinks in the Langeveld building, you are welcome to join!

	Where	What
08.30 – 09.30	Hallway	Registration
09.30 – 10.00	Blauw	Introduction
10.00 – 11.00	Blauw	<b>R. de Kloet</b> <i>Keynote lecture</i>
11.00 – 12.30	Blauw	Pitches
12.30 – 13.30	Hallway	Lunch
13.30 – 14.30	Hallway	Poster Session 1
	Various	Workshop session 1
14.30 – 15.00	Hallway	Coffee break
15.00 – 16.00	Hallway	Poster Session 2
	Various	Workshop Session 1 ( <i>continuation</i> )
16.00 – 17.00	Blauw	<b>I. Myin-Germeys</b> <i>Keynote lecture</i>
17.00 – 18.00	Coffee Room	Drinks

The location of the workshops can be found on page 10 of this booklet  
 The schedule of the presentations can be found in the abstract booklet

Programme Day 1

	Where	What
08.30 – 09.00	Hallway	Registration
09.00 – 10.00	Blauw	<b>M. Henckens</b> <i>Keynote lecture</i>
10.00 – 11.00	Blauw	Student Presentations 1
11.00 – 12.00	Blauw	<b>P. de Jonge</b> <i>Keynote lecture</i>
12.00 – 13.15	Canteen	Lunch
13.15 – 14.15	Various	Student Presentations 2
	Various	Workshop session 2
14.15 – 14.45	Canteen	Coffee break
14.45 – 15.45	Various	Student Presentations 3
	Various	Workshop Session 2 ( <i>continuation</i> )
15.45 – 16.30	Blauw	Award Ceremony
16.30 – 18.00	Coffee Room	Drinks

Programme Day 2

# Ron de Kloet



Ron de Kloet is known for his research on stress hormones, specifically cortisol. He discovered that cortisol influences the brain's resilience to stress through its effect on the balance between activation and suppression of stress reactions.

Inez is psychologist and head of the Center for Contextual Psychiatry, Department of Neurosciences, KU Leuven. She investigates person-environment interactions in the development of psychopathology in general and psychosis specifically. One of her main research focuses is stress, reward, and alterations in social interaction as mechanisms underlying psychosis.



Inez Myin-Germeyns

As associate principal investigator, Marloes Henckens focuses her research on the long-lasting effects of stress exposure, and stress-related psychopathology. She combines neural circuit level and molecular studies with the use of animal models, for example rodent MRI, optogenetics and local gene expression. Marloes Henckens will talk about these animal models at the Mind the Brain symposium.

# Marloes Henckens



Peter de Jonge is a professor in Developmental Psychology, originally trained as a clinical psychologist and psychometrician. The main topics of his research are the lifespan associations between depression and somatic diseases, and enhancing phenotypes for internalising disorders.

# Peter de Jonge

## **Working conscious and effective**

*By Sjoer Bergervoet*

A day planner brimming with tasks and responsibilities: how familiar does that sound? How do you ensure that your efforts are effectively and efficiently directed while at the same maintaining your well-being under the onslaught? In this workshop, you'll explore a number of models and insights from the field of time management. These will help you organise and prioritise your tasks. We will distinguish between urgent and important tasks and practice the 'Getting Things Done' method. We will also examine which style of working is best for you, so that you may enjoy all of its benefits and will be able to avoid (many of) the pitfalls.

**Ruppert 1.14**

## **Career orientation**

*By Marte Otter*

Are you unclear on what kind of job will suit you, what you are passionate about, or what is possible after your masters? In this workshop, we will explore these questions to find out what is in your wheelhouse. Career Officer Marte Otter will encourage you to look at different aspects of yourself and your life to extract information for your future. By mapping your interests, capabilities, motives and career values, you will determine what is (most) important to you. After that, we will consider the jobs, organizations and tasks that fit your preferences.

**Ruppert 0.33**

## **Neurofeedback**

*By Erik Aarnoutse*

Neurofeedback uses the principles of operant conditioning to teach people to take control over their brainwaves. During this workshop, there will even be a live demonstration of the Brain Computer Interface and how it is used for neurofeedback. If you're feeling brave, you can even participate as audience in this demonstration.

**Ruppert 1.34**

Thursday June 13<sup>th</sup>

## **Programming: introduction in 'R'.**

*By Lieke van de Haar and Ramona Zwamborn*

Statistics and programming is all around you as a neuroscientist. Several programs can be used, of which 'R' is a very popular one. During this workshop you will learn the basics of programming in 'R' from Lieke van de Haar, a PhD student in the lab of Jeroen Pasterkamp. So download 'R', bring your laptop and learn all about programming!

**Ruppert 1.11**

## **Reflecting on the culture at your research group.**

*By Mieke Lumens*

Every group and lab has its own working culture and way of communication. Before joining a lab it is important to know if the a lab works also works for you. And even after joining it is important to reflect on these things. In this workshop you will learn how you can reflect on the culture at a research group.

**Ruppert B**

## **Introduction to Mindfulness**

*By Jacky Limvers*

Mindfulness is a combination of western psychology and buddhist meditation. A lot of research has focused on the effects of it on stress, well-being and learning ability. In this workshop you will learn more about the background and you will experience yourself what mindfulness is and how you can do these exercises! Mindfulness exercises give you the possibility to train your attention and to become more aware of your life.

**Ruppert D**

# Workshops

## Thursday June 13<sup>th</sup>

Career Orientation	Ruppert 0.33	13.30 – 15.45
Working Conscious and effective	Ruppert 1.14	13.30 – 15.45
Neurofeedback	Ruppert 1.34	13.30 – 15.00

## Friday June 14<sup>th</sup>

Programming: starting with “R”	Ruppert 1.11	13.30 – 15.45
Reflecting on the culture at your research group	Ruppert B	13.30 – 15.45
Introduction into Mindfulness	Ruppert D	13.30 – 15.00

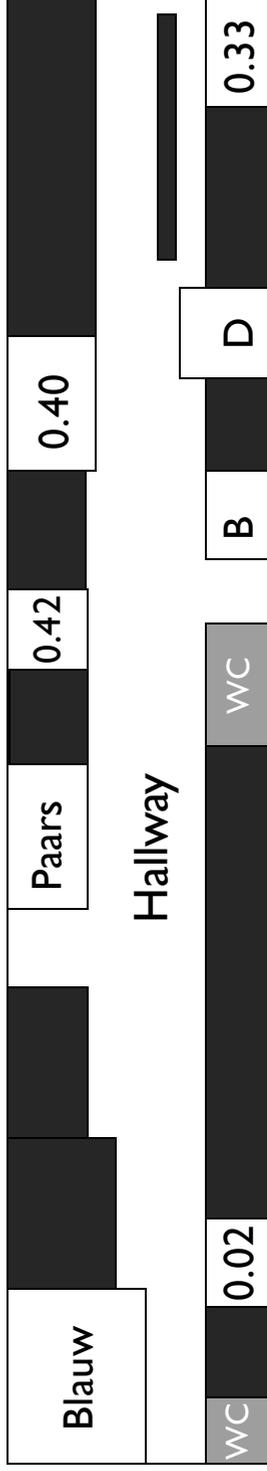
# Student presentations

## Friday June 14<sup>th</sup>

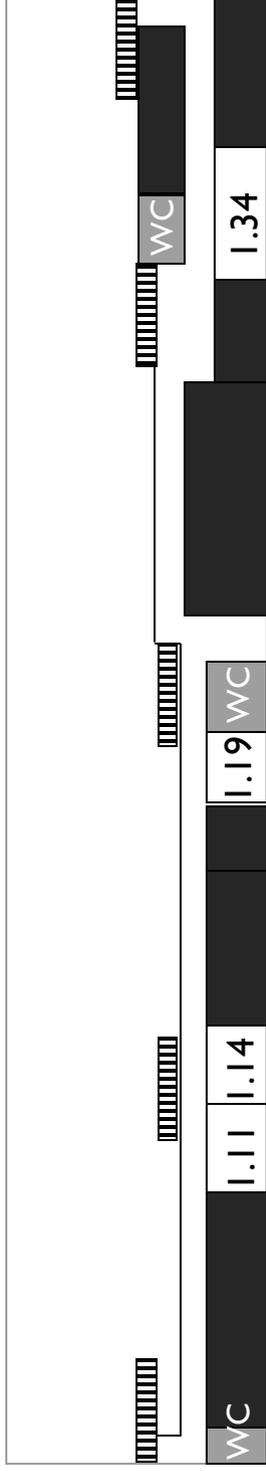
Session 1	Blauw	10.00 – 11.00
Session 2	Ruppert 0.02 and Paars	13.15 – 14.15
Session 3	Ruppert 0.02 and Paars	14.45 – 15.45

# Floor Plan

Ground floor



First floor



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thank our sponsors:



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