

HOW U FEEL
ABOUT UR
MOM??

| le savoir vivant |



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8TH NOVEMBER, 2019
UNIVERSITY OF LAUSANNE
UNIL – MOULINE STOP
IDHEAP BUILDING, ROOM 001

SWISS INTERNET INTERVENTION DAY

Guided and unguided psychological internet interventions:
Tailoring programs to the clients' needs

The first **Swiss Internet Intervention Day** will bring together researchers from different Swiss universities working with Internet-based intervention methods. We are honoured to welcome professors **Gerhard Andersson** (Linköping University, Sweden) and **Thomas Berger** (University of Bern), two pioneers of Internet interventions, who will share their extensive experience in keynote talks about tailoring interventions to specific populations and the therapeutic alliance. The programme will include presentations from various Swiss universities about recent or established projects. The Swiss Internet Intervention Day will offer an opportunity to share and discover the current richness of the work carried out in Switzerland and internationally as well as develop future questions and research directions.

www.unil.ch/siid2019

LIVES 
SWISS CENTRE OF EXPERTISE
IN LIFE COURSE RESEARCH

Unil
UNIL | Université de Lausanne
Institute of Psychology (IP)

Programme

- 09h30 **Welcome**
Pr Christine Mohr, Pr Valentino Pomini, Dr Anik Debrot, University of Lausanne
- 09h45 Keynote 1 **Tailoring Internet-based CBT to clients' characteristics**
Pr Gerhard Andersson, Linköping University, Sweden
- 11h00 Short talk **Internet-based and blended treatment options for adults and youth with interpersonal and binge eating problems**
Pr Simone Munsch, University of Fribourg
- 11h30 **Coffee break**
- 12h00 Short talk **Internet-based self-help intervention for adults after bereavement or divorce (LIVIA projects)**
*Pr Jeanette Brodbeck, University of Applied Sciences and Arts Northwestern Switzerland
Dr Anik Debrot, University of Lausanne*
- 12h30 Short talk **Online positive psychology interventions: Effectiveness, moderators, and working mechanisms**
Dr Fabian Gander, University of Zürich
- 13h00 **Lunch break**
- 14h00 Keynote 2 **The therapeutic alliance in Internet interventions**
Pr Thomas Berger, University of Bern
- 15h00 Short talk **Tailoring health messages online: Curse or blessing?**
Pr Peter Schulz, University of Lugano
- 15h30 **Coffee break**
- 16h00 Short talk **Fertility preservation in young female cancer patients: An online decision aid**
Dr Verena Ehrbar, University of Basel
- 16h30 Short talk **Stop-tabac, Stop-Alcool and Stop-Cannabis, three apps and three websites to stop or reduce consumption**
Pr Jean-François Etter, University of Geneva
- 17h00 **Closing comments**
Pr Dario Spini, Pr Marianne Schmid-Mast, University of Lausanne
- 17h15 **Aperitif**

Registration fees:

Members of Swiss universities: 40 CHF
External members: 100 CHF

Limited number of places !



Information and online registration:
www.unil.ch/siid2019

Attendance:

A certificate of attendance will be delivered to the participants

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