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.

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

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www.unil.ch/siid2019
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