

# HEIKO WESTERBURG

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## Education

### Master of Science in Psychology (research-oriented)

Oct. 2022 – today

*University of Cologne*

*Cologne, Germany*

- Electives: Social Cognition, Media and Communication Psychology, Clinical Psychology

### Bachelor of Science in Psychology

Oct. 2018 – Sep. 2022

*University of Cologne*

*Cologne, Germany*

- Grade: 1.5
- Thesis: 1.0 — Effects of cross-cutting message reception on political attitude extremity in a stratified Democrat, Republican, and Moderate sample of 1534 US-Americans

## Core Competencies

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|-----------------|----------------------|-------------------|---------------------|
| • Communication | • Project Management | • Diagnostics     | • Literature Review |
| • Mediation     | • Data Science       | • Depth Interview | • Content Creation  |

## Experience

### Institute for Diversity and Anti-Discrimination Research (IDA)

Jan 2023 – Dec 2023

*Intern* *Cologne, Germany*

- Stimulated a 200h mediation training course from Jan to Nov 2023, both as participant and intern, including the creation of photo logs, debriefing of trainings, correspondence between the institute and participants, and other on-site tasks.
- Participated in five research meetings and informed inputs for three research meetings on the topics of (1) LGBTQIA\* mental health in the German educational transition system, (2) professional law and ethics in child and adolescent psychotherapy, and (3) sexual fluidity in population research.
- Assisted during three 2.5h diversity and inclusion trainings for trainees of a large energy company.

### BILDERLEBEN — Psychoanalysis of Art

Feb 2020 – today

*Guide, Referent*

*Cologne, Germany*

- Facilitated 40 guided psychological art tours with the method of the depth interview in three large museums in Cologne.
- Directed the acquisition, onboarding, supervision, and offboarding of interns, as well as scheduling and public relations.
- Conceptualized and published 18 Instagram reels depicting the campaign's work, with a mean of 500 views each.

### Quovadis — Gesellschaft für Soziale Bildung UG

Sep 2021 – Dec 2023

*Referent, Experience-pedagogical Adviser*

*Diverse, Northrhine-Westphalia*

- Guided 22 class travels, two children's camps, and three family retreats for diverse educational target groups.
- Trained six colleagues in the implementation and future leading of four thematically diverse pedagogical programmes.

### University Hospital Cologne

Feb 2021 – Sep 2021

*Student Assistant, Clinic and Policlinic for Psychiatry and Psychotherapy*

*Cologne, Germany*

- Supported the methodology group in a large-scale literature review revising the S3 guideline regarding *Dementias*.
- Screened about 5000 research articles based on predefined search terms; evaluated articles for further guideline use.
- Assessed the methodological quality of about 500 research articles along the NICE guideline as well as CASP checklists.

### University Hospital Cologne

Oct 2020 – Jan 2021

*Intern, Clinic and Policlinic for Psychiatry and Psychotherapy*

*Cologne, Germany*

- Conducted 50 neuropsychological tests, with consequent diagnostic evaluation and supervised report writing.
- Summarized diagnostical results for interdisciplinary case conferences, including sorting of about 450 patient files.
- Edited stimulus templates for a multinational research project on social cognition in dementia.
- Statistically prepared and analyzed study data from a europewide large-scale multicenter study at four memory centers.
- Assisted in the organization of a symposium, including the coordination of 1400 invitations.

### University of Cologne

Oct 2019 – Mar 2020

*Student Assistant, Chair of Applied Social Psychology and Decision Making*

*Cologne, Germany*

- Supervised three psychological experiments, both in the laboratory and online, recruiting 400 participants on site.
- Conducted three studies as an investigator, both in the laboratory and online, according to strict procedures.
- Assisted in the cleaning and preparation of data with up to 40,000 data points for subsequent analyses.
- Prepared a systematic review of a chair research project using established criteria for transparent and ethical research.
- Accelerated further organizational support work for research and teaching at the chair.

## Skills

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**Statistical Software:** R, JASP, SPSS, PSPP, jamovi

**Electronic Data Processing:** Microsoft Excel, Word, PowerPoint

**Image- and video software:** Adobe Creative Cloud (Premiere Pro, Audition, After Effects, Photoshop, Lightroom)

**Languages:** German (C2), English (C1), French (B1), Spanish (A2)

## Qualifications

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### INeKO at the University of Cologne

*Certified mediator according to the criteria of the Bundesverband Mediation e.V.*

**Jan 2023 – Nov 2023**

*University of Cologne, Cologne*

### Akademie für Resilienz und Traumabehandlung (A.R.T.) e.V

*Advanced training in trauma care*

**Sep 2021**

*Cologne, Germany*

### Darmstadt Academy for Health and Sport

*Advanced training as relaxation coach*

**May 2021**

*Darmstadt University of Technology, Darmstadt*

### akkreditierungsseminar.de

*Training in program accreditation procedures of recognized study programs in Germany*

**Jun 2020**

*University of Cologne, Cologne*

### German Academic Scholarship Foundation

*Communication training*

**Oct 2019**

*Cologne, Germany*

## Honorary Office

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### European Federation of Psychology Students' Associations (EFPSA)

*National Coordinator, Mind the Mind Germany*

**Sep 2022 – Aug 2023**

*Germany*

- Coordinated, supervised, and guided a team of 29 local coordinators from 18 German cities in their tasks.
- Scheduled and chaired monthly meetings with local coordinators for supervision and consultation on campaign progress.
- Streamlined organizational processes regarding the progress of the campaign and interface-communication.
- Supported local coordinators in translating materials, contacting institutions, promoting the campaign, acquiring volunteers, organizing workshop trainings and psychopathology lectures, and monitoring the evaluation process.
- Reviewed monthly feedback reports on the progress of the campaign by local coordinators to the umbrella organization.
- Trained 120 volunteers to qualify in delivering workshops on mental disorders and handling challenging situations.
- Published a five-page article in *Report Psychologie*, the journal of the professional association of German psychologists.
- Reconciled diverging stances of local coordinators, volunteers, and umbrella organization staff in cases of conflict, strengthening cohesion between all status-groups involved in advancing the campaign.

### European Federation of Psychology Students' Associations (EFPSA)

*Local Coordinator, Mind the Mind Germany*

**Sep 2020 – Aug 2021**

*Cologne, Germany*

- Acquired, coordinated, supervised, and guided a team of 60 local volunteers in Cologne, first-time instating the site.
- Corresponded with schools and organizations, arranging dates for 30 workshops with a total of 600 participants.
- Provided volunteers with materials, guidelines, and information, including task allocation and scheduling trainings.
- Gathered local professors for delivering content training sessions on core mental disorders for the volunteers.

### Psychology Student Council

*Ordinarily elected member; executive committee*

**Nov 2018 – Sep 2024**

*University of Cologne, Cologne*

- Moderated round tables with student and department representatives to improve external communications regarding sensitive matters of trust, facilitating the reconstruction of constructive atmosphere between the status groups.
- Developed a social media strategy and produced content on Instagram and YouTube, leading to an increase of 400 per cent in followers and a total of over 2000 views, thereby creating unique selling propositions in Germany-wide competition regarding studyability at the Department of Psychology at the University of Cologne.
- Supervised, designed and remodeled the web presence of the Psychology Student Council.
- Participated in regular department meetings, stimulating exchanges between professoral and student body.
- Executed a student workload and satisfaction survey, including correspondence to the department to address solutions in improving student wellbeing and mental health.
- Organized and oversaw several student-organized events (graduation party, summer party, department day, general meeting of the student council) with a total of more than 2000 attendees.
- Supervised a group of 30 volunteers as member of the executive committee, organizing weekly meetings and check-ins.

## Awards

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### University of Cologne

**Dec 2020**

*University Award in the category Study and Teaching*

*Cologne, Germany*

- Coordinated and facilitated an introductory program for first-semester students on psychological science since Oct 2020.
- Guided 48 first-semester students through an introduction program on the scientific research process in psychology.
- Improved communication between the department and Student Council in implementing the first-semester program.

### German Academic Scholarship Foundation

**Nov 2018 – today**

*Scholarship holder, educational ambassador, referent*

*Cologne, Germany*

- Designed, adapted, facilitated, and evaluated 90-minute inputs on the topic of *stress, burnout, and resilience in (transition to) university studies* at welcome weekends for new scholarship holders in Cologne in April 2022 and 2023.
- Completed communication training regarding public speaking, rhetorics, feedback, and public relations.
- Corresponded as educational ambassador on weekends for scholarship applicants.
- Participated in seminars on illness in literature, film, and art, as well as virtual colloquia on improving honorary office work, UN Security Council, Open Science, and Environmental Ethics in the Anthropocene.