



# Heiko Westerborg | he

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## CORE COMPETENCIES

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|-----------------------|----------------------|----------------|----------------------|
| — Communication       | — Project management | — Data Science | — Interviewing       |
| — Conflict management | — Coaching           | — Diagnostics  | — Content management |

## SKILLS

DATA SCIENCE	R, JASP, SPSS, PSPP, jamovi
ELECTRONIC DATA PROCESSING	Office   Word, Excel, PowerPoint, OneNote
AUDIOVISUALS	Creative Cloud   Premiere Pro, Audition, After Effects, Photoshop, Lightroom
LANGUAGES	German (C2), English (C1/C2), French (B1), Spanish (A2)

## PROFESSIONAL STATIONS

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER  
 Research Assistant | Chair of Clinical Psychology and Empirical-Quantitative Depth Psychology Oct. 2024 – Sep. 2025

- Extraordinary quarter-time position for the design of project proposals on volunteer research and collaboration in the preparation of meta-analyses and systematic reviews of the chair.
- Implemented a teaching assignment of 2 contact hours per week during WS24/25 for an M.Sc. colloquium on volunteer, psychotherapeutic, prevention, field and longitudinal research.
- Assisted in organization, data management and other administrative fields of the chair.

INeKO | INSTITUTE AT THE UNIVERSITY OF COLOGNE Cologne, GER  
 Co-lecturer | Mediation & Conflict Management Dec. 2023 – today

- Supervised mediation training courses and training participants on all 24 training days.
- Offered feedback to prospective mediators after practical sessions.
- Answered organizational and administrative questions and monitoring group dynamics and development.
- Briefed and offered feedback on participant developments and needs to lecturers and training management.

IDA | INSTITUTE FOR DIVERSITY- AND ANTI-DISCRIMINATION-RESEARCH Cologne, GER  
 Intern Jan. 2023 – Dec. 2023

- Accompanied a 200h mediation training as an intern and participant, including preparation of photo protocols and debriefings.
- Supervised and organized correspondence between the institute and participants, including other on-site tasks.
- Participated in five research meetings, including presenting three scientific inputs on the following topics (1) LGBTQIA\* mental health in the German educational transition system, (2) professional ethics and professional law in child and adolescent psychotherapy and (3) sexual fluidity in population research.
- Assisted in three 2.5h diversity and inclusion trainings of a medium-sized energy company.

HEILING WIRTSCHAFTSMORPHOLOGY Cologne, GER  
 Referent Oct. 2021 – today

- Controlled personnel management as well as scheduling, public relations and other organizational tasks of the company.
- Executed (acquisition, planning, implementation, evaluation and charting) a qualitative research project in the private sector.
- Conducted over 60 psychological picture surveys with a total of over 600 clients using the in-depth interview method in the Ludwig, Schnütgen and Wallraf-Richartz museums in cooperation with the Museumsdienst Köln.
- Co-lectured three art psychology seminars as part of the Studium Integrale at the University of Cologne.
- Assisted and logged during team development measures at C-level in medium-sized companies in the private sector.
- Controlled client acquisition for private guided art-psychological tours.
- Conducted acquisition for a market research project to analyze the needs and requirements of team development measures at C-level in the private sector.
- Assisted in conceptualizing a new website in cooperation with the web design manager.
- Conceptualized, produced and published over 50 Instagram reels for PR purposes with an average of over 600 views each.

- Implemented 26 1.5-day school trips, two 7-day children's camps and three 7-day family camps.
- Trained six colleagues in the implementation of thematically diverse experiential education programs.

UNIVERSITY HOSPITAL COLOGNE | CENTER FOR MEMORY DISORDER

Cologne, GER

Student Assistant

Feb. 2021 – Sep. 2021

- Supported the methods group in revising the S3 guidelines on dementia.
- Screened 5000 research articles and assessed general suitability for further use of the articles.
- Assessed the methodological quality of around 500 research articles based on NICE and CASP guidelines.

UNIKLINIK KÖLN | ZENTRUM FÜR GEDÄCHTNISSTÖRUNGEN

Cologne, GER

Intern

Okt. 2020 – Jan. 2021

- Implemented, evaluated and supervisedly reported 50 neuropsychological tests.
- Prepared test diagnostic results for interdisciplinary case conferences, including administration of approx. 450 patient files.
- Prepared stimuli for a multinational research project on social cognition in people with dementia.
- Prepared and analyzed data from a large-scale research project from four EU-wide memory centers.
- Assisted in symposium preparation, including administration of around 1400 invitations.

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY

Cologne, GER

Teaching Assistant, Program Coordinator

Sep. 2020 – Oct. 2024

- Implemented the content of the first-semester bachelor's introductory program, including close guidance and support of a scientific knowledge acquisition cycle in small groups (70 students in total), including design, implementation, analysis and reporting of an initial empirical-psychological study.
- Executively performed interface communication and program coordination between the institute and the student council to interlink the content and social program dates of the first semester introductory program.
- Significantly contributed to winning the University Prize in the category Studies and Teaching 2020, e.g. by creating a digital campus tour, supervising and implementing program communication to students, and conducting student evaluation processes to control quality, feasibility and satisfaction with regard to the program.

BILDERLEBEN | PSYCHOANALYSIS OF ART

Cologne, GER

Intern

Feb. 2020 – Sep. 2021

- Facilitated approx. 5 guided psychological art tours in three large museums in Cologne.
- Traversed extensive training in depth-psychological interviewing.

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY

Cologne, GER

Student Assistant | Chair of Applied Social Psychology and Decision Research

Oct. 2019 – Mar. 2020

- Supervised three psychological experiments, including acquisition of around 400 participants on-site.
- Supervised three psychological experiments, both in the laboratory and online, including traversing training for trial directors.
- Prepared study data with around 40 000 IAT reaction time data points for subsequent analyses.
- Prepared a systematic review in compliance with Open Science, CONSORT, and PRISMA criteria.
- Assisted in and optimized further organizational activities for research and teaching of the chair.

EDUCATION

UNIVERSITY OF COLOGNE

Cologne, GER

M.Sc. Psychology (research-oriented)

Oct. 2022 – Mar. 2025

Electives | Social Cognition, Media- and Communication Psychology, Clinical Psychology and Psychotherapy  
Thesis | "What makes you stay? Cohort study on trajectories of volunteer-related experiences in an international campaign aiming at the destigmatization of mental disorders"

B.Sc. Psychology

Oct. 2018 – Sep. 2022

Thesis: 1.0 | Effects of the reception of inter-ideological messages on the extremity of political attitudes in a representative, stratified sample of 1534 US Americans (Democrats, Republicans and moderates)

## QUALIFICATIONS

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INeKO   INSTITUTE AT THE UNIVERSITY OF COLOGNE Certification   Systemic Coaching & Changemanagement	Cologne, GER Mar. 2024 – Mar. 2025
CENTER FOR GENDER STUDIES IN COLOGNE (GeStiK) Certification   Gender- und Diversity Studies	Cologne, GER Jan. 2024
INeKO   INSTITUTE AT THE UNIVERSITY OF COLOGNE Mediator according to the criteria of the Bundesverband Mediation e.V.   Certified Mediator according to ZMedAusbV	Cologne, GER Nov. 2023
ACADEMY FOR RESILIENCE AND TRAUMA COUNSELING (A.R.T.) e.V. Advanced training   Trauma Support	Cologne, GER Sep. 2021
INTERDISCIPLINARY CRISIS NETWORK (IKN) NRW   PROF. DR. EM. KARL KLUGE Advanced training   Supervision and Monitoring   Professional & sustainable learning	Cologne, GER Aug. 2021
DARMSTADT ACADEMY FOR HEALTH AND SPORT (DAGeSp) Advanced training   Relaxation Coach	remote   Darmstadt University of Technology May 2021
akkreditierungsseminar.de Advanced training   Student advisory board in study program accreditations	Cologne, GER Jun. 2020
GERMAN ACADEMIC SCHOLARSHIP FOUNDATION   sprachraum Training   Communication and Rhetorics	Cologne, GER Oct. 2019

## HONORARY OFFICE

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EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) Data Management Responsible in Social Impact Initiative (SII) <ul style="list-style-type: none"><li>— Data management of all psychological campaigns of the umbrella organization's SII and advice on compliance with GDPR.</li><li>— Developing and optimizing international data management and research infrastructure.</li><li>— Analysing and charting of evaluation data from volunteers and recipients.</li><li>— Preparing and manuscript design of publications on the characteristics and impact of umbrella organization initiatives.</li><li>— Designing, monitoring and streamlining internal evaluation processes.</li></ul>	remote   Europe-wide Sep. 2024 – Aug. 2025
UNIVERSITY OF COLOGNE   DEPARTMENT OF PSYCHOLOGY Member of the Commission for Research and the Promotion of Young Scientists <ul style="list-style-type: none"><li>— Participating in committee meetings with the aim of submitting proposals to the Executive Director for coordinating research work, improving the acquisition of third-party funding and collaborating with other disciplines to promote young researchers.</li><li>— Examining submitted theses and subsequent voting on the awarding of the Master's Thesis Prize in Psychology 2023.</li></ul>	Cologne, GER Oct. 2023 – Mar. 2024
EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) National Coordinator   Mind the Mind Germany <ul style="list-style-type: none"><li>— Supervising and supporting 23 (2022) and 37 (2023) teams from 18 (2022) and 23 (2023) cities.</li><li>— Chairing monthly meetings with team members for supervision and collegial advice on campaign progress.</li><li>— Monitoring and streamlining organizational processes with regard to interface communication between the team and the umbrella organization</li><li>— Supporting the local coordinators in areas such as translating materials, contacting institutions, campaign advertising, acquiring volunteers and organizing training sessions and psychopathology lectures.</li><li>— Reviewing and offering feedback to monthly reports from the local coordinators on the progress of the campaign.</li><li>— Training 200 volunteers (more than 30 percent of the active volunteers nationwide) for workshop speaker activities.</li><li>— Training of 20 local coordinators to conduct trainings on their own responsibility (train the trainer approach).</li><li>— Publishing an article in Report Psychologie, the journal of the Professional Association of German Psychologists.</li><li>— Implementing mediation-analogue discussion support in the event of conflict situations between status groups for the future- and solution-oriented processing of concerns and interests in order to strengthen cohesion between all parties involved.</li></ul>	remote   Germany-wide and Europe-wide Sep. 2022 – Aug. 2024

## EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA)

remote | Germany-wide and Cologne, GER

Local Coordinator | Mind the Mind Germany, Cologne

Sep. 2020 – Aug. 2021

- First-time instantiation of the location by acquiring, coordinating and supporting a team of 60 volunteers.
- Corresponding with schools to arrange dates for approx. 30 workshops with a total of approx. 600 participants.
- Providing the volunteers with materials, guidelines and information; delegating tasks and planning training sessions.
- Acquiring professors to hold separate psychopathology lectures to train the volunteers.

## UNIVERSITY OF COLOGNE | PSYCHOLOGY STUDENT COUNCIL

Cologne, GER

Member of the Student Council (2018 – 2024) | Chair of the Executive Board (2019 – 2020)

Nov. 2018 – Sep. 2024

- Implementing mediation-analogue moderation of a round table with student and institute representatives to work on issues of trust to strengthen a constructive atmosphere between the department and students.
- Developing a social media strategy and production of PR content, with a subsequent increase in reach of 400% and a total of over 2500 views, thus creating a unique selling point in DE-wide placement in terms of visibility and insights into the studyability of psychology at the University of Cologne.
- Editorial responsibility and redesign of the website of the Psychology Student Council Cologne.
- Participating in regular departmental meetings to promote student exchange with professors and academic staff and to represent the interests of students.
- Constructing, collecting, analyzing and charting a survey on student workload and satisfaction, including correspondence with the institute to develop solutions to create or collect offers to improve the well-being and mental health of students during the COVID-19 pandemic.
- Leading the organization, supervision and evaluation of several student-organized event formats (graduation ceremonies, summer parties, department days, plenary meetings of the student council) with a total of well over 2000 participants.
- Coaching a group of 30 volunteers as chair of the executive board, including chairing weekly meetings, team development measures and individual membership discussions.
- Assuming the role of contact person for student concerns in the advisory team.

## AWARDS AND COMMITMENTS

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### UNIVERSITY OF COLOGNE | AUTONOMES QUEERREFERAT (AQUK)

Cologne, GER

Speaker

Nov. 2023 – Jul. 2024

- Implementing interactive, psychological theme evenings: "Beyond the Binary | Let's Talk About Queer Mental Health".

### NIEDERRHEIN UNIVERSITY OF APPLIED SCIENCES

remote | Mönchengladbach, GER

External Speaker

Jun. 2023 – Apr. 2024

- Expert contributions for "Triological teaching in virtual student learning environments" for social work students.
- 2024 | "Mental health in the workplace with a special focus on LGBTQ\* employee situations".
- 2023 | "Rethinking destigmatization: Tensions between campaigning, professional responsibility and activism".

### UNIVERSITY OF COLOGNE

Cologne, GER

University Prize in the Study and Teaching category

Dec. 2020

- For the nationwide unique introductory program for first-semester students: "How does psychological science work?"

### GERMAN ACADEMIC SCHOLARSHIP FOUNDATION

Cologne, GER

Scholar | Education Ambassador | Speaker

Nov. 2018 – Sep. 2024

- Conceptualizing, adapting, facilitating and evaluating 90-minute interactive, psychological theme evenings on "Stress, burnout and resilience in studies" on welcome weekends for new scholarship holders in April 2022, 2023 and 2024.
- Traversing training in the areas of communication, rhetoric, feedback and public relations.
- Corresponding as educational ambassadors during selection weekends for future scholarship holders.
- Participating in seminars on the topics of "Illness in literature, film and art", as well as virtual colloquia on "Improving volunteer work", "UN Security Council", "Open Science" and "Environmental ethics in the Anthropocene".
- Participating in a three-week intensive Spanish language course (A2).