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Research Assistant to the Chair of Clinical Psychology and Empirical-Quantitative Psychodynamic Psychotherapy

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY
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RESEARCH INTERESTS

- Psychotherapy Process Research
- Skill Acquisition in Helping Professions
- Therapeutic Alliance and Attachment in Psychotherapy
- Power and Misconduct in Academia
- Destigmatization of Mental Health Disorders
- Volunteering and Activism
- Diversity and Antidiscrimination (in Clinical Psych.)
- Attachment and Non-Monogamy

CAREER STAGES

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
Research Assistant | Chair of Clinical Psychology and Empirical-Quantitative Psychodynamic Psychotherapy since Oct. 2024

- Designing project proposals and collaborating in the preparation of meta-analyses and systematic reviews of the chair.
- Teaching in WS24/25 for a M.Sc. colloquium on scientific communication with a focus on psychotherapy process research, volunteering and activism research, diversity and climate issues in clinical psychology, and power in psychotherapy.
- Operational supervision of qualification theses in part fulfilment of the regulations for the degree of Master of Science.
- Assisting in organization, data management, and other administrative areas of the chair.

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

- Accompanied mediation training courses and participants on all 24 training days.
- Offered feedback to prospective mediators after practical sessions.
- Answered organizational and administrative questions and monitored 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 the compilation 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 WIRTSCHAFTSMORPHOLOGIE | BILDERLEBEN | PSYCHOANALYSIS OF ART

Cologne, GER

Referent

since Oct. 2021

- Contacted the New York Times & co-controlled a guest contribution to the NYT's 10-minute art challenge in April 2025.
- Controlled personnel management as well as scheduling, public relations, and other organizational tasks of the company.
- Executed (acquisition, planning, implementation, evaluation, and charting of) a qualitative research project in the private sector.
- Implemented a ten-month art psychology project at a local school with school social index 9, including client acquisition.
- Conducted over 60 psychological art tours 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.

QUOVADIS SOCIETY FOR SOCIAL EDUCATION UG

Northrhine-Westphalia, GER

Experience-pedagogical Adviser

Sep. 2021 – Dec. 2023

- 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 DISORDERS

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.

UNIVERSITY HOSPITAL COLOGNE | CENTER FOR MEMORY DISORDERS

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 (approx. 70 students in total), including design, implementation, analysis and reporting of an empirical psychological study.
- Controlled communication between the institute and the student council to interlink programs for the first semester weeks.
- 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 about the program.

BILDERLEBEN | PSYCHOANALYSIS OF ART

Cologne, GER

Intern

Feb. 2020 – Sep. 2021

- Facilitated 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 & TRAINING

IPR | INSTITUTE FOR PSYCHOANALYSIS AND PSYCHOTHERAPY IN THE RHINELAND e.V.

Cologne, GER

Psychological Psychotherapy

since Mar. 2025

Psychodynamic Psychotherapy („tiefenpsychologisch fundierte Psychotherapie“)

UNIVERSITY OF COLOGNE

Cologne, GER

M.Sc. Psychology (research-oriented)

Oct. 2022 – Jan. 2025

Electives | Social Cognition, Media- and Communication Psychology, Clinical Psychology and Psychotherapy

Thesis: 1.0 | “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

INeKO | INSTITUTE AT THE UNIVERSITY OF COLOGNE

Cologne, GER

Certification | Systemic Coaching & Changemanagement

Mar. 2025

CENTER FOR GENDER STUDIES IN COLOGNE (GeStiK)

Cologne, GER

Certification | Gender- and Diversity Studies

Jan. 2024

INeKO | INSTITUTE AT THE UNIVERSITY OF COLOGNE

Cologne, GER

Mediator according to the criteria of the Bundesverband Mediation e.V. | Certified Mediator according to ZMedAusbV

Nov. 2023

ACADEMY FOR RESILIENCE AND TRAUMA COUNSELING (A.R.T.) e.V.

Cologne, GER

Advanced training | Trauma Support

Sep. 2021

INTERDISCIPLINARY CRISIS NETWORK (IKN) NRW | PROF. DR. EM. KARL KLUGE

Cologne, GER

Advanced training | Supervision and Monitoring | Professional & sustainable learning

Aug. 2021

DARMSTADT ACADEMY FOR HEALTH AND SPORT (DAGeSp)

remote | Darmstadt University of Technology

Advanced training | Relaxation Coach

May 2021

akkreditierungsseminar.de

Cologne, GER

Advanced training | Student advisory board in study program accreditations

Jun. 2020

GERMAN ACADEMIC SCHOLARSHIP FOUNDATION | sprachraum

Cologne, GER

Training | Communication and Rhetorics

Oct. 2019

HONORARY OFFICE

- EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) remote | Europe-wide
 Social Impact Data Responsible Sep. 2024 – Jun. 2025
- Data management of all psychological campaigns of the umbrella organization's SII, and consulting on GDPR-related issues.
 - Developing and optimizing international campaign data management and campaign research infrastructure.
 - Analyzing and charting of evaluation data from volunteers and recipients.
 - Obtaining ethics approvals and preparing manuscripts for research on campaign impact and volunteering experiences.
 - Designing, monitoring, and streamlining internal evaluation processes.
- UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
 Member of the Commission for Research and the Promotion of Young Scientists Oct. 2023 – Mar. 2024
- 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.
 - Examining submitted theses and subsequent voting on the awarding of the Master's Thesis Prize in Psychology 2023.
- EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) remote | Germany-wide and Europe-wide
 National Coordinator | Mind the Mind Germany Sep. 2022 – Jun. 2024
- Supervising and supporting 23 (2022) and 37 (2023) teams from 18 (2022) and 23 (2023) cities.
 - Chairing monthly meetings with team members for supervision and collegial advice on campaign progress.
 - Monitoring and streamlining organizational processes with regard to interface communication between the team and the umbrella organization
 - Supporting the local coordinators in areas such as translating materials, contacting institutions, campaign advertising, acquiring volunteers and organizing training sessions and psychopathology lectures.
 - Reviewing and offering feedback to monthly reports from the local coordinators on the progress of the campaign.
 - Training 200 volunteers (more than 30 percent of the active volunteers nationwide) for workshop speaker activities.
 - Training of 20 local coordinators to conduct trainings on their own responsibility (train the trainer approach).
 - Publishing an article in Report Psychologie, the journal of the Professional Association of German Psychologists.
 - 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.
- EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) remote | Germany-wide and Cologne, GER
 Local Coordinator | Mind the Mind Germany, Cologne Sep. 2020 – Jun. 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 > 2500 views, creating a unique selling point in GER-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 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

UNIVERSITY OF COLOGNE Cologne, GER
 University Prize in the Study and Teaching Category Dec. 2020
 — Implementing the nationwide unique introductory program for first-semester students: “How does psychological science work?”

GERMAN ACADEMIC SCHOLARSHIP FOUNDATION Cologne, GER
 Scholar (2018 – 2024) | Education Ambassador (2021 – 2023) | Speaker (2022 – 2025) Nov. 2018 – May 2025
 — Conceptualizing, adapting, facilitating, and evaluating interactive, psychological theme evenings on “Stress, burnout and resilience in studies” on welcome weekends for new scholarship holders in April 2022, 2023, 2024, and May 2025.
 — 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”.
 — Participation in a three-week intensive Spanish language course (A2).

SUPERVISED QUALIFICATORY THESES

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
 Ongoing (delegated supervisor)
 — M.Sc. in training Rabea Balthaus, M.Sc. in training Jasmin Kühnert

ACADEMIC TEACHING

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
 — B.Sc. Introductory Week: “How does psychological science work?” (Main Responsible) winter term 2025/2026
 — M.Sc. Colloquium: “Scientific Communication” winter term 2024/2025

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

- Society for Psychotherapy Research (SPR) (since 2024)
- International Association of Applied Psychology (IAAP) (2023–2024)

PUBLICATIONS

Heiling, H.-C., Büdenbender, H., & **Westerburg, H.** (2020). Eine Beschreibung des Bilderlebens aus dem Museum Ludwig in Köln. *anders*, 38, 45–48.
Westerburg, H. (2023). Mind the Mind—Zur Entstigmatisierung psychischer Störungen. *report psychologie*, 6, 22–26.

TALKS

Westerburg, H., & Stegemerten, N. (2022, Apr 23; 2023, Apr 22; 2024, Apr 20; 2025, May 24). Stress, burnout, and resilience in (transition to) higher education [Workshop/interactive psychological input]. *Welcome Weekends for new scholarship recipients, German Academic Scholarship Foundation (Studienstiftung des dt. Volkes), Cologne*

Westerburg, H. (2024, Dec 04). What makes you stay? Volunteering Experiences in Mental Health-Related Destigmatization Work [Scientific Keynote]. *18th Future Minds Conference at the Human Sciences Faculty, University of Cologne*

Westerburg, H., & Stegemerten, N. (2023, Nov 28; 2024, Jul 01). Beyond the Binary | Let's Talk About Queer Mental Health [Workshop/theme night]. *AStA (Allgemeiner Studierendenausschuss, the student union) Mental Health Week, Autonomous Queer Department, University of Cologne*

Westerburg, H. (2024, Apr 25). Mental health in the workplace with a special focus on LGBTQIQ* employee situations [Keynote and Panelist]. *TrialogLe – Trialogische Lehre in virtuellen studentischen Lernumgebungen, Niederrhein University of Applied Sciences, remote*

Westerburg, H. (2023, Jun 16). Rethinking destigmatization: Tensions between campaign work, professional responsibility, and activism [Keynote and Panelist]. *TrialogLe – Trialogische Lehre in virtuellen studentischen Lernumgebungen, Niederrhein University of Applied Sciences, remote*

POSTERS AT SCIENTIFIC CONFERENCES

Westerburg, H. (2025). What makes you stay? Volunteering Experiences in Mental Health-Related Destigmatization Work. *56th Annual Meeting of the Society for Psychotherapy Research (SPR), Kraków, Poland*