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Research Assistant & PhD Student | Chair of Clinical Psychology and Empirical-Quantitative Psychodynamic Psychotherapy
University of Cologne | Department of Psychology | Bernhard-Feilchenfeld-Str. 11 | 50969 Cologne, Germany

RESEARCH INTERESTS

- Destigmatization of Mental Health Disorders
- Attachment Research and Relationship Constructs
- Therapeutic Alliance
- Volunteering & Activism | Diversity & Antidiscrimination
- Power and Misconduct (in Academia)
- Psychotherapy Research

EDUCATION & TRAINING

IPR | INSTITUTE FOR PSYCHOANALYSIS AND PSYCHOTHERAPY IN THE RHINELAND e.V. Cologne, GER
Psychodynamic Psychotherapy („Tiefenpsychologisch fundierte Psychotherapie“) since Mar. 2025

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)

CAREER STAGES

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
Research Assistant & PhD Student | Chair of Clinical Psychology and Empirical-Quantitative Psychodynamic Psychotherapy since Oct. 2024
— PhD Student researching destigmatization of mental health disorders in Europe, in cooperation with EFPSA.
— Designing project proposals and collaborating in the preparation of meta-analyses and systematic reviews of the chair.
— Teaching M.Sc. colloquia on scientific communication with foci on psychotherapy process research, volunteering and activism, diversity, climate and power issues in psychotherapy, and attachment and relationship constructs.
— Supervising qualification theses in part fulfilment of the regulations for the degree of M.Sc. and B.Sc.
— Assisting in organization, data management, and other administrative fields of the chair.

Wort & Bild Verlag remote, GER
Medical Journalist (“Medizinredaktion“) since Jun. 2025
— Psychological articles for the magazine <https://www.apotheken-umschau.de/>.

INSTITUTE FOR DIVERSITY AND ANTI-DISCRIMINATION RESEARCH (IDA) | ORGANIZATIONAL UNIT OF DR. FROHN GMBH Cologne, GER
Freelancing since Feb. 2025
— Diversity trainings and mediation/conflict management.

INeKO | INSTITUTE AT THE UNIVERSITY OF COLOGNE

Cologne, GER

Co-lecturer | Mediation & Conflict Management

since Dec. 2023

- Accompanying mediation training courses and participants on all 24 training days, monitoring participant developments & needs.
- Offering feedback to prospective mediators after practical conflict management sessions ("Praxiseinheiten").
- Addressing administrative questions and monitoring group dynamics and development.

INSTITUTE FOR DIVERSITY- AND ANTI-DISCRIMINATION-RESEARCH (IDA) | ORGANIZATIONAL UNIT OF DR. FROHN GMBH Cologne, GER

Intern

Jan. 2023 – Dec. 2023

- Accompanied a 200h mediation training as intern and participant, including preparation of minutes and debriefings.
- Supervised and organized correspondence between the institute and participants, including other on-site tasks.
- Researched and presented scientific inputs on (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.

QUOVADIS SOCIETY FOR SOCIAL EDUCATION UG

Northrhine-Westphalia, GER

Experience-pedagogical Adviser ("Erlebnispädagogische_r Referent_in")

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

- Executed, evaluated, and reported 50 neuropsychological test results under supervision.
- Prepared test diagnostic results for interdisciplinary case conferences, including the administration of approx. 450 patient files.
- Prepared stimuli for a multinational research project on social cognition in individuals diagnosed 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 bachelor's introductory programme, including guidance of small groups (approx. 70 students in total) in their first scientific research cycle, 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 introductory programs.
- Contributed to winning the University Prize in the category Studies and Teaching 2020, i.e. by producing 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 museums in Cologne.
- Traversed extensive training in psychodynamic 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.

QUALIFICATIONS

INeKO INSTITUTE AT THE UNIVERSITY OF COLOGNE Systemic Coaching & Change Management	Cologne, GER Mar. 2025
CENTER FOR GENDER STUDIES IN COLOGNE (GeStiK) Gender & Diversity Studies Certificate (12 ECTS)	Cologne, GER Jan. 2024
INeKO INSTITUTE AT THE UNIVERSITY OF COLOGNE Mediation & Conflict Management	Cologne, GER Nov. 2023
ACADEMY FOR RESILIENCE AND TRAUMA COUNSELING (A.R.T.) e.V. Trauma Support	Cologne, GER Sep. 2021
INTERDISCIPLINARY CRISIS NETWORK (IKN) NRW PROF. DR. EM. KARL KLUGE Supervision & Monitoring	Cologne, GER Aug. 2021
DARMSTADT ACADEMY FOR HEALTH AND SPORT (DAGeSp) Relaxation Coach remote Technical University (TU) Darmstadt	Darmstadt May 2021
AKKREDITIERUNGSSEMINAR.DE Student Advisor for Study Programme Accreditation Processes	Cologne, GER Jun. 2020
GERMAN ACADEMIC SCHOLARSHIP FOUNDATION (STUDIENSTIFTUNG DES DT. VOLKES E.V.) Rhetorics	Cologne, GER Oct. 2019

HONORARY OFFICE

EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) Research Programme Supervisor	remote and Viseu, Portugal Jul. 2025 – Jul. 2026
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- Supervising a team of 6 international psychology students in a study on attachment and non-monogamy in Europe.

EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) Social Impact Initiative (SII) Data Responsible	remote Europe-wide Sep. 2024 – May 2025
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- Data management of all psychological campaigns of the umbrella organization's SII, consulting on GDPR-related issues.
- Developed and optimized international campaign data management and campaign research infrastructure.
- Analyzed and charted internal evaluation data from volunteers and recipients.
- Obtained ethics approvals and prepared manuscripts for research on campaign impact and volunteering experiences.
- Designed, monitored, and streamlined internal evaluation processes.

UNIVERSITY OF COLOGNE DEPARTMENT OF PSYCHOLOGY Member of the Commission for Research and the Promotion of Young Scientists	Cologne, GER Oct. 2023 – Mar. 2024
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- Participated 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.
- Examined submitted theses and voted on the awarding of the master's thesis prize 2023.

EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) National Coordinator Mind the Mind Germany	remote Germany-wide and Europe-wide Sep. 2022 – Jun. 2024
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- Supervised and supported 23 (2022) and 37 (2023) teams from 18 (2022) and 23 (2023) cities.
- Chaired monthly meetings with team members for supervision and collegial advice on campaign progress.
- Monitored and streamlined organizational processes about interface communication between team and umbrella organization.
- Supported the local coordinators in areas such as translating materials, contacting institutions, campaign advertising, acquiring volunteers and organizing training sessions and psychopathology lectures.
- Reviewed and offered feedback to monthly reports from the local coordinators on the progress of the campaign.
- Trained 200 volunteers (more than 30 percent of the then active volunteers nationwide) for workshop speaker activities.
- Trained 20 local coordinators to conduct trainings for volunteers (train the trainer approach).
- Offered mediation-analogue moderation between members of the faculty and the student body.

HEILING WIRTSCHAFTSMORPHOLOGIE BILDERLEBEN – PSYCHOANALYSIS OF ART Referent	Cologne, GER since Oct. 2021
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- Controlled personnel management as well as scheduling, public relations, and other organizational & administrative tasks.
- Contacted the New York Times (NYT) & co-controlled source contributions to the NYT's 10-minute art challenge in April 2025.
- 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 60+ psychological art tours with a total of over 600+ clients in cooperation with the "Museumsdienst Köln".
- Co-lectured 5+ art psychology seminars as part of the "Studium Integrale" (Extracurriculum) at the University of Cologne.
- Assisted in team development measures at C-level in private sector companies.
- Controlled client acquisition for private guided art-psychological tours.

- Controlled participant acquisition for market research to analyze requirements of change processes C-level of private companies.
- Assisted in conceptualizing a new internet appearance in cooperation with the web design manager by writing website texts.
- Produced and published 50+ Instagram reels for public relations, averaging at 900+ views per video.

EUROPEAN FEDERATION OF PSYCHOLOGY STUDENTS' ASSOCIATIONS (EFPSA) remote | Germany-wide and Cologne, GER
Local Coordinator | Mind the Mind Germany, Cologne Sep. 2020 – Jun. 2021

- Instantiated the location for the first time by acquiring, coordinating, and coaching a team of 60 volunteers.
- Corresponded with schools to arrange approx. 30 workshops with a total of approx. 600 participants.
- Provided the volunteers with materials, guidelines and information; delegated tasks and planned training sessions.
- Acquired speakers to deliver psychopathology lectures relevant to volunteer training.

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

- Implemented 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.
- Developed 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.
- Participated in department meetings to promote exchange with academic staff, and to represent student body interests.
- Constructed, collected, analyzed and charted 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.
- Led 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.
- Coached a group of 30 volunteers as chair of the executive board, including chairing weekly meetings, team development measures and individual membership discussions.
- Assumed the role of person of trust for student concerns in the advisory team.

AWARDS AND COMMITMENTS

SOCIETY FOR PSYCHOTHERAPY RESEARCH EU Chapter | 56th Annual SPR Meeting in Kraków
EU-SPR Student Travel Award (USD 600) Jun. 2025

UNIVERSITY OF COLOGNE Cologne, GER
University Prize in the Study and Teaching Category Dec. 2020

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

GERMAN ACADEMIC SCHOLARSHIP FOUNDATION (STUDIENSTIFTUNG DES DT. VOLKES E.V.) Cologne, GER | Nov. 2018 – May 2025
Scholar ("Stipendiat_in", 2018 – 2024) | Ambassador ("Bildungsbotschafter_in", 2021 – 2023) | Speaker ("Fachreferent_in", 2022 – 2025)

- Conceptualized, adapted, facilitated, and evaluated interactive, psychological theme nights on "Stress, burnout and resilience in studies" on welcome weekends for new scholarship recipients in April 2022, 2023, 2024, and May 2025.
- Traversed training in the areas of communication, rhetoric, feedback, and public relations.
- Corresponded as educational ambassadors during selection weekends for future scholarship recipients.
- Participated 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".
- Participated in a three-week intensive Spanish language course (A2).

SUPERVISED QUALIFICATORY THESES

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY Cologne, GER
Ongoing | M.Sc. (in training): Johanna Müller, Yasmina Pirouz, Kristin Kilian, Franka Haberbosch
Completed (delegated and main supervisor) | M.Sc. Rabea Balhaus, M.Sc. Jasmin Kühnert, B.Sc. Berit Scheid

ACADEMIC TEACHING

UNIVERSITY OF COLOGNE | DEPARTMENT OF PSYCHOLOGY

Cologne, GER

- B.Sc. Introductory Week: “How does psychological science work?” (Main Responsible)
- M.Sc. Colloquium: “Scientific Communication” (“Wissenschaftskommunikation”)

winter terms 25/26, 26/27
winter terms 24/25, 25/26, 26/27

MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS

- German Psychological Society (Deutsche Gesellschaft für Psychologie, DGPs) (since 2025)
- Society for Psychotherapy Research (SPR) (since 2024)
- International Association of Applied Psychology (IAAP) (2023–2024)

PUBLICATIONS IN SCIENTIFIC AND PROFESSIONAL JOURNALS

Westerburg, H.R.G. (2023). Mind the Mind—Zur Entstigmatisierung psychischer Störungen. *report psychologie*, 6, 22–26.

SCIENTIFIC CONFERENCES

- Westerburg, H.R.G.**, Ehrental, J.C., Crusius, J., & Gast, A. (2026). How is psychological science doing? – Results of the first two waves of a longitudinal study on scientific understanding and mental health among first-year students in psychology programs in the DACH region [accepted Poster]. *54th DGPs Congress, Luxembourg*
- Westerburg, H.R.G.**, Ehrental, J.C., Crusius, J., & Gast, A. (2026). Wie geht's psychologischer Wissenschaft? – Ergebnisse der ersten Umfragewelle einer Longitudinalstudie zu Wissenschaftsverständnis und psychischer Gesundheit bei Studienanfänger*innen in Fachstudiengängen Psychologie im DACH-Raum [accepted Poster]. *5th German Psychotherapy Congress, Berlin, Germany*
- Westerburg, H.R.G.**, Ehrental, J.C., Crusius, J., & Gast, A. (2026). How is psychological science doing? – Results of the first wave of a longitudinal study on scientific understanding and mental health among first-year students in psychology programs in the DACH region [accepted Online-Poster]. *57th Annual Meeting of the Society for Psychotherapy Research (SPR), Osaka, Japan*
- Westerburg, H.R.G.**, Akpınar, B., Weber, M., Grobmann, B., Yaman, Ç., Sönmez, Z., Rajinder, N., & Ehrental, J.C. (2026). Reimagining (Non-)Monogamy: Cross-Country Study On Relationship Diversity Regarding Attachment, Attitudes, and Relationship Experiences in Italy, Turkey, Austria, and Germany [Oral Presentation]. *40th EFPSA Congress, Baarlo, Netherlands*
- Westerburg, H.R.G.**, Ehrental, J.C., & Boehnke, J.R. (2026). Mind the Mind—addressing mental health stigma and enhancing mental health literacy through paraprofessional voluntary prevention work in Europe [Oral Presentation]. *40th EFPSA Congress, Baarlo, Netherlands*
- Westerburg, H.R.G.** (2025). What makes you stay? Volunteering Experiences in Mental Health-Related Destigmatization Work [Poster]. *56th Annual Meeting of the Society for Psychotherapy Research (SPR), Kraków, Poland*

TALKS

- Westerburg, H.R.G.**, & 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.R.G.** (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.R.G.**, & 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 Weeks, Autonomous Queer Department, University of Cologne*
- Westerburg, H.R.G.** (2024, Apr 25). Mental health in the workplace with a special focus on LGBTQIA* employee situations [Keynote and Panelist]. *TrialogLe – Trialogische Lehre in virtuellen studentischen Lernumgebungen, Niederrhein University of Applied Sciences, remote*
- Westerburg, H.R.G.** (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*

OTHER PUBLICATIONS

- Westerburg, H.R.G.** (in press). Histrionische Persönlichkeitsstörung. *Die Apothekenumschau* [wort&bild Verlag].
- Westerburg, H.R.G.** (in press). Intergeschlechtlichkeit: Wenn der Körper nicht ins Raster passt. *Die Apothekenumschau* [wort&bild Verlag].
- Westerburg, H.R.G.,** Weber, M., Grobmann, B., Yaman, Ç, Sönmez, Z., Akpınar, B., & Rajinder, N. (2026, May 01). Beyond the One and Only? – Understanding Non-Monogamy Through Attachment, Attitudes, and Communication. *The EFPSA Research Pulse – Blog*. <https://more.efpsa.org/rpblog/2026/05/01/beyond-the-one-and-only-understanding-non-monogamy-through-attachment-attitudes-and-communication/>
- Westerburg, H.R.G.** (2026, Apr 21). Taurin bewirkt im Körper vieles – aber ist kein Wundermittel. *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/gesund-bleiben/ernaehrung/taurin-wirkung-im-koerper-und-als-nahrungsergaenzung-1470397.html>
- Westerburg, H.R.G.** (2026, Apr 17). Mehr als nur Ausruhen: Wie gelingt eigentlich Regeneration? *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/gesund-bleiben/psyche/regeneration-warum-erholung-mehr-als-ruhe-ist-1509267.html>
- Westerburg, H.R.G.** (2026, Apr 01). Sexsucht verstehen: Das steckt hinter zwanghaftem Sexualverhalten. *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/gesund-bleiben/sex/sexsucht-symptome-und-behandlung-von-zwanghaftem-sexualverhalten-1503369.html>
- Westerburg, H.R.G.** (2026, Mar 20). AuDHS: Leben mit Autismus und ADHS. *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/gesund-bleiben/psyche/audhs-leben-mit-autismus-und-adhs-1496971.html>
- Westerburg, H.R.G.** (2025, Dec 17). Wenn Zahlen für Kopfzerbrechen sorgen: Wie eine Dyskalkulie erkannt und behandelt wird. *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/familie/entwicklung/dyskalkulie-was-hinter-einer-rechenstoerung-steckt-und-wie-man-helfen-kann-1437403.html>
- Westerburg, H.R.G.** (2025, Aug 19). Angst vor dem Weg nach draußen: Wie Agoraphobie behandelt werden kann. *Die Apothekenumschau* [wort&bild Verlag]. <https://www.apotheken-umschau.de/krankheiten-symptome/psychische-krankheiten/agoraphobie-symptome-ursachen-und-behandlungsmoeglichkeiten-1348185.html>
- Heiling, H.-C., Büdenbender, H., & **Westerburg, H.R.G.** (2020). Eine Beschreibung des Bilderlebens aus dem Museum Ludwig in Köln. *anders*, 38, 45–48. <https://www.psychologischemorphologie.de/das-magazin-anders/anders-38-2020/>

CORE COMPETENCIES

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

SKILLS

DATA SCIENCE	R, JASP, SPSS, PSPP, jamovi
ELECTRONIC DATA PROCESSING	Office Word, Excel, PowerPoint, OneNote
AUDIOVISUALS	Adobe Creative Cloud Premiere Pro, Audition, After Effects, Photoshop, Lightroom
LANGUAGES	German (native), English (C1/C2), French (B1/B2), Spanish (A2)