Report SIG in-between meeting

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| SIG group | Psychology and Neuropsychology |
| Date of in-between meeting |  05th of December 2020 |
| Venue (incl. city, country) | online |
| Topic | Mindfulness, Covid-19 and future plans |

Report (max. 1750 characters):

**Topics of the meeting**

1. Welcome and general information
2. Exchange and talk about COVID-19 and its relation to our clinical work
3. Case studies
4. Update and first results of the Comp-ACT Project (Ambra)
5. Organisational aspects/next inbetween meeting
6. Conclusion and perspectives

1: **A mindful exercise – operated by Ambra**



Ambra picked us up and transfered us to a wonderful journey into self-reflection and personal selfcare

**2: Exchange and talk about COVID-19 and its relation to our clinical work**

What are your personal / professional experiences at the moment with the Covid-19 pandemic?

* Most of us experienced a big impact and burden of COVID-19 aspects in our clinical work.
* We discussed the influences and possible ways to coping with the burden

**3: Case studies**

a. Julia presented a case (positive thinking and dysfunctional reflection and behavior of the objective current situation in clinical sence)

**4: Update and first results of the Comp-ACT Project (Ambra)** – postponed because more time for discussion regarding the current situation with clinical and personal challenges was needed

**5: Organisational aspects/next inbetween meeting**

a. Election of a new SIG chair at the next inbetween meeting i. I was elected for an executive board member of RIMS and would like to overhand this position – WHO WANT TO BECOME THE NEXT SIG CHAIR?

* Anita would like to be the Co-chair (as in the past)
* Please let me know if you are interested

b. Next inbetween meeting

* We decided to have another online meeting in spring 2021
* I will organize this meeting and will start a doodle to find a date

**6. Conclusion and perspectives**

Pictures:



Group picture (incl. first and last names):

Participant list:

|  |  |  |
| --- | --- | --- |
| First Name | Last Name | Country |
| Marte | Forland | Norway |
| Ana | Ožura Brečko | Slovenia |
| Julia | Segal | United Kingdom |
| Gaetano | Perrotta | Belgium |
| Jolien | Steyaert | Belgium |
| Jana | Poettgen | Germany |
| Ana Maria | Canzonieri | Spain |
| Mieke | D'hooghe | Belgium |
| Michelle | Pirard | Belgium |
| Blanca | De Dios Perez | United Kingdom |
| Sara | Navarro Gómez | Spain |
| Mònica | Nieves Collado | Spain |
| Lourdes | Assens Tauste | Spain |
| Anita | Rose | United Kingdom |
| Sarah | Thomas | United Kingdom |
| Karen | Turpin | Canada |
| Kris | Van Der Wegen | Netherlands |
| Melloney | Schenk | Netherlands |
| Jan | Holmberg | Finland |
| Ambra Mara | Giovannetti | Italy |
| Tinne | De Strooper | Belgium |
| Menno | Schoonheim | Netherlands |

Future plans: Election of a new SIG chair

Next in-between meeting: Online inbetween meeting is planned for spring 2021