**CURRICULUM VITAE – ANIK DEBROT, PHD**

**Institut de Psychologie – Université de Lausanne**  
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**Languages (fluently spoken and written):**  
French, Spanish, English, German  
36 years old  
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ORCID: [0000-0002-9681-7271](https://orcid.org/0000-0002-9681-7271)

**EDUCATION**

<table>
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<tr>
<th>Degree</th>
<th>Institution</th>
<th>Title</th>
<th>Dates</th>
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<tr>
<td>Federally recognized psychotherapist</td>
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Master of Advanced Studies “Postgraduate Studies of Psychotherapy”  
Cognitive-behavioral and interpersonal orientation, University of Bern | Sept. 15 |
| Ph.D., University of Fribourg, Clinical Psychology Unit | “Positive relationship processes: Interpersonal emotional regulation and well-being in the daily life of romantic couples”  
Best distinction (summa cum laude; committee: Prof. Perrez, Prof. Reicherts, Prof. Bradbury (UCLA) and two members of the faculty) | Oct. 12 |
| Master of Science, Psychology, University of Fribourg (bilingual French and German) | With an Erasmus scholarship, Karl Ruprechts Universität Heidelberg, Germany (2003-04)  
- Major:  
- Minors:  
  - Clinical psychology  
  - General and educational psychology and Sociology | March 08 |

**EMPLOYMENT**

<table>
<thead>
<tr>
<th>Position</th>
<th>Institution</th>
<th>Dates</th>
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<tr>
<td>Lecturer (Maître-assistante), University of Lausanne, Institute of Psychology Cognition and Affect Regulation Laboratory, Prof. Pomini.</td>
<td>Jan. 17 - ....</td>
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<tr>
<td>SNF-Postdoctoral fellow, University of Toronto, Relationships and Well-being lab Prof. Impett</td>
<td>Aug. 15 – Dec. 16</td>
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<tr>
<td>Lecturer (maître-assistante), University of Fribourg, Clinical and Family psychology Prof. Schoebi</td>
<td>July 15</td>
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<tr>
<td>Postdoctoral fellow (assistante-docteure), University of Fribourg, Personnel and organizational psychology, Prof. Klumb</td>
<td>Apr. 14 – June 15</td>
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<tr>
<td>Clinical psychologist, private office of Dr Juvet, Fribourg</td>
<td>June 14 – July 15</td>
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<tr>
<td>Clinical psychologist, Psychiatric Day Clinic, Marsens, Switzerland</td>
<td>May 12-Mar. 14</td>
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<tr>
<td>Graduate clinical internship, Psychiatric Day Clinic, Fribourg, Switzerland</td>
<td>Oct. 11-Apr. 12</td>
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<tr>
<td>Chair assistant, Clinical Psychology Unit, Prof. Perrez, University of Fribourg</td>
<td>Sept. 09-Sept. 11</td>
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<tr>
<td>Research assistant, SNF Project “NCCR-Affective Science: Interpersonal emotion regulation”, Clinical Psychology Unit, University of Fribourg</td>
<td>May 08-Aug. 09</td>
<td></td>
</tr>
<tr>
<td>Graduate internship at the Psychotherapy Center, Family Institute, University of Fribourg</td>
<td>June 10-Sept. 11.</td>
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<tr>
<td>Student assistant at the Center for the development of tests and diagnostics, Psychology department, University of Fribourg, Prof. Dr Klaus-Dieter Hänsgen</td>
<td>May 06–Aug. 08</td>
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### Fellowships and Other Support

- **University of Lausanne, Support for Assistant professors and “Lecturers”**  
  Teaching substitute for one semester to make an FNS grant proposal, SS 2018  
  12’000 CHF

- **Swiss National Science Foundation (SNF), Early PostDoc Mobility Grant, 2015-2016 (18 months)**  
  Sexuality and well-being in couple relationships: The effect of intimacy enhancing behaviors  
  55’000 CHF

### Approved Research Projects

- **Research Commission, Faculty of Social and Political Sciences, University of Lausanne**  
  Touche, interaction styles and depression in couples  
  Principal investigator  
  2’500.- CHF

- **Swiss National Science Foundation, Project funding for 4 years (2019-2022)**  
  LIVIA-FR: An online unguided self-help intervention for people struggling with interpersonal loss  
  Principal investigator  
  407’755 CHF

- **Commission cantonale (VD) d’éthique de la recherche sur l’être humain: approval**  
  LIVIA-FR: Non-controlled evaluation of a French unguided internet-based self-help intervention for adults struggling with prolonged grief symptoms after the loss of their romantic partner  
  Principal investigator  
  2’345.- CHF

- **Research Commission, Faculty of Social and Political Sciences, University of Lausanne**  
  Touch in close relationships of Latino-American  
  Principal investigator  
  4’220.- CHF

- **Research Commission, Faculty of Social and Political Sciences, University of Lausanne**  
  LIVIA-FR: Online unguided intervention for bereaved and separated individuals  
  Principal investigator  
  2’605.- CHF

- **Swiss National Science Foundation: Research support within the Early PostDoc Mobility**  
  Touch, well-being and stress in romantic relationships: The role of attachment  
  Principal investigator  
  Total = 4310.- CHF

  - “Fonds d’action facultaire, Faculté des Lettres de l’Université de Fribourg”  
    510.- CHF
  - “Fonds du centenaire de l’Université de Fribourg”  
    800.- CHF
  - “Association des amis de l’Université de Fribourg”  
    3000.- CHF

- **Ethic Committee of the Canton Fribourg : approval**  
  Touch as stress buffer: An experimental study  
  Principal investigator  
  200.- CHF

- **Ethics committee of the German Association of Psychology: approval**  
  Basis documentation of the users of two psychiatric day clinic of the Canton Fribourg  
  Principal investigator: Dr Andrea Horn

- **Ethics committee of the German Association of Psychology: approval**  
  Daily intra- and interpersonal emotion regulation in couples  
  Principal investigator: Dr Andrea Horn
STUDENT SUPERVISION

- 1 PhD-student co-supervision with Prof. V. Pomini on an online intervention for people with grief symptoms, University of Lausanne
- 15 Master students about interpersonal touch and online interventions University of Lausanne
- 4 Bachelor papers about online and grief-related psychotherapy interventions University of Lausanne
- 10 undergraduate student assistants at the University of Toronto Projects: “Coding of touch in videos of couple interactions” and “Cleaning of physiological data”
- 6 Bachelor theses about an experimental study of touch in couple relationships, University of Fribourg
- 7 term papers about couple relationships, Bachelor students, University of Fribourg

Finished supervised master theses:
Durbin, K. B. (2018, August). A search for causality of physical affection and role of attachment styles: Does increasing physical affection lead to a better relationship, and for who? Master Thesis under the supervision of Prof. M. S. Tollenaar, Prof. J. Karremans, and Prof. R. C. van der Wal, Leiden University.

TEACHING

Master-level teaching:
- Psychotherapeutical approaches to depression University of Lausanne, Clinical Psychology, optional cours-seminar, 3 ECTS AS 18
- Psychopathological evaluation: Processes and methods University of Lausanne, Clinical Psychology. Mandatory seminar. Given together with Dr med Charles-Edouard Rengade, psychiatrist, Sabrina Cailliet-Zahler and Diana Ortega, psychotherapist, in French, 3 ECTS SS 17 -19
- Stress management: Individual interventions for health promotion University of Fribourg, Work and Organizational Psychology, given in German, 3 ECTS AS 14
- Analysis of Family Stress: Concepts, methods und exercises Seminar for clinical psychology students, given in German, 3 ECTS AS 09 + 10
Bachelor-level teaching:

- **Elaboration of research project: Psychological internet interventions**
  Seminar for all Bachelor students in psychology, given in French, 6 ECTS
  AS 18 + SS 19

- **Psychological Interventions: Basis und elementary skills**
  Seminar for all Bachelor students in psychology, given in German, 3 ECTS
  SS 10 + 11

- **Family education**
  Mandate for the Remote University of Rouen, France.
  Seminar for Education students, given in French, 3 ECTS
  AS 09

**Academic training (after PhD)**

- **Using the internet to provide CBT.** Pre-congress workshop, EABCT congress 2018, Sofia, Bulgaria
  Prof. Gerhard Andersson, 1 day
  Sept. 18

- **Organiser et développer son enseignement.** Centre de soutien à l’enseignement,
  Université de Lausanne, 2 days
  June 18

- **Comment publier en Open Access.** Graduate Campus, University of Lausanne, half day.
  April 18

- **Good Clinical Practices in Research.** Hôpitaux Universitaires Genève, 3 days
  Jan. 18

- **Research budget: Construction and comprehension.** Workshop Regard, 1 day
  Nov. 17

- **Data Management Plan for the SNSF.** Graduate Campus, University of Lausanne, 1 day
  Sept. 17

- **Impliquer davantage les étudiant·e·s dans les séminaires.** Centre de soutien à l’enseignement,
  University of Lausanne, 1 afternoon
  June 17

- **Daily Dyadic Diary Data Analysis.** Bolger & Laurenceau, University of Zürich, 2 days
  January 17

- **The psychology of human sexuality.** Graduate seminar, University of Toronto, Prof. MacDonald,
  1 semester SS 2016

- **Open Science Framework workshop,** University of Toronto, Prof. Campell, 1 day
  Nov. 15

- **An introduction to using intensive longitudinal data to study dyadic processes.**
  Prof. Laurenceau & Prof. Schoebi, University of Lausanne, 2 days

**Non-Academic training**

- **Introduction classes to the Rosen-Method for Body work,** Swiss Center of the Rosen Method
  November 17

- **Sites Web avec WordPress** August 17

**Ad hoc reviewing activities**

- US National Science Foundation - Journal of Personality and Social Psychology
- Archives of Sexual Behavior - Plos One
- Biological Psychology - Personal Relationships
- Journal of Family Psychology - Psicologia: Reflexão e Critica
- Journal of Happiness Studies - Psychiatry Journal
**Organization of Conferences and Talks**

- Invitation of Prof. Geoff MacDonald, University of Toronto, for the CARLA lab-meeting
  *When good is stronger than bad: Reward and threat in the pursuit of relationships*
  Nov. 18

- Invitation of Dr PD Andrea B. Horn, University of Zürich, for the CARLA lab-meeting.
  *It takes two to tango: interpersonal emotion regulation and adjustment in daily life*
  Nov. 18

- Invitation of Prof. Dominik Schoebi, University of Fribourg, for the CALRA lab-meeting
  *Individual Emotion Dynamics and Relational Adjustment at Different Time Scales*
  Oct. 18

- Invitation of Emily Impett for the Cognitive and Affect Regulation Lab (CARLA) Inauguration,
  *Keeping the spark alive: A communal perspective on sexuality and relationships*
  University of Lausanne.
  May 18

- Symposium at the 15th SSP-SGP Conference, Lausanne
  *Couple relationships processes and well-being: A blessing that can turn into a curse*
  Sept. 17

- Member of the Scientific Committee for the 15th SSP-SGP Conference, Lausanne
  Sept. 17

- Symposium at the IARR conference 2017, Syracuse, USA
  *Attachment style in romantic relationships: Understanding and supporting the insecure.*
  June 17

- Symposium at the 34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Bielefeld, Germany
  *Couple processes and mental health: Contribution of the couple research to clinical psychology*
  May 16

- Invitation of M. Dagan, University of Gronigen, Netherlands for the “Lunchtime Seminar”
  of the Psychology Department, University of Fribourg.
  *It takes two to tango – The interplay between patients’ emotional inhibition and partner’s responsiveness in couples’ adaptation to cancer*
  Nov. 2011

**Memberships**

- IARR, International Association of Relationship Research
- SSP-SGP, Swiss Psychological Society
- European Society for Research on Internet Interventions
- Society for the Exploration of Psychotherapy Integration
- Society of Personality and Social Psychology
- Associate member of the FADO (Family and Development Research Center, University of Lausanne)

**Award**

“Young Scientist Award 2013” of the Swiss Society of Psychology
RESEARCH OUTPUT LIST

PEER-REVIEWED ARTICLES


MANUSCRIPTS IN PREPARATION


**Others**
