CURRICULUM VITAE – ANIK DEBROT, PHD

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French, Spanish, English, German
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EDUCATION

- Federally recognized psychotherapist
  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
  Title: “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 Rupprechts Universität Heidelberg, Germany (2003-04)
  March 08

EMPLOYMENT

- Lecturer (Maître-assistante), University of Lausanne, Institute of Psychology
  Cognition and Affect Regulation Laboratory, Prof. Pomini.
  Jan. 17 - ....

- SNF-Postdoctoral fellow, University of Toronto, Relationships and Well-being lab
  Prof. Impett
  Aug. 15 – Dec. 16

- Lecturer (maître-assistante), University of Fribourg, Clinical and Family psychology
  Prof. Schoebi
  July 15

- Postdoctoral fellow (assistante-docteure), University of Fribourg, Personnel and
  organizational psychology, Prof. Klumb
  Apr. 14 – June 15

- Clinical psychologist, private office of Dr Juvet, Fribourg
  June 14 – July 15

- Clinical psychologist, Psychiatric Day Clinic, Marsens, Switzerland
  May 12-Mar. 14

- Graduate clinical internship, Psychiatric Day Clinic, Fribourg, Switzerland
  Oct. 11-Apr. 12

- Chair assistant, Clinical Psychology Unit, Prof. Perrez, University of Fribourg
  Sept. 09-Sept. 11

- Research assistant, SNF Project “NCCR-Affective Science: Interpersonal emotion regulation”,
  May 08-Aug. 09
  Clinical Psychology Unit, University of Fribourg

- Graduate internship at the Psychotherapy Center, Family Institute, University of Fribourg
  June 10-Sept. 11.

- Student assistant at the Center for the development of tests and diagnostics,
  Psychology department, University of Fribourg, Prof. Dr Klaus-Dieter Hänsgen
  May 06–Aug. 08
**Fellowships and Other Support**

- University of Lausanne, Support for Senior “Lecturers” who received an SNF project grant
  Teaching substitute for one semester 12'000 CHF

- University of Lausanne, Support for Assistant professors and Senior “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

- Swiss National Science Foundation (SNF), support for participation to the Swiss Summerschool
  on Methods in the Social Sciences course *“Multilevel models: practical applications”*, Sept. 10. 750 CHF

**Approved Research Projects**

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

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

- Commission cantonale (VD) d'éthique de la recherche sur l'être humain: approval
  Principal investigator
  *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* 2'345.- CHF

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

- Swiss National Science Foundation: Research support within the Early PostDoc Mobility
  Principal investigator
  *Touch, well-being and stress in romantic relationships: The role of attachment* 2605.- CHF

- Commission cantonale (VD) d'éthique de la recherche sur l'être humain: approval.
  Funding: 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

Principal investigator
*Touch as stress buffer: An experimental study*

- Ethic Committee of the Canton Fribourg : approval
  Principal investigator: Dr Virginie Salamin
  *Basis documentation of the users of two psychiatric day clinic of the Canton Fribourg*

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

- 1 PhD-student co-supervision with Prof. V. Pomini on an online intervention for people with grief symptoms, University of Lausanne currently
- 7 Master students about interpersonal touch and online interventions, University of Lausanne currently
- 4 Bachelor theses about online and grief-related psychotherapy interventions University of Lausanne 2017-19
- 10 undergraduate student assistants at the University of Toronto Projects: “Coding of touch in videos of couple interactions” and “Cleaning of physiological data” 2016
- 6 Bachelor theses about an experimental study of touch in couple relationships, University of Fribourg 2014-15
- 7 term papers about couple relationships, Bachelor students, University of Fribourg 2010-12

Finished supervised master theses:

Member of master theses defense committees:
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

Post-graduated teaching

- **Modèles de gestion de l’intimité : Evaluation et intervention**  
  MAS (Master of Advanced Studies) in clinical psychology, University of Geneva, in French.  
  In French, one-day workshop.

Master-level teaching:

- **Psychotherapeutical approaches to depression**  
  University of Lausanne, Clinical Psychology, optional course-seminar, 3 ECTS  
  AS 19-20

- **Psychopathological evaluation: Processes and methods**  
  University of Lausanne, Clinical Psychology. Mandatory seminar.  
  Given together with Dr med Charles-Edouard Rengade, psychiatrist,  
  Sabrina Caillet-Zahler and Diana Ortega, psychotherapists, 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 a 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

AD HOC REVIEWING ACTIVITIES

- Archives of Sexual Behavior  
- Biological Psychology  
- European Journal of Social Psychology  
- Journal of Nonverbal Behavior  
- Journal of Family Psychology  
- Journal of Happiness Studies  
- Journal of Social and Personal Relationships  
- Journal of Personality and Social Psychology  
- Plos One  
- Personal Relationships  
- Personality and Social Psychology Bulletin  
- Psicologia: Reflexao e Critica  
- Psychiatry Journal  
- Swiss Journal of Psychology  
- Social Psychological and Personality Science  
- Perspectives on Psychological Science  
- Time-Sharing Experiments for the Social Sciences  
- US National Science Foundation

INSTITUTIONAL ENGAGEMENTS

- Director of the CARLA laboratory  
  Mar. 19 - ...

- Representative of the scientific collaborators (corps intermédiaire)  
  Election committee (commission de presentation) for a clinical psychology professor,  
  University of Lausanne  
  18-19

- Representative of the scientific collaborators (corps intermédiaire)  
  Election committee for a clinical psychology professor, University of Fribourg  
  Nov. 10

- Representative of the scientific collaborators (corps intermédiaire) at the Psychology Department,  
  University of Fribourg  
  09-11
ORGANIZATION OF CONFERENCES AND TALKS

- Swiss Internet Interventions Day
  One-day conference at the University of Lausanne
  Nov. 20

- Invitation of Dr PD Eva Heim, University of Zürich, for the CARLA lab-meeting.
  Nov. 20

- 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, May 18
  University of Lausanne.

- 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 Groningen, 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

ACADEMIC TRAINING (AFTER PhD)

- Sensibilisation aux biais de genre dans le recrutement, Prof. M. Schmid-Mast,
  Half-day workshop, University of Lausanne
  Feb. 19

- 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

- Implier 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**

- 2\° Journée romande de psychologie positive  
  Feb. 19
- Introduction classes to the Rosen-Method for Body work, Swiss Center of the Rosen Method  
  Nov. 17
- Sites Web avec WordPress  
  Aug. 17
- 1\° Journée romande de psychologie positive  
  Feb. 17

**MEMBERSHIPS**

- ESRII – European Society for Research on Internet Interventions
- FADO – Family and Development Research Center, University of Lausanne (Associate Member)
- IASAT – International Association for the Study of Affective Touch
- IARR – International Association of Relationship Research
- Psysolidaires
- SEPI – Society for the Exploration of Psychotherapy Integration
- SPSP – Society of Personality and Social Psychology
- SSP-SGP – Swiss Psychological Society

**AWARD**

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

PEER-REVIEWED ARTICLES


MANUSCRIPTS IN PREPARATION


Debrot, A. (2018, May). *Touch to regulate emotions: Gender differences in subjective and physiological responses to partner and stranger touch.* Invited talk at the Lunchtime Seminars, Department of Psychology, University of Fribourg, Fribourg, Switzerland.

Debrot, A. (2018, March). *Piel a piel: Cómo el contacto físico con su pareja contribuye a su bienestar.* Oral presentation at the TEDx PuraVida, San José, Costa-Rica. tedxpuravid.org/charlas/piel-a-piel/


Others
