

Autumn Dopsy Symposiom

Future psychology – challenges of digitalization and managing wellbeing

Registration open 3rd of May till 20th June 2019 ([Link to the registration](#))

Program

29/8 /2019

- 10:30 Meeting at the terminal and receiving tickets
- 11:00 Welcome on board in Helsinki meeting at the conference desk
- 11:30 Welcome-words
- 12:00 Lunch at the a la carte Restaurant
- 13:00 **Kalle Partanen, Arvokas mieli ltd (Precious mind Ltd)**
Wellbeing at the Academia – how to manage time and stress in academic work;
- 14:15 Take luggage to cabins
- 14:30 **Raimo Lappalainen** : Wellbeing and future psychology – opportunities in digitalization
- 16:00 Short Break: Coffee and beverages
- 17:00 **Ilona Rauhala**: Leading self-efficacy, confidence and progress during doctoral thesis studies. How to deal self-doubt and procrastination.
- 18:00- 19:00 Workshops
- 19:00 Pub quiz (Organized by students)
- 21:00 Dinner at the a la carte restaurant

30/8/2019

- 8:00-9:30 Breakfast
- 10:00 Meeting at the departure desk – Leaving to Stockholm for the excursion (students to plan)
- 15:00 Return to the boat
- 15:30 ***Lets talk about your research!***
- Possibilities for Lighting talk (short few min talk) or bring poster on your research topic
 - Possibilities for speed dates for guidance and feedback:
 - o On Research themes
 - o Time management and scheduling
 - o Next steps in research
- 17:00 Students brainstorming on future Dopsy
- 18:00 Dopsy-board meeting
- 19:00 Buffet dinner

Shopping, Get together, sauna and drinks

31/8/2019

6:30 Breakfast

10:10 Boat arrives to Helsinki

FEES (Covers program, accommodation for two nights and meals):

90 euros / person in 4 persons cabin

100 euros / person in 2 prs cabin

120 euros / person in single cabin

Travel (boat) schedule

29th of Aug, 17:15 Departure from Helsinki

30th of Aug, 10:00 Arrival to Stockholm

30th of Aug 16:30 Departure from Stockholm

31st of Aug 10:10Arrival to Helsinki

Speaker presentations

Raimo Lappalainen, *Ph.D. in clinical psychology. Professor in clinical psychology and psychotherapy at the Department of Psychology, University of Jyväskylä, Finland. A licensed psychologist and psychotherapist. He has acted as the head and vice-head of the Department of Psychology (2008-2013), and Vice-Dean for Faculty of Education and Psychology (2018-). He has expertise in Cognitive Behavioral Therapies and Contextual Behavioral Science including Acceptance and Commitment Therapy (ACT) and Relational Frame Theory (RFT). Experience of both laboratory and clinical research related to behavioral interventions and technology-based interventions as well as of teaching and supervision. His main research interests are development of brief psychological interventions, including web- and mobile - based interventions for promoting wellbeing.*

Kalle Partanen(*M. Psych. in clinical psychology, Psychotherapist*) provides evidence-based treatments focusing on Cognitive Behavioral Therapies at KKT-Keskus Arvo Helsinki where is a partner. Previously Partanen has worked as a study psychologist at the University of Helsinki and University of Arts Helsinki and in different educational and mental health settings. He has expertise in Contextual Behavioral Therapies including Acceptance and Commitment Therapy (ACT). Partanen's main interest is in brief therapies and interventions, especially in high performance settings. He acts as a president of the ACBS-Finland (Association for Contextual Behavioral Science) and is a member at the Finnish Psychological Association chapter for psychological coaching. Partanen has also expertise on rehabilitation among adults on the Autism Spectrum and has published a book on the topic.

Ilona Rauhala, *licensed psychologist, ICF-certified coach (MCC), is a high performance coach and leadership trainer. She has over 20 years of experience in training, coaching, psychological consultation in many different organizations and fields, with thousands of individuals. She was the third Finnish coach to get the highest International Coach Federation -certification. Ilona runs her own company and she had her own talk show on YLE 1 during years 2007 and 2008. She has written 5 books, several columns and regularly collaborates with media by commenting on topics such as leading change and transformation, psychological capital, learning, purpose, how to create living work communities, building connections as well as leading thinking and emotional energy. Ilona is an encouraging and inspiring speaker and her expertise is the meaning of psychological capital for success and competitive edge.*

