

**Newsletter Editor:**

Tobias Ringeisen  
Federal University of Applied Sciences (Germany)  
E-mail: tobias.ringeisen@bzms.bfinv.de

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Dear STAR Members,

In the following, you find the current issue of the STAR newsletter containing the following points. Deepening information can be found under each headline below.

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- 2009 Election STAR Secretary/Treasurer - extended call for nominations
  - Workshops of the 30th STAR conference in Budapest, 2009
  - CREATE workshop "Advancing the science of behaviour change - methods and theories"
  - New book publication: Proceedings of the 27th STAR conference
  - Collaborative research projects on teacher stress
  - Important dates of upcoming STAR conferences
  - Upcoming conferences related to stress and anxiety
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**2009 Election STAR Secretary/Treasurer - extended call for nominations**

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The STAR Secretary/Treasurer will be found at the 30th STAR Conference in Budapest, Hungary (July 23-25, 2009). The term will commence in July 2009 and end in 2013. A handover meeting will be held early in the conference.

May 29, 2009 is the new RECEIVED-BY DEADLINE for nominations/filing of candidacy. To complete the nomination process, a nomination letter and a candidate's statement should be sent to Nina Knoll <nina.knoll@charite.de>; STAR Promotion Assistant). As requirement, candidates must be current STAR members. STAR Officers are expected to attend a minimum of one Board meetings per year and the annual STAR Conferences.

**Workshops of the 30<sup>th</sup> STAR conference in Budapest, 2009**

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At the upcoming STAR conference in Budapest, the following 3 workshops are offered focusing on different aspects of stress and anxiety. STAR members are especially encouraged to take the opportunity and register for the workshops.

**Workshop 1**

Conservation of Resources Theory: Stress and Trauma  
Stevan E. Hobfoll, Ph.D., Professor at Rush Medical College, Chicago

At the end of the workshop participants will:

1. To understand the basic principles of COR theory
2. To be familiar with the scientific basis for the application of COR theory to the study of traumatic stress.
3. To be familiar with key resources that operate in the trauma and recovery process

4. To be able to apply the principles of COR theory to research and intervention on traumatic stress

Workshop 2

All about social support: Conceptual, measurement & methodological distinctions that matter

Krys Kaniasty, Ph.D.; Professor at Indiana University of Pennsylvania, USA and Opole University, Poland

At the end of the workshop participants will:

1. Recognize the multifaceted nature of social support construct
2. Judiciously select dependable social support instruments according to specific research hypotheses or intervention goals
3. Understand diversity of theoretical and analytical models attempting to explain the workings of this robust resource in successful coping and adaptation
4. Appreciate that failures of social support (it is not a panacea, and it can frustrate and disappoint) are as important for psychological well-being as its successes

Workshop 3

Dance Movement Therapy

Robert Frank, Psychologist, Dance / Movement therapist

III. Psychiatric Rehabilitation Department,

Jahn Ferenc South-Pest Hospital, Budapest, Hungary

At the end of the workshop participants will:

1. Understand the healing processes in dance therapy
2. Improve their communication skills and have greater empathy and become more assertive
3. Be aware of the use of Metacommunication through examination of individual styles and their development
4. Be able to promote real self image and self evaluation

CREATE workshop "Advancing the science of behaviour change - methods and theories"

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CREATE is a subdivision of the European Health Psychology Society (EHPS), promoting education and collaboration for early career researchers working in the field of health psychology. CREATE in particular encourages early career researchers from all countries to apply.

CREATE has extended its deadline (May 10) for applying for this year's CREATE workshop "Advancing the science of behaviour change - methods and theories". The workshop will be facilitated by outstanding experts in the field of health psychology, Prof. Susan Michie, Dr. David French and Dr. Falko Sniehotta, and will take place on the three days preceding the EHPS conference in Pisa (September 20th-22nd 2009).

More detailed information on the workshop's content and the application procedure can be found on the CREATE homepage: [www.ehps.net/create](http://www.ehps.net/create).

There are also grants available!

Starting after this year's workshop, there will also be four open positions in the CREATE Executive Committee.

Working in this international team and organising the annual workshops is a great experience which provides lots of insights into the working mechanisms of committees - for more information on how to apply, please visit [www.ehps.net/create](http://www.ehps.net/create).

New book publication: Proceedings of the 27th STAR conference

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In 2007, the proceedings of the 27th STAR conference were only published by means of an electronic version. Recently, a selection of papers from that conference were compiled and edited by the conference organizers by means of a book. It covers antecedents and consequences of, as well as coping with stress in various life domains.

Roussi, P., Vassilaki, E., & Kaniasty, K. (2008). Stress and Psychosocial Resources. Coping with life changes, occupational demands, educational challenges, and threats to physical and emotional well-being. Berlin: Logos.

Collaborative research project on teacher stress

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In cooperation with the Technical University of Dortmund and the University of Muenster, Petra Buchwald of the University of Wuppertal (all Germany) has received a grant worth 0,5 Mio Euros for research on teacher stress in collaborative settings. The project will start in April 2009 and is intended to run for 3 years.

Important dates of upcoming STAR conferences

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31th conference in Galway, Ireland, August 1-3, 2010  
32th conference in Muenster, Germany, July 18-20, 2011

Upcoming conferences related to stress and anxiety

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Aside from the 29th STAR conference in Budapest this year, a number of thematically related conferences on facets of stress, anxiety and coping are coming up in the months. Examples comprise the following conferences which are listed in chronological order:

32nd Interamerican Congress of Psychology  
(June 28-July 2, Guatemala City, Guatemala)

11th European Congress of Psychology (July 7-10, Oslo, Norway)

117th convention of the American Psychological Association  
(August 6-9, Toronto, Canada)

9th Health Psychology Conference of the German Association of Psychology  
(August 26-28, Zurich, Switzerland)

23th conference of the European Health Psychology Society  
(September 23-26, Pisa, Italy)

In case you wish to share information with all STAR members or provide a contribution to the newsletter, please do not hesitate to contact me.

Best wishes from the STAR Newsletter Editor,

Tobias

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Dr. Tobias Ringeisen  
Bildungs- und Wissenschaftszentrum der Bundesfinanzverwaltung /  
Federal University of Applied Sciences  
LB4: Führung und Steuerung (FG 4.1)  
Gescherweg 100; 48161 Münster

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Telefon: +49-(0)251 8670-164  
Fax: +49-(0)251 8670-666  
E-Mail: tobias.ringeisen@bzms.bfinv.de

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