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## Effects of a self-regulation lifestyle program for post-cardiac rehabilitation patients

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# Curriculum Vitae

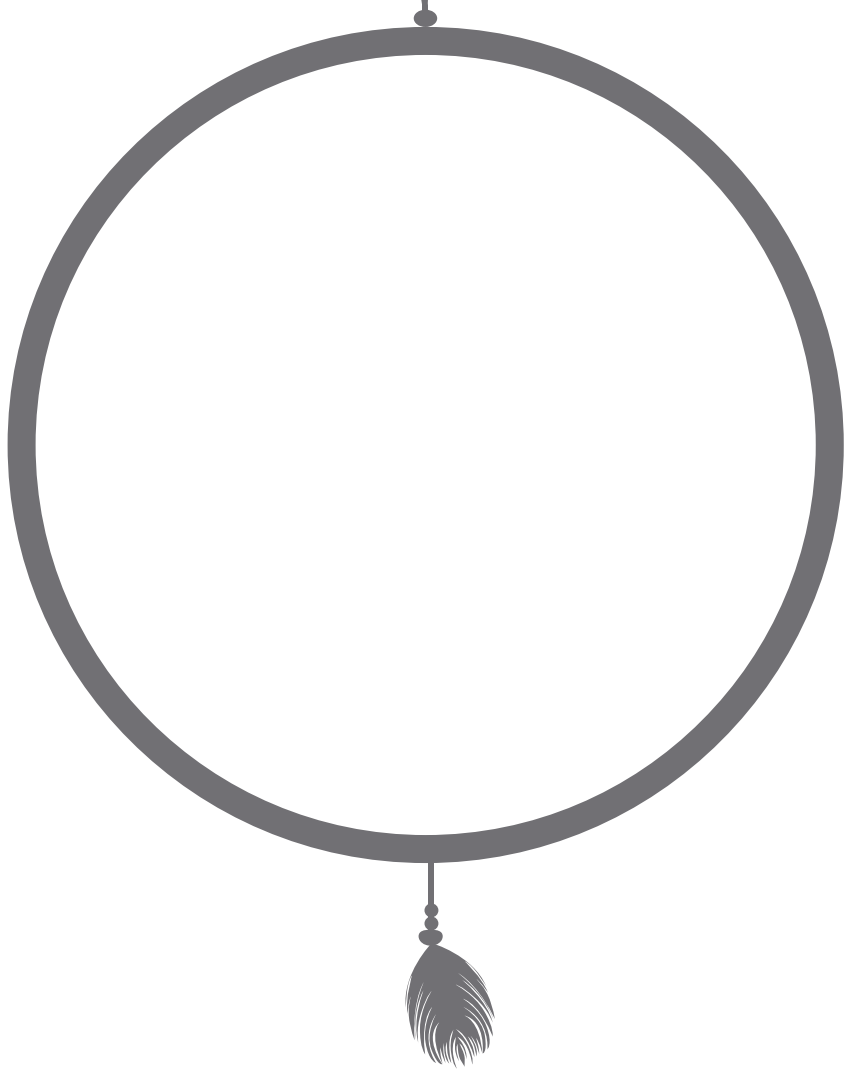
## Curriculum Vitae

Veronica Janssen was born on 18th February 1979 in Amsterdam, the Netherlands. After completing her secondary school education at St. Ignatius Gymnasium, Amsterdam, in 1997, she left for Nepal and England. She graduated from Royal Holloway, University of London, in 2001 with a First Class BSc (Hons) in Psychology for which she received two Academic Achievement awards. She moved back to the Netherlands and pursued a Master's degree in Health Psychology at Leiden University, graduating cum laude from this program in 2004.

After her graduation she ran a stress management program for cardiac patients at the Rijnlands Revalidatie Centrum (RRC) and held a teaching position at the department of Health Psychology at Leiden University. A year later, she commenced her PhD in the same department. She also started training as a cognitive-behavioral therapist, for which she worked with patients at the RRC and at the department of Endocrinology, Leiden University Medical Center. As a spinoff from her intervention research she developed and ran the e-coachings trajectory 'Gelukkig Gezond' for the Volkskrant in 2008.

At present, she runs a self-regulation program for anxiety and depression after cardiac rehabilitation for the Dutch Heart Foundation. She also represents the Netherlands Institute of Psychologists (NIP) in the Multidisciplinary Association for Cardiac Rehabilitation (LMDO-H) and is chair of the National Working Group on Cardio-Psychology (LWCP). Most recently, she qualified as cognitive-behavioral therapist (VGCT-registered) and became assistant professor in the department of Health Psychology, Leiden University.





We'll sit for hours and let the scenery break our hearts  
into millions of tiny little pieces.  
And then we'll watch, astonished, as, in the space of a breath,  
the very same scenery fuses those pieces back together again.

As if we'd been kissed by life.

And then we'll go for a coffee.

**Jeff Foster (2010)**

