Curriculum Vitae
Pr Moïra MIKOLAJCZAK,

Last update: March 2026

Bibliometric indexes at last update:
Google Scholar: > 25.000 citations; h-index = 69

PERSONNAL INFORMATION

Office address
Université catholique de Louvain
Psychology Department
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E-mail moira.mikolajczak@uclouvain.be

Date of birth: 23rd of March 1979
Place of birth: Brussels, Belgium
Nationality: Belgian
Languages spoken fluently: French, English

EDUCATION AND DEGREES

2002-2006	Ph.D. at the Université catholique de Louvain (UCLouvain, Louvain-la-Neuve). Title: "The moderating effect of Emotional Intelligence on psychological and neuroendocrine responses to stress" (Director: Pr. Olivier Luminet). *Summa cum laude*
2002-2004	DEA & Doctoral School at UCLouvain, Belgium
1997-2002	Undergraduate degree in Psychology at UCLouvain, Belgium. *Summa cum laude* Specialization: Clinical psychology Optional subject: Organizational Psychology.

SCIENTIFIC STAYS ABROAD

Jan-Sept 2007	Stanford University, USA (Pr. J.J. Gross)
May-Aug. 2005	University of London, United Kingdom (Pr. K.V. Petrides)

PROFESSIONAL ACTIVITIES

2024-	Full Professor (UCLouvain, Belgium)
2018-2024	Associate Professor (UCLouvain, Belgium)
2010-2017	Assistant Professor (UCLouvain, Belgium)
2006-2009	Post-doctoral Researcher at the Belgian National Fund for Scientific Research (FNRS-FRS)
2007	Post-doctoral Fellow at Stanford University, USA (Psychophysiology Laboratory, Pr. J. Gross)

2005 Visiting Ph.D. student at the University of London (Institute of Education, Pr. K.V. Petrides)

2002-2006 Ph.D. Student in the Research Unit for Emotion, Cognition and Health (ECSA) at UCLouvain.

AWARDS and MARKS OF RECOGNITION

2020: Complimentary membership offered by the prestigious Association for Psychological Science (APS) in reward of my contribution to psychological science.

2019- : Member of the National Committee of Psychological Sciences of the *Royal Academies for Science and the Arts in Belgium*.

2019: Article nominated for the "Article of the Year" by Child abuse and Neglect: Mikolajczak, M., Brianda, ME, Avalosse, H. & Roskam, I. (2018). Consequences of parental burnout: Its specific effect on child neglect and violence. *Child Abuse and Neglect, 80, 134-145*.

2017: Award of the Polish Association for Positive Psychology (category: best scientific article), for the paper "Why are people high in emotional intelligence happier? They make the most of their positive emotions" by Dorota Szczygiel and Moïra Mikolajczak.

2012: Laureate of the B.A.E.F. (Belgian-American Education Foundation) Alumni Award

GRANTS (exclusive of the grants obtained by my Ph.D. students)

2023 Biology of Parental Burnout (FSR grant – doctorante Coline Machiels: Moïra Mikolajczak comme promotrice, Nicolas Tajeddine comme copromoteur)

2022- Physician's burnout: From science to treatment (FNRS Grant – doctorante Emilie Banse ; Philippe de Timary comme promoteur, Moïra Mikolajczak comme copromotrice)
(~ 150,000 EUR)

2022 ARES Mobility Grant to welcome a Vietnamese Ph.D. student for 24 months in Belgium
(~ 79,200 EUR).

2021 Centre of Excellence for Learning Dynamics and Intervention Research (Academy of Finland)– Research grant for an interdisciplinary consortium on the multidimensional aetiology of learning problems; with Paavo Leppänen, Mikki Aro and Riika Korja (Team leaders and coordinators)
(~ 1,000,000 EUR)

2021 Reappraising the etiological model of parental burnout (FNRS Grant – doctorante Aline Woine; Moïra Mikolajczak comme promotrice, Isabelle Roskam comme copromotrice)
(~ 150,000 EUR)

2019 ARC Research grant for an interdisciplinary project (Psychology – Public Health – History) on the paradoxical effect of pressures on parents (with Profs Isabelle Roskam, Alexandre Heeren, Isabelle Aujoulat and Aurore François).
(~ 600,000 EUR)

2018 FAI grant to support the International Investigation of Parental Burnout (IIPB) Consortium (avec Pr Isabelle Roskam comme promotrice principale)
(~ 15,000 EUR)

2018 Research grant for a joint project with the University of Grenoble-Alpes on the treatment of parental burnout (with Pr Rebecca Shankland from Grenoble)
(~ 75,000 EUR)

2017-2019 Comparing four non-pharmacological interventions for parental burnout (Mutualité Chrétienne- Christelijke Mutualiteit - provision of human resources) (la MC a financé la communication, la réservation des salles, le catering).

2016 Research grant "Special Research Funds" (FRS) from the Catholic University of Louvainfor a project on the antecedents and consequences of parental burnout (with Pr Isabelle Roskam)
(92,213 EUR)

2012 Research grant from the Belgian National Fund for Scientific Research for a research project (FNRS-PDR) on the dark side of oxytocin (with Pr Olivier Luminet)
(170,000 EUR)

2011 Research grant "Special Research Funds" (FSR) from the Catholic University of Louvain on the psychological treatment of migraines.
(80,162 EUR)

2008 Research grant from the Région Wallonne for a project "First Spin-off" on the evaluation and treatment of chronic stress (with Pr Jacques Grégoire)
(220,000 EUR)

2006 Research grant from the Belgian National Fund for Scientific Research for a research project on the interactive effects of context and prefrontal EEG asymmetry on emotional regulation processes and outcomes
(15,000 EUR)

2006 Travel grant from the Belgian National Fund for Scientific Research (FNRS) (participation in my post-doctoral stay at Stanford University)
(3500 EUR)

2006 Special Research Fund (FRS) from the University of Louvain (participation in funding my post-doctoral stay at Stanford University)
(2500 EUR)

2005 Grant from the Belgian French Speaking Government's (funding my scientific stay at the University of London)

2004 Fellowship of the Gallup Organisation for the 2004 Positive Psychology Summit [Washington, USA]

LONG-TERM COLLABORATIONS

With other universities (National and International)

University of Stanford, USA (Pr J.J. Gross, since 2007-),
University College London, UK (Pr K.V. Petrides, 2005-2015);
ESADE Business School, Spain (Pr. J. Quoidbach, since 2008-2026),
SWPS University, Poland (Pr D. Szczygiel, since 2015-),
University of the Basque Country, Spain (Pr Sarrionandia-Pena, 2015-),
University of Jyväskylä, Finland (Pr Kaisa Aunola and Dr. Matilda Sorkkila; 2017-2024).

With University Hospitals

Cliniques Universitaires Saint-Luc, Brussels (Since 2005 : Pr. Ph. de Timary),

With health-related organizations

Mutualité Chrétienne, Brussels (Since 2010: R&D Department; Health Promotion and Prevention Department).

CURRENT AFFILIATION TO SCIENTIFIC SOCIETIES AND CONSORTIUMS

- National Committee for Psychological Sciences; Royal Academies for Science and the Arts, Belgium.
- International Investigation of Parental Burnout (IIPB) Consortium

TEACHINGS

BA and MA Courses

2015- "*Interventions in Health Psychology*" (4 ECTS). Department of Psychology, UCLouvain.

2013- "*General and Medical Psychology"* (3/5 ECTS) (with S. Symann, E. Constant, Ph. De Timary). Department of Medicine, UCLouvain

2010- "*Introduction to Psychology" (Psych 101*) (7/14 ECTS) (with, A. Szmalec, N. Vermeulen, D. Samson, D. Brevers and F. Nils). Department of Psychology, UCLouvain.

2011 "*Interventions in Health Psychology*" (3 ECTS). Department of Psychology, Université Paris Descartes (Paris V).

2010-2014 "*Health Psychology*" (3/6 ECTS) (with S. Van den Broucke). Department of Psychology, UCLouvain.

2010-2014 "*Emotion Psychology and Psychopathology*" (3/6 ECTS) (with P. Philippot). Department of Psychology, UCLouvain.

2010&2015 "Emotional Competence: Theory and Practice" (2 ECTS). Université des Aînés, Louvain-la-Neuve.

2008 -2010 **"***Organizational Behaviour*" (30h), Louvain School of Management, UCLouvain

Doctoral Courses

2021- « Séminaire de recherche en psychologie clinique et en psychologie de la santé » (with Pr Olivier Luminet)

2016-2021 "*Burnout: From theory to interventions*" Department of Psychology, UCLouvain (with Pr Isabelle Roskam, Pr Emmanuelle Zech & Pr F. Stinglhamber)

2015 "*Stress et défis de la parentalité"* Department of Psychology, UCLouvain (with Pr Isabelle Roskam)

Continuing and Executive Education

2020- *Régulation des émotions et parentalité (2h)*. DU Psychologie et Psychopathologie de la Parentalité. Université de Paris, France.

2020- *Le burnout Parental (2h)*. DU Psychologie et Psychopathologie de la Parentalité. Université de Paris, France.

2021- *Stress and Burnout* (14h). University Certificate "Diagnostic et Prise en charge Clinique des Burnouts professionnel et parental. UCLouvain, Belgium.

2019-2021 *Stress and Burnout* (14h). Académie Burnout, Belgium.

2019- *Therapists' burnout* (3h). University Certificate in Experiential and Person-Focused Psychotherapy, UCLouvain, Belgium.

2014- "*Emotions et compétences émotionnelles*" (14h). University Certificate in Life Coaching, UCLouvain, Belgium.

2013- "*Les compétences émotionnelles*" (4h). Executive Master in Business Coaching, UCLouvain, Belgium.

SUPERVISION

Ph.D. students

2026- Alexandra de Troz: Symptoms, antecedents and consequences of "sexual burnout"

2022-2026 Thanh Nguyen: Impact of family factors on parental burnout (Ph.D. co-supervised with Pr Isabelle Roskam)

2022-2026 Emilie Banse: Physician's burnout: From science to treatment (Ph.D. co-supervised with Pr Philippe de Timary)

2022-2025 Zoé Saliez: Impact of the ecological crisis on parenting

2021-2025 Alice Schittek: Moderators of the relationship between parental burnout and parental violence (Ph.D. co-supervised with Pr Isabelle Roskam)

2019-2023 Gao-Xian Lin: Paradoxical effects of pressure on parents: A 40-country study (Ph.D. co-supervised with Pr Isabelle Roskam)

2017-2020 Maria Elena Brianda: Facteurs de risque, conséquences et prises en charge du burnout parental (Ph.D. co-supervised with Pr Isabelle Roskam)

2015-2017 Louise Schinkus: Influence de la détresse des patients diabétiques sur la compliance au traitement (Ph.D. co-supervised with Pr Stephan Van den Broucke)

2013-2017 Marie Bayot: Influence de la pleine conscience sur l'empathie: effets et processus impliqués.
2011-2017 Marine Jaeken: Développement d'une formation aux compétences relationnelles à destination des étudiants en psychologie (Ph.D. co-supervised with Pr Zech and Pr Verhoofstadt)
2011-2016 Anthony Lane: Au-delà du mythe, quelle est l'influence réelle de l'ocytocine? Approche critique des effets affectifs, comportementaux et cognitifs de l'administration intranasale d'ocytocine chez l'humain (Ph.D. co-supervised with Pr. Olivier Luminet)
2011-2014 Fanny Weytens: Comparaison de l'effet de l'augmentation des émotions plaisantes et de la diminution des émotions déplaisantes sur l'ajustement psychologique, somatique et social (Ph.D. co-supervised with Pr. Olivier Luminet)

Temporary Researchers

2023 Coline Machiels (Biology of Parental Burnout)
2022 Iryna Zbrodsky: Parental burnout assessment in Ukrainian parents (on FAI and Access2University funding)
2019-2021 Alexandre Marquet: Applicability of Multi-family therapy to the treatment of parental burnout
2019-2021 Laura Gallée: Prevention of parental burnout (on ARC funding)
2016-2017 Jessica Morton: A processual model of compliments.
2014-2015 Lydia Lorenzino: The protective impact of emotional competence during pregnancy (on PDR FNRS funding)
2011-2015 Stéphanie Miliche: Efficiency of an emotional competence intervention to decrease migraine frequency (on FSR funding)
2008-2012 Illios Kotsou: "The development of emotional skills in adults (grant "Project First Spin-off" from the Belgian French-speaking government).

Post-docs

2018-2019 Dr Marie Bayot (co-supervision with Pr Rebecca Shankland, Université Grenoble-Alpes)
2016-2017 Dr Yuki Nozaki (Kyoto, then Konan University, Japan)
2015 Dr Ainize Pena-Sarrionandia (University of the Basque Country, Spain)
2014 Dr Maria Balle, Universidad de les Illes Balears, Spain

Member of Ph.D. supervision committees

2025- Garance Piret : Evaluation du psychotraumatisme (Directors Pr Achille Bapolisi Mwira & Pr Philippe de Timary, UCLouvain)
2025- Laure Pelloux : Psychophysiology and temporal perspective of burnout (Directors: Pr Cécile Dantzer and Pr Alexandre Zenon, University of Bordeaux, France)
2022- Doris Lassagne: Resilience to everyday stressors (Director: Pr Alexandre Heeren, UCLouvain).
2021- Liselotte Cullman: Cultural competence of therapists (Director: Pr Jochem Willlemsen, UClouvain)

2021-2025 Sarah Dekeyser: Understanding and improving teachers' mental health at work (Directors: Pr Vanessa Hanin & Pr. Gaëtane Caessens, UCLouvain, Belgium)

2020-2026 Camille Mouguiama-Daouda : L'anxiété face au changement climatique (Director : Pr Alexandre Heeren, UCLouvain, Belgium).

2019-2023 Camille Amadieu: The role of brain-gut axis in alcohol dependence (Directors : Pr Nathalie Delzenne, Pr Sophie Leclerc & Pr Philippe de Timary, Department of Medicine, UCLouvain, Belgium).

2019-2025 Margaux Roberti : Evolution du modèle du (bon) parent de 1945 à 2015 (Director : Pr Aurore François, Department of History, UCLouvain, Belgium)

2018-2020 Nathan N'Guyen : Une approche multi-cibles du travail émotionnel : vers un modèle intégratif (Director: Pr Florence Stinglhamber, Université catholique de Louvain, Belgium).

2017-2019 Morgane Xhonneux: Applications de la Pleine Consciences dans les troubles sexuels masculins (Director: Dr Françoise Adam and Pr Pascal de Sutter, Université catholique de Louvain, Belgium).

2016-2020 Pierre Gérain: Antécédents et conséquences du burnout de l'aidant proche (Director: Pr Emmanuelle Zech, Université catholique de Louvain, Belgium).

2015-2019 Elise Batselé: Effet des compétences émotionnelles sur la rechute de l'infarctus du myocarde, et investigation des médiateurs biologiques potentiellement responsables de cet effet (Director: Pr Carole Fantini-Hauwel, Université Libre de Bruxelles, Belgium).

2014-2018 Vanessa Hanin: Etude de la motivation, des compétences émotionnelles (CE) et de l'engagement des élèves du troisième cycle de l'enseignement primaire (9-12 ans) en FWB, en résolution de problèmes mathématiques (Director: Pr Catherine Van Nieuwenhoven, Université catholique de Louvain, Belgium).

2013-2019 Virginie Di Silverio: Enjeux psychologiques chez les femmes en rémission d'un cancer du sein (Director: Pr Susann Wolff, Université catholique de Louvain, Belgium)

2012-2020 Gaëtan Devos : L'impulsivité chez les personnes dépendantes au jeu (Director : Pr Joël Billieux & Pr. Pierre Maurage, Université catholique de Louvain, Belgium)

2012-2016 Claire Prade: L'émotion d'émerveillement (awe) et son influence sur la spiritualité (Director: Pr. V. Saroglou, Université catholique de Louvain, Belgium)

2011-2020 François Moors: Les modes interpersonnels du thérapeute et du client en interaction dans la relation thérapeutique: leurs impacts sur l'efficacité thérapeutique (Director: Pr. E. Zech, Université catholique de Louvain, Belgium)

2010-2019 Emilie Moget: La construction de l'identité chez les enfants de mères lesbiennes (Director: Pr Susann Wolff, Université catholique de Louvain, Belgium)

2010-2016 David Ogez: Les interventions psychologiques auprès des patients cancéreux: Que peut-on faire au-delà de l'annonce de la mauvaise nouvelle? (Directors: Pr. E. Zech & Pr. Ph. De Timary, Université catholique de Louvain, Belgium)

2010-2015 Françoise Adam: "Approche cognitive et comportementale de la sexualité des femmes basée sur la méditation de pleine conscience. Elaboration et évaluation d'un auto-traitement pour l'anorgasmie coïtale feminine" (Director: P. De Sutter, Université catholique de Louvain, Belgium)

2009-2017 Séverine Ballon: L'expression verbale des émotions sous forme orale et écrite: propriétés et bénéfices respectifs (Directors: B. Rimé & G. Herman, Université catholique de Louvain, Belgium).

2009-2012 Véronique Leroy: "La résistance à la tentation dans l'apprentissage" (Director: J. Grégoire, Université catholique de Louvain, Belgium)

2007-2013 Sophie Brasseur: "The emotional intelligence of gifted students" (Université Notre Dame de la Paix, Namur, Belgium. Director: J. Grégoire, Université catholique de Louvain, Belgium)

2007-2011 Magali Lahaye: "L'influence des competences émotionnelles sur la qualité de vie et la sévérité de la maladie des enfants asthmatiques" (Directors: N. Van Broeck, University of Leuven, Belgium; O. Luminet, Université catholique de Louvain, Belgium, & E. Bodaert, Cliniques Mont Godinne, Belgium)

2006-2010 Delphine Nelis: "Emotional intelligence and academic performance: neuroanatomic correlates and training perspectives" (Director : M. Hansenne ; University of Liège, Belgium).

Member of Ph.D. thesis' or HDR jury (<u>apart from</u> my own Ph.D. students)

2026 Camille Mouguiama Daouda, UCLouvain (September 2026)
2026 Justine Lomas, Swinburne University of Technology, Australia (April 2026)
2025 Sarah Dekeyser, UCLouvain (septembre 2025)
2025 Nicolas Westrelin, Université Catholique de Lille & UCLouvain (Février 2025)
2024 Margaux Roberti, UClouvain (October 2024)
2024 Nicolo Polipo, UCLouvain (September 2024)
2024 Elise Grimm, UCLouvain (September 2024)
2024 Emmanuel Mopodo (September 204)
2022 Camille Amadieu, UCLouvain (January 2022).
2022 Fanny Hamelin Cassedanne, Université Paris Nanterre, France (January 2022)
2021 Manon Dugué, Université de Rouen Normandie, France (October 2021)
2021 Ugne Pestaraite, Royal College of Music London, UK (October 2021)
2021 Mariam Kvitsiani, Tbilisi State University, Georgia (May 2021)
2020 Tony Guttentag, The Hebrew University of Jerusalem (October 2020)
2020 Astrid Lebert-Charron, Université Paris Descartes (October 2020)
2020 Nathan N'Guyen, UCLouvain (June 2020)
2020 Gaëtan Devos, UCLouvain (May 2020)
2020 François Moors, UCLouvain (May 2020)
2020 Pierre Gérain, UCLouvain (April 2020)
2019 Anne-Sophie Beaudry, Université Lille III (June, 2019)
2019 Emilie Moget, UCLouvain (June 2019)
2019 Elise Batselé, Université Libre de Bruxelles (June, 2019)
2019 Aurélie Gillis, Université catholique de Louvain (June 2019)
2019 Chantal Kempenaers, Université Libre de Bruxelles (June, 2019)
2018 Marie Poncin, UCLouvain (December 2018)
2018 Vanessa Hanin, UCLouvain (October 2018)
2017 Johan Lepage, Université de Grenoble-Alpes (December 2017)
2016 Rita Seixas, Université du Luxembourg (October, 2016)
2016 Laurie Loop, Université catholique de Louvain (September 2016)
2016 Claire Prade, Université catholique de Louvain (August 2016)
2016 Sarah Le Vigouroux, Université d'Aix-Marseille (June 2016)

2015 David Ogez, Université catholique de Louvain (December 2015)
2015 Bruno Dauvier (HDR), Université d'Aix-Marseille (December 2015)
2015 Françoise Adam, Université catholique de Louvain (September 2015)
2014 Karin Chellew Galvez, Universitat de les Iles Balears (February 2014)
2013 Sophie Brasseur, Université catholique de Louvain (June 2013)
2012 Joanna Blogowska, Université catholique de Louvain (September 2012)
2012 Véronique Leroy, Université catholique de Louvain (February 3 2012)
2011 Marie Housiaux, Université catholique de Louvain (October 7 2011)
2011 Magali Lahaye, Université catholique de Louvain (May 24 2011)
2010 Delphine Nelis, Université de Liège (October 11 2010)

Master's theses supervision and co-supervision

2004- Supervision of more than 180 completed master's theses in Psychology **(List available upon request)**

Research internships

2002- Supervision of more than 25 full-time research internships **(List available upon request)**

SERVICES TO THE SCIENTIFIC COMMUNITY

1. Host-organizer of Scientific Conferences

- Organization of the Biennial Conference of the Royal Academies for Science and the Art of Belgium (Psychological Science Division) on the Burnout Syndrome, March 17 2023, Brussels, Belgium

- Co-organization with Isabelle Roskam, Gao-Xian Lin and Annelise Blanchard of the 2nd International Conference on Parental Burnout, May 6-7 2021, held online due to the COVID pandemic.

- Co-organization with Pr Isabelle Roskam (with the administrative support of Dominique Arnould, Dominique Hougardy and Marianne Bourguignon) of the 1st International Conference on Parental Burnout, December 6-7 2019, Louvain-la-Neuve, Belgium.

2. Reviewing

For International Peer-Reviewed Journals (by alphabetical order):

Approx. 2 reviews/month.

For Funding Agencies or Organizations:

- Former member of the SHS-2 commission of the Belgian National Fund for Scientific Research (FNRS)
- National Institute for Health Research (NHS), United Kingdom

- Social Sciences and Humanities Research Council of Canada (SSHRC), Canada
- Agence Nationale pour la Recherche (ANR), France
- Dutch Research Council (DRC), Domain Social Sciences and Humanities (SSH)
- Axa Research Fund, France

3. Member of External Selection Committees

- May 2022: Member of the Selection Committee for the recruitment of a full professor at Lyon II University (France).
- April 2022: Member of Promotion Committee for Associate professors, Imam Abdulrahman Bin Fasil University (Saudi Arabia)
- April 2022: Member of the Selection Committee for the recruitment of an Associate professor in the framework of the Serra Hunter Program for Catalan Universities (Spain)
- February 2021: Member of the Selection Committee for the recruitment of an Assistant Professor in General Medicine at the University of UCLouvain, Belgium (MEDE/IRSS).
- February 2019: Member of the Selection Committee for the recruitment of an Assistant Professor in General Medicine at the University of UCLouvain, Belgium (Department of Medicine).
- Mai 2017: Member of the Selection Committee for the recruitment of an Associate Professor at the University of Grenoble-Alpes (France).

4. **Royal Academies for Science and the Art of Belgium**

2021- Deputy Secretary of the National Committee for Psychological Sciences
2019- Member of the National Committee for Psychological Sciences

SERVICES TO THE DEPARTMENT

2026- Secretary of the MASTER jury (President: Pr Damien Brevers)
2022-2025 President of the Jury of the Master in Psychological Sciences.
2021- Member of the Commission de bachelier en Psychologie
2021- Member of the Bureau de l'Institut de recherches en Sciences Psychologiques.
2021- Academic Director and Coordinator of the "Certificat Universitaire en Diagnostic et Prise en Charge Clinique des Burnouts Professionnel et Parental"
2021-2024 Member of the Jury-restreint de bachelier en Logopédie.
2020-2021 President ad interim of the "Conseil de Faculté" (suppl. E. Zech)
2019-2024 Member of the "Commission Eco-Responsable" (PSP, UCLouvain)
2019-2023 Co-Head of the "Consultations Psychologiques Spécialisées en Parentalité"
2018-2019 President of the School of Psychology (EPSY, UCLouvain)
2018-2019 President of the "Commission de master" (EPSY, UCLouvain)
2016-2017 Secretary of the MASTER jury (President: Pr Isabelle Roskam)
2015-2017 Secretary of the BAC jury (President: Pr Isabelle Roskam)
2015-2019 Member of the "Commission Master"
2014-2015 Member of the "Bureau ISPY"
2014-2015 Member of the "Commission BAC" and "Commission master"
2013- Academic Director and Coordinator of the "Certificat Universitaire en Life Coaching"
2013-2015 Coordinator of the BAC2 committee

2010-2017 Member of the "Commission des relations avec les milieux extérieurs"
2009-2011 Member of the "Commission pour une faculté durable"
2010-2011 Member of the "Groupe à tâches pour la réforme du master en sciences psychologiques".

SERVICES TO THE COMMUNITY

2020- **Help to the community in the management of the impact of the coronavirus-related lockdown (Projects conducted in collaboration with Pr Isabelle Roskam)**

- Setting of a free hotline to help parents deal with the lockdown situation and prevent parental burnout (recruitment of 42 voluntary psychologists in a few days to help us answer the calls). Hotline active from the 23rd of March to the 30th of June 2020.
- Communication of tips and advice to parents to prevent parental burnout during the lockdown (communicated via a dedicated website, via online conferences, via social networks and via the medias: written press, radio broadcasts and TV broadcasts)
- Online training of more than 400 psychologists in 8 weeks in order to increase the expertise about parental burnout in order to help parents during the lockdown.

2020- **Development of a world map listing all professionals trained to parental burnout (project conducted with Pr Isabelle Roskam, with the gracious help of the Training Institute for Parental Burnout)**
https://www.tipsychologyhealth.com/fr/annuaires/annuaires-professionnels-burnout/
Fully updated every six months.
Approx. 50.000 new views every six months.

2019- **Development of a public information website for parental burnout (Project conducted with Pr Isabelle Roskam and with the gracious help of Moodwalk, Paris, for the webdesign)**

https://www.burnoutparental.com/
Available in French and English
Updated every year.
80.000 unique visitors per year

2017 **Development and validation of diagnostic tool for parental burnout (Project conducted with Pr Isabelle Roskam and Maria Elena Brianda, with the gracious help of the Mutualité Chrétienne, Brussels, and Moodwalk, Paris)**

Development of an evidence-based tool ("Parental Burnout Assessment" - PBA) to evaluate the presence and severity of parental burnout. Test and

automatic feedback freely available online at:
https://www.burnoutparental.com/diagnostic-du-burnout-parental
The PBA has been translated in 25 different languages and is used in > 50 countries.

2017- **Development and validation of on-site and remote interventions to prevent and/or treat parental burnout**
(Projects conducted with Pr Isabelle Roskam and Maria Elena Brianda, with the gracious help of the Mutualité Chrétienne, Brussels, and Moodwalk, Paris)

2021- Development of an online accompanying program to prevent parental burnout ("Parent sur le Fil": https://parentsurlefil.com/)
2017- Development of an application to facilitate the detection, understanding and prevention of parental burnout ("Dr Mood Parents").
2017- Development and validation of on-site evidence-based group interventions for parents in burnout (clinical manual: Brianda, Roskam & Mikolajczak, 2019, DeBoeck).

2015- **Participation in the scientific committee of various companies (e.g., Moodwork, Paris) and Non-Profit Organizations (e.g., Federation Nationale des Ecoles des Parents, France).**

2013- **Development of an evidence-based tool to evaluate one's emotional competencies (Project conducted with Sophie Brasseur)**

Development and Validation of the Profile of Emotional Competence (PEC). Test and automatic feedback freely available online at: https://emotional-competence.co/en
The PEC has been translated in several languages and is now widely used in >25 countries.

2010- **Regular communications in the media (Radio, TV, social networks, blogs) since 2010** (> 100 on parental burnout)

2008- **Development of evidence-based interventions to improve emotional competencies in adults (Project conducted with Delphine Nelis, Jordi Quoidbach, Ilios Kotsou and Stéphanie Miliche)**

2026- : Creation with Jordi Quoidbach and Ilios Kotsou of an online training programme to improve emotional intelligence in adults :
https://www.tipsychologyhealth.com/fr/formations/
Studies currently in progress to compare its efficiency with on-site programs (below).

2008-2016: Development and Validation of on-site trainings designed to improve people's level of emotional competence. Successful applications in educational, occupational and health settings (see e.g., Nelis et al., 2011; Kotsou et al., 2011; Pavani et al., under review).

BIBLIOGRAPHY

1. Doctoral dissertation

Mikolajczak, M. (2006). *The moderating effect of emotional intelligence on the psychological and neuroendocrine responses to stress*. Unpublished Doctoral Dissertation, Université catholique de Louvain, Belgium.

2. Books

Mikolajczak, M. & Roskam, I. (2024). O Burnout Parental. Lisboa: Pergaminho.

Roskam, I., Gross, J.J. & **Mikolajczak, M.** (2024). Emotion regulation and Parenting. Cambridge University Press.

Kotsou, I., Godeau-Pernet, A., Farnier, J., Shankland, R., **Mikolajczak, M.** & Leys, C. (2023). Améliorer ses compétences émotionnelles en 8 modules. Paris : Dunod.
(Manuel du formé)

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4. Articles

Peer-Reviewed International Journals

Note: Articles as last author are articles that I have co-written and/or directly supervised.

Roskam, I., Piotrowski, K. & Mikolajczak, M. (in press). Impact of Parental Burnout and Parenthood Regret on Children's Behavior: Mediating Pathways. *Family Relations*.

Banse, E., **Mikolajczak, M**., Bayot, M., Lenoir, A.-L., & de Timary, P. (in press). Harmful dimensions of medical culture across physician subgroups: A cross-sectional study of 1002 physicians predominantly practising in Belgium. *BMJ Open*.

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Piotrowski, K., Roskam, I. & **Mikolajczak, M.** (in press). A decade of research on parenthood regret. *Trends in cognitive Science*.

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4.Book Chapters (<u>apart from</u> popular books)

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5. Scientific Communications

a. Oral Presentations at Scientific Meetings (only the communications that I <u>personally</u> gave are listed below)

Mikolajczak, M. (2026, July 8) Parental burnout. **Keynote lecture** at the International Conference on Attachement, IAC 2026, Leuven, Belgium

Mikolajczak, M. (2026, June 18). Compétences émotionnelles et burnout. **Keynote lecture** at the Colloque Language & Emotions (5ème edition), 2026, Reims, France.

Mikolajczak, M. (2024, September 6). Current and future perspectives in parental burnout research. **Keynote lecture** at the International Conference on Parental Burnout, Porto, Portugal.

Mikolajczak, M. (2024, July 7). There is nothing as practical as a good (emotional intelligence) theory. **Keynote lecture** at ISSAS-2024 (Summer School on Affective Science), Geneva, Switzerland.

Mikolajczak, M. (2023, March). Parental Burnout. **Keynote lecture** at the Biennial Symposium of the Royal Academy of the Science and the Arts of Belgium. Brussels, Belgium.

Mikolajczak, M. (2022, June 3-4). Parental Burnout: The Positive Psychology Approach. **Keynote lecture.** Annual Conference of the Polish Society of Positive Psychology. Bydgoszcz, Poland. (On-site conference but lecture given online for ecological reasons).

Mikolajczak, M. (2021, May 28). Parental Burnout. **Keynote lecture.** 3rd International Conference on Psychological Studies, Diponegoro, Indonesia. (On-site conference but lecture given online for ecological reasons).

Mikolajczak, M. (2021, September). A flash introduction to Parental Burnout. EADP Biennial Meeting. Online Conference (originally planned in Austria, transferred online because of the COVID-19 crisis).

Mikolajczak, M. (2021, May). Parental Burnout: Knows and unknowns in 2021. **Keynote lecture.** 2nd International Conference on Parental Burnout. Online Conference (originally planned in Poland, transferred online because of the COVID-19 crisis).

Mikolajczak, M. (2019, December). Parental Burnout: Knows and unknowns. **Keynote lecture**. 1st International Conference on Parental Burnout. Louvain-la-Neuve, Belgium.

Mikolajczak, M. (2019, September). Biological markers for parental burnout: The case of hair cortisol. Symposium talk at the Annual conference of the International Society for Psychosomatic Medicine (ICPM) 2019, Florence, Italy.

Mikolajczak, M. (2019, September). Parental Burnout: A condition that needs urgent attention. Symposium talk at the Annual conference of the International Society for Psychosomatic Medicine (ICPM) 2019, Florence, Italy.

Mikolajczak, M. (2019, March). Parental Burnout: A flash Review. **Invited talk**. Society of Affective Sciences (SAS) annual conference 2019, Boston, USA.

Mikolajczak, M. (2019, March). Emotionally intelligent emotion regulation. **Invited panel talk**. Society of Affective Sciences (SAS) "emotion regulation" pre-conference 2019, Boston, USA.

Mikolajczak, M. (2017, December). Emotional intelligence and health: relationships, pathways and interventions. **Keynote lecture** at the 3rd Congress of Emotional Education in Navarre, Pamplona, Spain.

Mikolajczak, M. (2017, July). Emotional intelligence and health: relationships, pathways and interventions. **Keynote lecture** at the 6th International Congress on Emotional Intelligence. Porto, Portugal.

Mikolajczak, M. (2017, July). New developments in trait emotional intelligence and physical health. Talk presented at the Annual Conference of the International Society for the Study of Individual Differences (ISSID 2017). Warsaw, Poland.

Mikolajczak, M. (2017, July). De l'intérêt de l'apprentissage des compétences émotionnelles pour les cours de langues. Talk presented at the Conference "Emotissage" organized by the Center of Language Learning. Louvain-la-Neuve, Belgium.

Mikolajczak, M. (2015, May). Emotional intelligence and health: relationships, pathways and interventions. **Keynote lecture** at the Conference on Emotional Intelligence and Well-being. Zaragoza, Spain.

Mikolajczak, M. (2014, November). Emotional competence and health: relationships, pathways and interventions. **Invited talk** presented at the Autumn School on the Assessment of Emotional Intelligence. Ghent, Belgium.

Mikolajczak, M. (2013, July). Emotional Competence and Health. Talk presented at the annual conference of the International Society for the Study of Individual Differences (ISSID 2013), Madrid, Spain.

Mikolajczak, M. (2012, July). Social effects of oxytocin and health-related issues: findings and questions. Talk presented in the symposium: "Social effects of oxytocin and health-related issues" 26th Conference of the European Health Psychology Society, Praha, Czech Republic.

Mikolajczak, M. (2011, July). Improving emotional competence: Conditions and effects on psychological and physical well-being, social relationships and employability. Paper presented at the ISRE conference. Kyoto, Japan.

Mikolajczak, M. (2010, July). "*Integrating ability and trait perspectives in the prediction and management of stress*" **Invited talk in the invited symposium**: "20 years of Emotional Intelligence research: A critical review and future perspectives"! 15th European Conference of Personality, Brno, Czech Republic.

Mikolajczak, M. (2010, July). "*Improving emotional competence: Methods and benefits for health, social relationships and work adjustment*" **Invited talk** in the symposium: "Emotion Regulation". 15th European Conference of Personality, Brno, Czech Republic.

Mikolajczak, M (2010, April). *"How does Emotional competence impact on physical health: Biological pathways*". In O. Luminet & M. Mikolajczak: Emotional Competence and health. Symposium organized at the Psychology and Health annual conference (P&H 2010), Lunteren, The Netherlands.

Mikolajczak, M (2010, April). "*Emotional Competence and health: Facts and Pathways*". In M. Mikolajczak & O. Luminet: Emotional Competence and the quality of health, social relationships and work performance. Symposium organized at the Consortium for European Research on Emotion (CERE 2010), Lille, France.

Mikolajczak, M. Quoidbach, J. & Nelis, D. (2009, July). *Measuring individual differences in emotion regulation: The Emotion Regulation Profile – Revised (ERP-R)*. The Fourth International Forum "Resilience, regulation and quality of life". Louvain-la-Neuve, Belgium.

Mikolajczak.M., Weytens, F., Dupuis, P. & Nelis, D. (2009, June). *Improving health by increasing emotional competence*. Psychology and Health, Utrecht, The Netherlands.

Mikolajczak, M., Tran, V & Brotheridge, C. (2008, July). *From emotional labor to emotion regulation: Building new bridges*. **Invited talk** in a symosium presented at the Sixth International Conference on Emotions and Worklife: Emonet VI, Fontainebleau, France.

Mikolajczak, M, Roy, E., Luminet, O., & De Timary, P. (2008, May). *The moderating impact of emotional intelligence on free cortisol responses to stress.* **Invited talk** in a symposium presented at the Seventh Conference on Psychology and Health, Lunteren, The Netherlands.

Mikolajczak, M, Roy, E., Luminet, O., & De Timary, P. (2007, October). *Emotional intelligence: an excellent predictor of subjective and cortisol responses to stress.* Paper presented at the Fourth international conference on 'The (Non)Expression of Emotions in Health and Disease, Tilburg, The Netherlands.

Mikolajczak, M, Roy, E., Luminet, O., & De Timary, P. (2007, September). *Emotional intelligence: an excellent predictor of subjective and cortisol responses to stress.* Paper presented at the First International Congress on Emotional Intelligence, Malaga, Spain.

Mikolajczak, M. & Luminet, O. (2006, September). *The moderating effect of emotional intelligence on the psychological and neuroendocrine responses to stress.* Paper presented at the XVII° Journées Internationales de Psychologie Différentielle, Paris, France.

Quoidbach, J., Nélis, D., Mikolajczak, M., & Hansenne, M. (2007, May). *Development and validation of a typical performance Emotional Regulation Profile (ERP-Q).* Paper presented at the Annual Meeting of the Belgian Association for Psychological Science, Louvain-la-Neuve, Belgium.

b. <u>Invited</u> Lectures or Seminars by research labs, companies, hospitals or associations (I only mention the talks that I <u>personally</u> gave)

Mikolajczak, M. (4 décembre 2025). Le burnout professionnel. Conférence pour les professionnels de l'enfance, Gembloux, Belgique.

Mikolajczak, M. (20 novembre 2025). Le burnout parental. Conférence pour les professionnels de l'enfance, Chartres, France.

Mikolajczak, M. (4 novembre 2025). Le burnout parental: le comprendre, l'éviter et s'en sortir. Conféreence en ligne pour le REAPP, réseau parents du Lot, France.

Mikolajczak, M. (4 novembre 2025).Le burnout parental: le comprendre, l'éviter et s'en sortir. Conféreence en ligne pour l'Agglomération de Laval, France.

Mikolajczak, M. (10 octobre 2025). Le burnout du thérapeute: le comprendre et le mprévenir. Conférence à destination de cliniciens spécialisés dans le burnout parental. Louvain House, Louvain-la-Neuve, Belgique

Mikolajczak, M. (9 octobre 2025). Etude de l'impact de l'hypersensibilité sur le burnout parental (et de quelques variables susceptibles d'atténuer le risque…). Conférence à

destination de cliniciens spécialisés dans le burnout parental. Louvain House, Louvain-la-Neuve, Belgique

Mikolajczak, M. (9 octobre 2025). Trouble déficitaire de l'attention avec ou sans hyperactivité (TDAH) de l'adulte et vulnérabilité au burnout parental. Conférence à destination de cliniciens spécialisés dans le burnout parental. Louvain House, Louvain-la-Neuve, Belgique.

Mikolajczak, M. (12 juin 2025). Les compétences émotionnelles. Conférence à destination des CAI de l'UCLouvain. Louvain-la-Neuve, Belgique

Mikolajczak, M. (4 avril 2025). Le burnout parental: le comprendre, le prévenir et/ou s'en sortir. Conférence à destination des parents et des professionnels de la famille. Beauvais, France.

Mikolajczak, M. (3 avril 2025). Le burnout parental: le comprendre, le prévenir et/ou s'en sortir. Conférence en ligne à destination des parents et des professionnels de la famille. Ville de Paris, France.

Mikolajczak, M. (21 Novembre 2024). Le burnout parental: le comprendre, le prévenir et/ou s'en sortir. Conférence à destination des parents. La-Roche-sur-Yons, France.

Mikolajczak, M. (17 Octobre 2024). Prévenir le burnout parental. Conférence donnée aux Référents Parentalité de la Caisse Nationale d'Allocation Familiale. Paris, France.

Mikolajczak, M. (13 Octobre 2024). Comprendre le burnout parental. Conférence donnée pour la Fédération Royale des Associations de Famille. Wavre, Belgique

Mikolajczak, M. (17 Septembre 2024). Outiller les techniciens d'interventions sociale et familiale (TISF) pour mieux prévenir le burnout parental. Deux conferences en video pour la Caisse Nationale d'Allocation Familiale, France.

[Failure to update from June 2022 to June 2024]

Mikolajczak, M. Parentalité sous pression: une situation inédite dans l'histoire. Invited lecture by Les Assises de la Parentalité, Paris, France, June 2022.

Mikolajczak, M. Le burnout professionnel. Invited lecture by the Lions Club, Glimes, Belgique, June 2022.

Mikolajczak, M. Le burnout parental. Invited lecture by la Communauté des Communes du Mont des Avaloirs. France, May 2022.

Mikolajczak, M. Les compétences émotionnelles. Invited lecture by La Sorbonne (Sorbonne University) Paris, France, February 2022.

Mikolajczak, M. Le burnout parental. Invited lecture by Psychoéducation. Online lecture. March, 2022.

Mikolajczak, M. Le burnout parental. Invited lecture by Les petits déjeuners de la périnatalité, Natis, Huy, Belgium. March, 2022

Mikolajczak, M. Parental burnout. Invited lecture, World Parenting Forum, Mexico, October 2021.

Mikolajczak, M. Can companies do anything to help prevent parental burnout? Invited lecture by the European Commission's Directorate-General for Justice, October 2021.

Mikolajczak, M. Parents on the brink II: Preventing parental burnout or getting out of it. Invited lecture by the European Commission's Directorate-General for Justice, October 2021.

Mikolajczak, M. Parents on the brink I: From parenting stress to parental Burnout. Invited online lecture by the European Commission's Directorate-General for Justice, September 2021.

Mikolajczak, M. Parents on the brink III: From generalities to particular situations. Invited online lecture by the European Research Council (ERC), June 2021.

Mikolajczak, M. Parents on the brink II: Preventing parental burnout or getting out of it. Invited online lecture by the European Research Council (ERC), June 2021.

Mikolajczak, M. Le burnout parental. Invited public lecture by la Mairie de Fontenay-le-Fleury, France, June 2021.

Mikolajczak, M. Parents on the brink I: From parenting stress to parental Burnout. Invited online lecture by the European Research Council (ERC), May 2021.

Mikolajczak, M. Le burnout parental. Invited public lecture by l'Association de Discipline Positive - France, May 2021.

Mikolajczak, M. Le burnout parental. Invited public lecture by l'Inter'Val, Gimont, France, April 2021.

Mikolajczak, M. Le burnout parental : Comprendre et traiter. Invited Workshop by Les Centres Sociaux de Vendée, France, April 2021 & June 2021.

Mikolajczak, M. Le burnout parental. Invited public lecture by la Mairie de Gimont, Gimont, France, April 2021.

Mikolajczak, M. Parental Burnout. Invited lecture by SWPS University, Poland, February 2021.

Mikolajczak, M. Le burnout parental : Le comprendre, le Prévenir et Le diagnostiquer. Invited workshop by la Caisse d'Allocations Familiales (CAF) de Paris, France, February 2021.

Mikolajczak, M. Le burnout parental : Comment s'en prémunir ? Invited public lecture by EmoSkills & Moodwalk, Paris, France, December 2020.

Mikolajczak, M. Burnout Parental: Comment s'en prémunir? Invited lecture co-organized by the companies Emoskills (Luxembourg) and Moodwork (Paris), December 2020.

Mikolajczak, M. Pourquoi il est urgent de s'intéresser au burnout parental et comment le traiter? Recurring Webinar (every two Thursday evening from November 2020 to April 2021).

Mikolajczak, M. Le burnout parental pendant le confinement, les familles monoparentales. Invited public lecture by le Collectif des Femmes, Louvain-la-Neuve, November 2020.

Mikolajczak, M. Le burnout parental : Comprendre, prévenir et intervenir. Invited talk. Association Francophone de Psychologie et Psychopathologie de l'Enfant et de l'Adolescent (APPEA, Paris), May 2020.

Mikolajczak, M. Prévenir et éviter le burnout parental durant le confinement. Invited public lecture. Sommet de la Résilience (France), May 2020.

Mikolajczak, M. Prévenir et éviter le burnout parental durant le confinement. Invited public lecture organized by Emergences (Brussels, Belgium), April 2020

Mikolajczak, M. Améliorer le bien-être des enseignants du supérieur : Enjeux et pistes de réflexion. Invited talk. Pôle Louvain Event. Avril, 2019.

Mikolajczak, M. Prévenir et éviter le burnout parental durant le confinement. Invited public lecture organized by the company Moodwork (Paris), April 2020.

Mikolajczak, M. Prévenir et éviter le burnout parental durant le confinement. Invited online public lecture organized by the Institut Pleine Conscience (Belgium), April 2020

Mikolajczak, M. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by the Centre pour les Femmes et Familles Monoparentales (CFFM), Luxembourg, March 2019.

Mikolajczak, M. Emotions et compétences émotionnelles. Seminar organized by « Institut Pleine Conscience". Dongelberg, December 2018.

Mikolajczak, M. Le burnout parental. Conference for medical doctors and therapists organized by "La mutualité Chrétienne – Région Hainaut-Picardie", Tournai, December 2018.

Mikolajczak, M. Le burnout parental. Conference for medical doctors and therapists organized by "La mutualité Chrétienne – Région Liège-Verviers", Liège, December 2018.

Mikolajczak, M. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « Centre International de Rencontres et d'Actions Culturelles » et « La ligue des Familles », Marcourt, November 2018.

Mikolajczak, M. Emotions et compétences émotionnelles en entreprise. Keynote speaker, Forum RH, Nantes, October, 2018.

Mikolajczak, M. Stress et burnout en entreprise : enjeux et solutions. Invited workshop, Forum RH, Nantes, October, 2018.

Mikolajczak, M. Parental burnout: nature, prevalence, causes and consequences. Invited talk by the Psychology Department of the KULeuven, Leuven, June 2018.

Mikolajczak, M. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « Le Centre Culturel » et « La ligue des Familles », Verviers, March 2018.

Mikolajczak, M. Vivre mieux avec ses émotions. Invited public lecture organized by « La mutualité Chrétienne », Bruxelles, March 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental : le comprendre et s'en sortir. Invited public lecture organized by « La ligue des Familles », Nivelles, February 2018

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Le Centre de Valorisation des Intelligences Multiples (CVIM) », Liège, February 2018.

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Une heure de psy par mois », Grenoble, December 2017

Mikolajczak, M. & Roskam, I. Le burnout parental : comprendre et s'en sortir. Invited public lecture organized by « La ligue des Familles », Bruxelles, November 2017

Mikolajczak, M. & Roskam, I. Le burnout parental. Invited public lecture organized by « Liège Rencontre Internationnal », Liège, October 2017

Mikolajczak, M. & Roskam, I. Parents d'aujourd'hui : trouver son équilibre. Invited public lecture organized by the « Centres PMS de la région de Charleroi », Charleroi, October 2017

Mikolajczak, M. Facteurs de bien-être et de mal-être au travail. Invited talk to the Annual Meeting of the Top 100 Managers of CMI Group. Spa, September 2017.

Mikolajczak, M. Comprendre le burnout parental : quand la grande aventure tourne au désastre. Invited public lecture organized by the « Structures Petite Enfance du bassin de Bourg-en-Bresse », Treffort, September 2017

Mikolajczak, M. Le burnout parental : état des lieux des recherches. Invited talk at Infor Santé (Alliance Nationale des Mutualités Chrétiennes), Namur, September 2017.

Mikolajczak, M. Le burnout parental. Invited lecture at the « Centre de Santé de l'Ancienne Gare de Gastuche », Grez-Doiceau, April 2017.

Mikolajczak, M. & Roskam, I. Etre parent, une aventure de chaque jour : des pistes pour trouver son équilibre. Invited public lecture organized by the Mutualité Chrétienne at the « Ferme du Biéreau », Louvain-la-Neuve, Belgium, March 2017.

Mikolajczak, M. & Roskam, I. Comprendre le burnout parental : quand la grande aventure tourne au désastre. Invited public lecture organized by the Institute for Research in Psychological Science, Louvain-la-Neuve, Belgium, February 2017

Roskam, I. & Mikolajczak, M. Le burnout parental : le comprendre et s'en sortir. Invited lecture at the Mutualité Chrétienne for their affiliated psychologists, Wavre, Belgium, March 2016.

Mikolajczak, M. Emotional competence and health: relationships, pathways and interventions. Invited talk at the Laboratory "Dynamique émotionnelle et pathologies". Université Charles-de-Gaulle (Lille III), France, November, 2015.

Mikolajczak, M. « Cing voies pour mieux gérer son stress et ses émotions ». Invited talk at the annual Conference of the CITES (Centre d'informations, de thérapeutiques et d'études sur le stress), Liège, Octobre 2015.

Mikolajczak, M. « Compétences émotionnelles et santé : mieux vivre avec ses émotions. Invited talk at the University of Aix-Marseille (Laboratoire PSYCLE), July, 2015.

Mikolajczak, M. *Mieux vivre avec ses émotions pour améliorer sa santé*. Invited lecture at the Service de Prévention en Santé de la Mutualité Chrétienne, Nivelles, Belgium, May 2015.

Mikolajczak, M. « Compétences émotionnelles et santé : relations, mécanismes impliqués et interventions. Invited talk at the Hospital Erasme (séminaires du service de Psychologie et de Psychothérapie), May, 2015.

Mikolajczak, M. La poursuite du Bonheur : avantages, avatars et conséquences pour l'intervention. Invited lecture at the Belgian Royal Society for Mental Medicine, Brussels, Belgium, December 13 2014.

Mikolajczak, M. « Compétences émotionnelles et santé : relations, mécanismes impliqués et interventions. Invited talk at the University of Grenoble (LIP), Grenoble, France, October 2014.

Mikolajczak, M. « Vivre mieux avec ses émotions ». Invited lecture at *La Maison du livre, de l'image et du son*, Villeurbanne, France, February 2014.

Mikolajczak, M. « Vivre mieux avec ses émotions ». Invited lecture at *ENEO*, Verviers, Belgium, October 2013.

Mikolajczak, M. « Les compétences émotionnelles ». Invited lecture at the *Mutualité Chrétienne*, Bruxelles, Belgium, October 2013.

Mikolajczak, M. « Mieux vivre avec ses émotions ». Invited lecture at the *Festival des Auteurs Psy*, Nimes, France, September 2012.

Mikolajczak, M. « Est-il possible d'être heureux ? ». Invited lecture at "Singularités Plurielles", Belgium, March 2012.

Mikolajczak, M. « Etre plus heureux… Pourquoi ? Comment ? ». Invited lecture at "*Les après-midi culturels*", Belgium, February 2012.

Mikolajczak, M. « Etre plus heureux… Pourquoi ? Comment ? ». Invited lecture at "*Les après-midi culturels*", Belgium, March 2012.

Mikolajczak, M. « Etre plus heureux… Pourquoi ? Comment ? ». Invited lecture at "*Enerpsy*" [Cycle de formation continue pour psychothérapeutes], Belgium, November 2011.

Mikolajczak, M. « Improving emotional competence in adulthood: Conditions and effects on mental and physical health, social relationships and employability ». Invited talk at the *University of the Balearic Islands*, Palma de Mallorca, October 2011.

Mikolajczak, M. « Emotions et compétences émotionnelles ». Invited one-day seminar organized for "L'école des pros" [Cycle de formation continue pour enseignants]. Facultés Universitaires Notre Dame de la Paix, October 2011.

Mikolajczak, M. « Améliorer les compétences émotionnelles pour réduire le risque de rechute chez les personnes dépressives ». Invited lecture at the *"Journées de la Dépression"*, Namur, October 2011.

Mikolajczak, M. & Quoidbach, J. « Etre plus heureux… Pourquoi ? Comment ? ». Invited lecture at the University of Louvain (IPSY Conferences), Belgium, April 2011.

Mikolajczak, M. « Conditions and effects of improving emotional competence in adulthood ». Invited talk at the University of Geneva, Switzerland, March 2011.

Mikolajczak, M. « Comprendre les carences socio-émotionnelles des employés cadres dirigeants ». Invited lecture at France Telecom Orange, Arcueil, France, March 2011.

Mikolajczak, M. Compétences émotionnelles et ajustement [Emotional compétence and adjustement amidst adversity] Invited talk at the *Laboratoire de Psychologie et de Neurosciences de la Cognition et de l'Affectivité (PSY.NCA)*, University of Rouen, France, June 2010.

Mikolajczak., M. Les compétences émotionnelles [Emotional competence]. Invited talk at the *Association Française de Thérapie Cognitivo-Comportementale (AFTCC).* AFTCC Annual Meeting, Lille, December 2009.

Mikolajczak, M. Emotional competence, stress and health. Invited talk at the *University of the Balearic Islands*, Palma de Mallorca, November 2009.

Mikolajczak, M. Les compétences émotionnelles : pourquoi s'y intéresser et comment les développer ? [Emotional competencies: Why are they crucial and how can they be trained] Invited talk at the *Department of Neurosciences and Clinical Neurology (LabNIC)*, University Medical Center. Geneva : November 2009.

Mikolajczak, M. Le rôle social des émotions [The social role of emotions]. Panel with Christophe André, Paula Niedenthal & Bernard Rimé in the framework of the conference "Face à nos Emotions", *Cité des Sciences et de l'Industrie*, Paris : October 2009.

Mikolajczak, M. Le Burnout du Psychologue : le comprendre, le prévenir et le gérer [Understanding, preventing and managing psychologists' burnout]. Half-day seminar organized for *L'Interface Pratique et Recherche en Psychologie de la Santé* and *L'Association des Psychologues des Institutions Hospitalières*. Louvain-la-Neuve: October 2009.

Mikolajczak, M. La mesure et la remédiation des compétences émotionnelles [*The measurement and training of emotional competencies*]. Invited lecture at Nexum, La Hulpe, May 2009.

Mikolajczak, M. Les compétences émotionnelles : applications cliniques [*Emotional competencies : Clinical applications*]. Invited talk at the *Neurological Center William Lennox, Ottignies, May 2009.*

Mikolajczak, M. L'intelligence émotionnelle: pourquoi l'évaluer à l'hôpital, comment la développer? [*Emotional intelligence: why should it be measured, how can it be developped ?*]. Invited talk at the *Hospital Erasme, Brussels, February 2009.*

Mikolajczak, M. L'intelligence émotionnelle: applications cliniques [Emotional intelligence: clinical applications]. Invited talk at the *Psychiatric Hospital Sans Souci*, Brussels, October 2006.

Mikolajczak, M. L'intelligence émotionnelle : applications en psychologie de la santé [Emotional intelligence and health psychology]. One-day seminar presented in the framework of *l'Interface Pratique et Recherche en Psychologie de la Santé*. Liège : November 2006.

Mikolajczak, M. L'intelligence émotionnelle dans l'entreprise [Emotional Intelligence in organizations]. Invited lecture at the *Association des Dirigeants du Personnel* (ADD). Brussels, October 2006.

Mikolajczak, M. L'intelligence émotionnelle et ses applications dans le domaine de la santé [Emotional intelligence and its implications for health]. One-day seminar presented in the framework of *L'Interface Pratique et Recherche en Psychologie de la Santé* and *L'Association des Psychologues des Institutions Hospitalières*. Louvain-la-Neuve: June 2006.

c. Poster sessions at scientific meetings

list available upon request

7. Medias (I only mention the interviews that I <u>personally</u> gave over the last 5 years)

- >100 interviews for the written press (Belgium, France, Germany, Luxembourg, Switzerland, Canada, UK, US)
- >25 interviews on radio broadcasts (Belgium, France, Switzerland, Canada, UK).
- >10 interviews for live TV broadcasts (Belgium and France).