

Prof. dr. Elke Van Hoof

Personal details

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Introduction

Prof. dr. Elke Van Hoof is a professor (20%) at the Faculty for Psychological and Educational Sciences at the Vrije Universiteit Brussel. Next to her mandate, Elke owns two companies: the Center for Resilience and Agile Grit. The Center for Resilience is a recognized training institute with a specialization in stress, burn-out and resilience (for businesses, professionals and private individuals). The Center for Resilience is also an accredited career coaching centre (*loopbaancentrum*). Agile Grit is a company which provides online tools for psychosocial care providers; in fact, Agile Grit designed the first of its kind electronic filing system for independent psychologists.

Elke is a certified EMDR practitioner, biofeedback trainer and coach. Elke is also an expert in non-verbal interventions and a first-line psychologist. She is involved in various studies regarding the relationship between well-being, personality and work (amongst which cancer, pain, stress), and return-to-work (amongst which the impact study of a return-to-work programme based on clinical psychology). Since 2016, Elke Van Hoof has been conducting research on how independents can be better supported during long-term absence and during their return to the labour market. These studies resulted in different international and national publications and participations in scientific congresses.

In addition, Elke has been involved in numerous projects for the government. She has an extensive professional network in the areas of clinical psychology, Human Resources and the business world. Elke is member of the Commission of Psychologists and expert in the Belgian Health Council (where she played the role of co-editor regarding the advice on competency profiles of clinical psychologists, the advice regarding work and burnout, and the advice under development regarding the DSM-IV). She also acted as an advisor on the Committee on Employment and Social Affairs of the European Parliament.

Furthermore, Elke is co-responsible for the registry of Clinical Psychologists and the working group regarding first-line psychology within the VVKP (the Flemish association of clinical psychologists). In addition, she participates in several policy-supporting initiatives as an expert.

In 2007, she received the 'Junior Investigator Award' as a European from the American organization AACFS for her research and clinical work on CFS/ME. She has published many articles in scientific literature as well as for the general public. She is a popular speaker at home and abroad. Elke Van Hoof is a reviewer for more than 10 international scientific magazines.

For many years, Elke was involved in the Pacific Fatigue Lab at the Pacific University (USA) where she worked on diagnostic tests for CFS/ME. From 2009 to 2013, she was the head of division of the Belgian Cancer Centre, where she put the Belgian cancer policy back on the map at national and international level. She achieved this by bringing together specialists and policy makers. Prof. dr. Simon Van Belle (Ghent University) honored her in 2013 for her efforts thanks to which Belgium made it to the top 3 regarding cancer. He underlined her capacity to turn science into policy, and to develop practical and easy-to-use interventions applicable at every level and in every organization.

The latest overview of publications and financed projects can be consulted via PURE.

Academic titles and qualifications

2017-today	20% ZAP mandate, Faculty of Psychology and Educational Sciences (VUB) Lecturer "Psychodiagnostics for adults", an inter-university post-graduate training
2016-today	10% ZAP mandate, Faculty of Psychology and Educational Sciences (VUB) Supervisor "First-line psychological care", an inter-university post-graduate training
2009 (3 months)	100% lecturer at the <i>Open Universiteit</i> , The Netherlands
2008-2009	20% ZAP mandate, Faculty of Medicine, UHasselt Visiting professor at KHLim (Department of Social-Agogics) in post-graduate programme "Addiction: from curious experimenting to compulsive use. Background and approach". Visiting professor and coordinator of post-graduate trainings for doctors in Limburg
2006-2008	70% ZAP mandate, Faculty of Medicine, UHasselt
2005-2006	20% ZAP mandate ad interim, Faculty Physical Education and Physiotherapy (VUB)
2003-2006	Senior researcher, Department of Human Physiology, Faculty Physical Education and Physiotherapy (VUB)
1999-2003	PhD mandate, Department of Human Physiology, Faculty Physical Education and Physiotherapy (VUB)

Clinical titles

2013-today	100% self-employment status as a clinical psychologist
2006-2009	Expert-consultant Director EUPORA Counselling Services
1999-2007	Pro bono advisor on www.gratisadviseurs.nl Technical Coordinator football academy "Offside" as a sports psychologist (statute: volunteer)

2003 - 2013 Self-employed clinical psychologist, side business
1999 - 2005 Sports psychologist for Brussels Laboratory for Exercise and TopSport (BLITS)

Clinical qualifications

2016 Renewal of EMDR-practitioner accreditation
2016 Specialisation "The gear box - EMDR", H. Delucci
2014 Specialisation "EMDR and ego states" Belgian Institute for Psycho-traumatology and EMDR
2014 Core Talents analyst, CoreTalents
2008 Specialisation biofeedback trainer (Heartmath Hilversum, Nederland)
2008 EMDR-practitioner
2005 - 2007 Specialisation Psychodiagnostics for adults, post-graduate training, KU Leuven
2007 Solution Focused interviewing (Frederike Banning, Nederland)
2006 Trauma focused cognitive behavioural therapy (Laura Murray; Cohen & Mannarino protocol)
2005 EMDR level 2
2004 EMDR level 1
2004 Prevention and treatment of Psychotrauma (BFP)
2004 Dealing with difficult people, Cure@Care, Nederland
2002 People with low motivation, De Kern (Sint-Niklaas, Belgium)

Professional training

1999 - 2003 Doctor in Psychological Sciences
Thesis: Chronic fatigue syndrome and related disorders: studies on neurocognitive and psychological functioning (grade not applicable)
1994 - 1999 Master's degree in Clinical Psychology, Vrije Universiteit Brussel (with distinction)
Thesis: Chronic fatigue syndrome: a treatment with Ampligen.
1988 - 1994 ASO Scheppers, Mechelen

Commission of Psychologists registration number
762104818

Associations

- BFP (Belgian federation of psychologists)
- VOCAP (association of organizational, consumer and occupational psychology)
- VVKP (Flemish federation of clinical psychologists)

Expert in commissions

- National Institute for Health and Disability Insurance: advisory board on disability knowledge center
- Superior Health Council
- Commission of Psychologists
- Committee on Employment and Social Affairs of the European Parliament

- WG 2 *Nationaal College der Verzekeringsgeneeskunde* (RIZIV) (work group 2 – national college of insurance medicine)