

# Saskia de Maat



## Personal Details

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**Date of birth:**  
2 March 1963

**Place of birth:** Arnhem

**Nationality:** Dutch

**Marital status:** married

**URL:**  
www.festinalentecoaching.nl

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## Languages

Dutch ●●●●●●  
German ●●●●●●  
English ●●●●●●

## Hobbies and Interests

■ Cooking, being with family and friends, reading, movies, pilates, skiing, biking

## Education

2008 - 2012	<b>Training as a Psychoanalyst (maidenspeech 2015) (completed)</b> Dutch Association of Psychoanalysis (NPAV), Amsterdam
2007 - 2011	<b>Postgraduate training as a Psychotherapist (BIG-register) (completed)</b> RINO Amsterdam (Institute for postgraduate training programmes for psychologists), Amsterdam
2005 - 2007	<b>Postgraduate training as a GZ-psychologist (BIG-register) (completed)</b> RINO Amsterdam (Institute for postgraduate training programmes for psychologists), Amsterdam
2004 - 2007	<b>PhD research (completed)</b> VU University Amsterdam, Amsterdam
2000 - 2004	<b>Psychology (cum laude), Faculty of Clinical Psychology (completed)</b> VU University Amsterdam, Amsterdam
1998 - 1998	<b>Course 'Brandmanagement' (completed)</b> University of Groningen, Groningen
1998 - 1998	<b>Course 'Coaching in organisations' (completed)</b> Schouten & Nelissen, Zaltbommel
1993 - 1994	<b>Graduate Diploma in Marketing (completed)</b> Chartered Institute of Marketing, Cookham, Berkshire, UK
1991 - 1992	<b>Marketing courses (NIMA A and NIMA B) (completed)</b> Dutch Institute for Marketing (NIMA), Amsterdam
1981 - 1988	<b>Dutch Language and Literature (cum laude), Faculty of Communications (completed)</b> Utrecht University, Utrecht

## Work Experience

09/2008 - present **Independent psychoanalytic coach, lecturer, supervisor**  
**Festina Lente Coaching, Advice, Professionalisation (private practice), Baarn**

### Activities

- Executive coaching (psychoanalytic and system dynamic approach)
- Coach/facilitator/researcher in the programme Executive Master for Change (EMC), INSEAD, Fontainebleau
- Lecturer at the VU Executive Coaching Programme, VU University of Amsterdam

- Lecturer Masterclasses 'Psychoanalytic Perspective on Coaching' for coaching professionals (RINO Amsterdam)
- Lecturer at the Stichting Bedrijfskunde, Capelle aan den IJssel
- Lecturer at the Team Coaching Training Programme, Team Change Amsterdam
- Supervisor psychoanalytic therapy for training psychiatrists (group supervision sessions at healthcare organisation Arkin, Amsterdam) and other healthcare professionals
- Lecturer and supervisor Short-term Psychoanalytic Supportive Psychotherapy (SPSP)
- Counselor for the postgraduate Psychotherapist Training Programme (RINO Amsterdam)
- Member of the Scientific Committee of the Psychoanalytische Fondsen (Amsterdam)

09/2012 - 09/2015

**Staff member at the Faculty of Clinical Psychology  
VU University of Amsterdam, Amsterdam**

Activities

- Responsible for developing and teaching classes on the subject of Psychoanalysis and Psychoanalytic Psychotherapy for Psychology students in their Master programme

04/2010 - 05/2016

**Faculty and co-Programme Director (2014-2016) of the Psychotherapist Training Programme RINO Amsterdam (Institute for postgraduate training programmes for psychologists), Amsterdam**

Activities

- Chairman Curriculum Committee (developing new parts of the programme)
- Member Examination Committee
- Implementation Competence Based Learning principles
- Selecting participants
- Member Dutch Psychotherapy Programme Directors Consultation Group
- Visitation of practices and organisations that employed training Psychotherapists
- Selection and evaluation lecturers
- Lecturer

09/2008 - 10/2017

**Psychoanalyst, psychotherapist, supervisor, lecturer, researcher  
Dutch Psychoanalytic Institute (NPI, mental healthcare organisation), Amsterdam**

Activities

- Psychoanalysis, psychotherapy, couples therapy
- Intakes and diagnostic research
- Chairman of various intervision groups
- Member of the NPI Scientific Research Committee
- Member of the SPSP Core Group
- Psychotherapy training for other healthcare professionals

- Supervisor training psychiatrists
- Member working group for obtaining the certificat 'TopGGZ' for NPI
- Member of the Transcultural Psychoanalysis Group
- Training as a psychotherapist and a psychoanalyst

08/2002 - 09/2008

**GZ-psychologist (postgraduate) and doctoral reaserch (PhD)  
Mentrum (mental healthcare organisation Amsterdam) and VU University of Amsterdam, Amsterdam**

Activities

- Psychotherapy
- Intakes and diagnostic research
- Member research committee
- Training as a GZ-psychologist
- Doctoral research on the effectiveness of psychoanalytic therapies  
(Thesis (Short if possible, long if necessary?)  
defense December 14th 2007, VU University of Amsterdam)

05/1995 - 05/2000

**Consecutively Junior Product Manager, Product Manager and Senior Brand Manager  
Akzo Nobel Business Unit Decorative Coatings , Sassenheim**

Activities

- Brand development
- Marketing strategy
- Communication strategy (commercials, store materials etc)
- Budget responsibility
- Product innovation
- Working with colour sytlists
- Leading communcation support employees (2 – 5 people)
- Sales-marketing meetings

10/1993 - 04/1995

**International Business Communication officer  
Akzo Nobel Coatings Division , Sassenheim**

Activities

- Contributing to overall communications strategy
- Preparing press releases
- Contributing to employees magazines
- Communication support for other departments

03/1989 - 09/1993

**Communications officer  
Akzo Nobel Corporate Head Quarters , Arnhem**

Activities

- Responsible for communication to university students (future employees)
- Organisational research on employee satisfaction (young academic employees)

## References

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## Publications

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Maat, S., de Jonghe, F., de Kraker, R., de Leichsenring, F., Abbass, A., Luyten, P., Barber, J., R., Van, R., Dekker, J. (2013). Current state of the effectiveness of psychoanalysis: a meta-analytic approach. *Harvard Review of Psychiatry*(3), 107-137.

Maat, S., de (2011). De effectiviteit van psychodynamische behandelvormen. In: Eds. J. Dirx, M. Hebbrecht, A. Mooij, R. Vermote. *Handboek Psychodynamiek. Een verdiepende kijk op psychiatrie en psychotherapie*. De Tijdstroom, Utrecht.

Maat, S., de Jonghe, F., de (2008). Over de effectiviteit van kortdurende psychoanalytische therapie. *Tijdschrift voor Psychoanalyse*, (4):237-251.

Maat, S., de. (2007). *On the effectiveness of psychoanalytic therapy. Short if possible, long if necessary?* Doctoral thesis. Vrije Universiteit Amsterdam.

Maat, S., de, Dekker, J. Schoevers, R., Jonghe, F., de (2006). Relative efficacy of psychotherapy and pharmacotherapy in the treatment of depression: a meta-analysis. *Psychotherapy Research*, 16(5): 562-572.

Maat, S., de, Dekker, J. Schoevers, R., Jonghe, F., de (2007). The effectiveness of long-term psychotherapy: methodological research issues. *Psychotherapy Research*, 17(1):59-65.

Maat, S., de, Dekker, J. Schoevers, R., Jonghe, F., de. (2007). Relative efficacy of psychotherapy and combined therapy in the treatment of depression: a meta-analysis. *European Psychiatry*, 22: 1-8.

Maat, S., de, Dekker, J., Schoevers, R., Aalst, van, G., Gijsbers-van Wijk, C., Hendriksen, M., Kool, S., Peen, J., Van, R., Jonghe, F., de. (2008) Short Psychodynamic Supportive Psychotherapy, antidepressants and their combination in the treatment of major depression. A mega-analysis based on three randomised clinical trials. *Depression and Anxiety*, 25(7):565-574.

Maat, S., de, Philipszoon, F., Schoevers, R., Dekker, J. Jonghe, F., de. Costs and benefits of long-term psychoanalytic therapy: changes in health care use and work impairment. *Harvard Review of Psychiatry*, 2007, 15: 289-300.

Maat, S., de, Jonghe, F., de (2003). De smachtende God, een psychodynamische interpretatie van een gedicht van Willem Kloos, *Tijdschrift voor Psychotherapie*, (29) 2, 133-139.

Maat, S., de, Jonghe, F., de (2004). Een gedoemde liefde, een interpretatie van The end of the affair, *Tijdschrift voor Psychiatrie*, 46 (6), 379-387.

### With other authors

Kool, M, Van, R., Bartak, A., Maat, de, S., Arntz, A., Eshof, van den, H., Peen, J., Blankers, M., Bosmans, J., Dekker, J. Optimizing Psychotherapy Dosage for comorbid depression and personality disorders (PSYDOS). A pragmatic randomized factorial trial using schema therapy and short-term psychodynamic psychotherapy. (May, 2018, submitted for publication)

Driessen E., Abbass A.A., Barber J.P., et al. (2018) Which patients benefit specifically from short-term psychodynamic psychotherapy (STPP) for depression? Study protocol of a systematic review and meta-analysis of individual participant data. *BMJ Open* 2018; 8: e018900. doi:10.1136/bmjopen-2017-018900

De Jonghe, F. Hendriksen, M. De Maat, S., Dekker, J., Van, R., Dil, L., Noteboom, A., Van Broekuyzen, A. (2013). *Handboek Kortdurende Psychoanalytische Steungevende Psychotherapie*. Benecke BV, Amsterdam. Abbass, A.A., Kisely, S.R., Town, J.M., Leichsenring, F., Driessen, E., Maat, de, S., Gerber, A., Dekker, J., Rabung, S., Rusalovska S., Hilsenroth, M., Crowe, E.

(2013). Short-term psychodynamic psychotherapies for common mental disorders. Cochrane Database of Systematic Reviews, Issue 4. Art.No.CD004687.

Van, R., Driessen, E., Maat, de, S. (2012). Effectiviteit en predictieve factoren van psychodynamische therapie (PDT) bij depressie. In: Dirkx, J., Nicolai, N. Depressie en Psychodynamiek. Sjebolet, Amsterdam.

Jonghe, de, F., Maat, de, S., Van, R., Hendriksen, M, Kool, S., Aalst, van, G., Schoevers, R., Dekker, J. (2013). Short-term Psychoanalytic Supportive Psychotherapy for depressed patients. *Accepted for publication in Psychotherapy Inquiry.*

Jonghe, de, F., Maat, de, S., Barber, J., Abbas, A., Luyten, P., Verheul, P., Gomperts, W., Swinkels, J., Dekker, J. (2012). Designs for studying the effectiveness of long-term psychoanalytic treatments: balancing level of evidence and patients' acceptability. *Journal of the American Psychoanalytic Association*, 60:361-387.

Driessen E, Cuijpers P, de Maat SCM, Abbass AA, de Jonghe F, Dekker JJM. (2011). De effectiviteit van kortdurende psychodynamische psychotherapie bij depressie: een meta-analyse. In: Luyten P, Vanmechelen W, Hebbrecht M. Depressie: actuele psychoanalytische benaderingen (p. 169-195). Antwerpen-Apeldoorn: Garant.

Driessen, E., Cuijpers, P., Maat, S., de, Jonghe, F., de, Abbass, A., Dekker, J. (2010). The Efficacy of Short-Term Psychodynamic Psychotherapy for Depression: a Meta-Analysis, *Clinical Psychology Review*, 30: 25-36.

Jonghe, F., de, Maat, S., de (2002). De andere waarheid, een interpretatie vanuit psychodynamisch perspectief van de roman *Gloed van Sandor Marai*, *Tijdschrift voor Psychotherapie*, (28) 4, 291-300.

## Profile

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After working for more than 12 years with dedication and pleasure in a corporate and business environment, I chose for a study into psychology. Finding and developing my passion for truly understanding people and their relationships, I embarked on a journey leading me deep into psychoanalytic and systemic perspectives on how our personalities develop. I gained more insight and compassion for human nature and learned how to help and support people in the process towards self knowledge and thereby more fulfilling lives, relationships and professional careers. Conducting research helped challenging assumptions and beliefs, clear thinking and met intellectual curiosity as did other roles in organisations. I enjoy working with people, as colleagues, teachers, students and clients. In my own practice *Festina Lente* my two worlds of work experience meet: that of the business environment and that of psychology and development. My personal style of interaction can be described as serious, analytical, thoughtful, loyal and always ready to add some humor and lightness in the process.

## Memberships

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- Dutch Association for Psychoanalysis (Nederlandse Psychoanalytische Vereniging, NPaV)
- Dutch Association for Psychoanalytic Psychotherapy (Nederlandse Vereniging voor Psychoanalytische Psychotherapie, NVPP)
- Dutch Association for Psychotherapy (Nederlandse Vereniging voor Psychotherapie)
- National Association of Private Practice Psychologists (Landelijke Vereniging van Vrijgevestigde Psychologen, LVVP)
- Dutch Order of Professional Coaches (Nederlandse Orde van Beroepscoaches, NOBCO)