



EFPSA Magazine

November 2020 | Issue 2

Psychology Portrait:

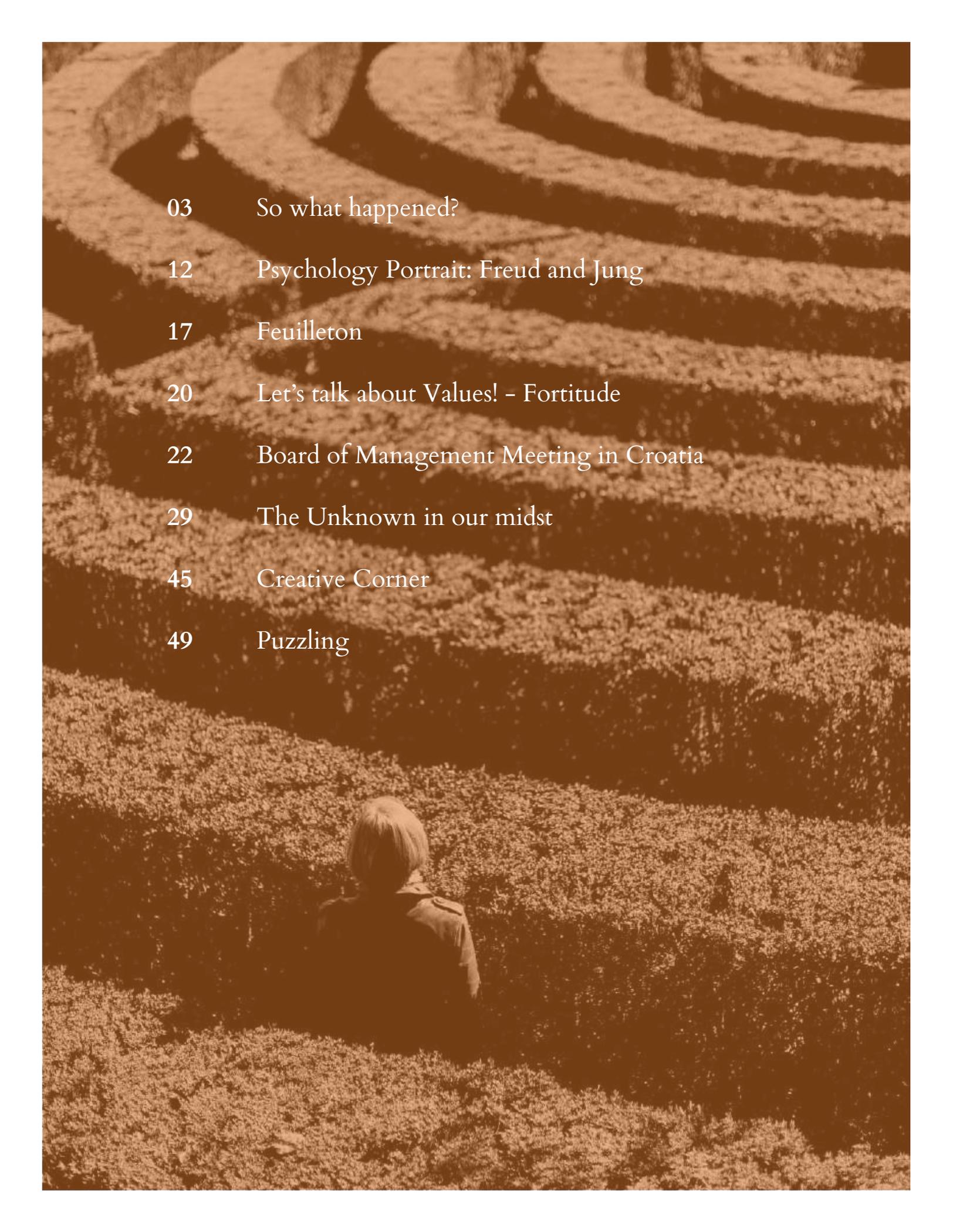
Freud and Jung

Let's talk about Values

Fortitude

The Unknown

Puzzling



03	So what happened?
12	Psychology Portrait: Freud and Jung
17	Feuilleton
20	Let's talk about Values! - Fortitude
22	Board of Management Meeting in Croatia
29	The Unknown in our midst
45	Creative Corner
49	Puzzling

Dear EFPSA nauts and EFPSA friends!

I am proud to present this mandate's second issue of the EFPSA Magazine. The world is still under the influence of the pandemic. Things are changing every day, as governments, societies, and people alike do their best to adapt to these unprecedented times. EFPSA too is facing circumstances never seen before, with events transitioning to online and travel restrictions preventing the traversing of borders that has always been a core aspect of its identity. As psychologists, we are used to dealing with uncertainty, but we are also aware of the anxiety it can induce.

Facing the unknown has become a necessity today, so let us do so of our own accord, here in this magazine, to get accustomed to the dark. I will be your guide through these uncharted territories, as we explore the mysteries of the unconscious, shed light onto potentially unknown aspects of EFPSA, watch and learn how organisers have successfully conquered unexplored territory, gain new perspectives and find strength in face of the unfamiliar. Not much might be certain anymore, but you know this is going to be good.

Follow without fear,

Leon Schuck

Tour guide of the Underworld and Administrative Support





So what happened?

Over the summer, two events happened, where organisers and participants had to deal with a situation entirely unknown for EFPSA. How did they manage it, did they portray fortitude, and what good has come out of this encounter with the unexplored? Let's find out!

Research Summer School



**Academic Affairs Officer and member of
RSS Org Com 2020**

Picture this, it is mid-July you are in the historical city of Zadar, Croatia, you have just completed all of your exams and got selected as one of the top 36 international students to attend the amazing Research Programme in EFPSA. So now you will attend a full week of intensive work with your research group, learn a bunch of new stuff about methodology and statistics, read a couple of papers, meet new international friends and enjoy the beach in the afternoon, all while laying down the groundwork for your cross-cultural, twelve-month, super cool research project.

Ana Kraljević

This was the picture we (the Org Com) had when we applied to host the Research Summer School 2020. We started our planning, assembled a team that was passionate about organising the best Research Summer School ever, found the perfect location for the event, selected an amazing topic “ Occupational and Health Psychology”, and **then the first wave of Corona hit Europe.**

Within the first week of corona cases in Croatia, the Org Com’s finance team was about to send emails to prospective partners and sponsors. We waited a week for things to calm down (this was back when I thought that corona will come to stay for two weeks), and after they didn’t we started asking ourselves the question “Is it insensitive to ask companies to sponsor our event while their whole work dynamics are changing and everyone is unsure of how the next week will look like?”

During this period I joined the Board of Management of EFPSA and soon we opened the dialogue of what will happen to our event. After a few discussions, we all together decided that it was impossible for this event to happen in person during July and that we are moving on to an online platform. It was hard for us to accept that the event that we imagined was not going to come to life, but the amazing Org Com of RSS 2020 was flexible and devoted and ready to create EFPSA’s first-ever online event. We had an idea of what we wanted this event to look like but we were not quite sure where to start. After all, there was no knowledge transfer for any of this, no **Article 12.3 “ In case of Corona, do this”**. So we were creative and improvised, accommodated, and thought to ourselves that when issues arise we will solve them. I don’t know if I’ve mentioned this before, but Org Com of RSS 2020 was amazing :)

We had a great collaboration with the Research Programme team and the Events Office, hit some bumps along the way but managed to have a record number of applicants for RSS, all with impressive scores on our applications. We tailored the topic to the pandemic situation, and had one last worry before the event **“Is Zoom going to be all that I’ve hoped it will be”**.

Zoom was not the video-conferencing application of our dreams, but I must say it did serve its purpose. We created the schedule of our online event, with a few lectures, a working session for the research groups each day, and a social gathering during the evening. Our biggest regret for having the event online was that people were not going **to experience the true EFPSA event spirit**, where you develop heartfelt friendships in a very short time (too short in terms of the outside world), meet so many new cultures, and come back home exhausted and emotionally drained from all the heart-to-hearts you have had in the past week. But we were completely wrong to ever doubt that the EFPSA spirit can find its way into the virtual world!

Not only did the participants socialise online but they developed friendships, on the second day we already had inside jokes, during the cultural evening we had presentations about different countries, and randomised Zoom breakout rooms did wonders for our online games. So we would all wake up in the morning, make ourselves a cup of coffee and breakfast, open our Zoom and enter the world of Online RSS with our first debriefing session. The research teams worked really hard during the whole week and managed to accomplish a lot (I guess that is what you get when you are not distracted by the beach).



Before the RSS started I had just travelled to the island of Vis, and my friends could not understand how I enjoyed spending so much time on my laptop and socialising with people through Zoom. But I guess that is the best part of being an Org Com, you see the results of your work in these intensive seven days, where you are surrounded by so many new people enjoying an event you have prepared, it is like instant gratification for seven whole days! **After the event, I was tired and emotionally exhausted**, just like after all EFPSA events. The difference was I slept in my own bed and drank really good coffee in the morning. I guess we can't pretend that it was better to be on our laptops than on a beach in Zadar, but it was also a new and very exciting experience and I am very glad that we were the Org Com that managed to put it together.

If you, however, do not believe my love for online events and keep rereading the first two sentences of this article(is it an article?), don't worry, EFPSA's Research Summer School 2021 is going to be in.... You guessed it, Croatia. Stay tuned for more info!



**Marta
Grubačević**

Data Management Responsible and member of RSS Org Com 2020

I had an opportunity to be a part of the Org Com for Online Research Summer School as a Scientific Team Member. I was responsible for the selection process and coordination of some social events. In a way, my position gave me control of important aspects of RSS, but it also gave me great responsibility.

My biggest difficulty was making social events as similar as they would be in person and creating a comfortable online environment, where they can meet their future colleagues and friends.

This experience has brought me a lot of amazing people in my life and skills that will be useful in any field of work. I have learnt how an event as big as RSS is built from scratch and how digitalisation can open doors to new experiences as well. **I learnt to be more thoughtful about other people's needs** and how you always have to prepare a plan B if things go sideways!



Seeing participants happy and thrilled about the work they have done during the event was my reward in the end. Furthermore, being a part of this event can open some doors for you even though you are not actively participating in it. That is how I ended up in EFPSA's Working Community today and it all started with my application for the RSS's Org Com! :)

Future Org Coms should know that having an online event is as demanding as having it in person and they should be aware that being behind a computer for 12 hours is not the same as working for 12 hours in person. Finally, it is never too early to start with the organisation!!! Take your time, be creative, and enjoy the experience!



Sara Felber

Content Review Responsible and participant of RSS 2020

Getting accepted into the Research Summer School was quite a pivotal moment in my academic career. I had been doing voluntary work beside my studies for ages now, mostly to learn exciting stuff and get to know new concepts, workflows, and insights into vastly different worlds than mine (and to feel like I am a valid human participating in real life and not getting lost in the university bubble of despair). With the research summer school, it felt like I was honouring my soft skills by applying them to real life.

To be honest, **I have never thought that I would be capable of doing good quality research.** Up until this point, I have mostly written papers on some semi-important pop-cultural literature discourse in my English classes. One was about the malice in Candace Bushnell's *Sex and the City* (do not judge me). Further, I can be a quite chaotic and creative person with sudden bursts of academic motivation, where I want to change the whole world all at once, followed by long periods of procrastination cycles whenever it feels like my efforts are not fruitful enough.

However, I have learned that my personality merges well with online work. I enjoyed being able to stay home while working on the computer with people from across Europe. My focus during work sessions was razor sharp and **I had the possibility of being creative and weird in my own four walls** during the breaks. At first, I wanted to maintain a professional relationship with my colleagues to maximise online working efficiency due to the nature of our ambitious goals. And to shield my empathetic soul from getting too involved with the other humans as it can start to distract me from the actual intention of us efficiently working together. And publishing scientific papers!

I thought it would be good to establish a great game plan for our research team to work our best given the fact that we all live hundreds of kilometers apart. But I came to realise that I was allowed to care for my team members on a personal level and thanks to EFPSA's training we were able to get to know each other deeper. I always try to humanise the person I am working with, but also when it comes to myself I felt welcome, heard, seen, and taken seriously by my team members and our supervisor, who tried to make sure that we felt like we are here to work together from the beginning on.



The most magical part of the research summer school online week was our common enthusiasm for our topics. We connected on the shared sense of necessity that our research has in the field due to its lack of representation.

As a human myself, I aim **to be part of something bigger than myself**. Being a part of this team as a psychology student in my bachelor's degree has been one of the most fulfilling and reassuring experiences I have had in my academics so far. It felt like outsourcing one's personal strive for improvement of mental health of vulnerable populations to multiple bright, ambitious, and selfless brains located in different countries with different backgrounds but the same goal at heart. Ever since we have been understanding and sympathetic towards each other's personal lives when it comes to achieving goals, reaching deadlines, and finishing tasks.

I feel nothing but gratitude for my team members, my supervisor, and the common goal and journey that I got to embark on with multiple lovely other souls while finally scratching my science itch!



EFPSA Academy



Bojana
Vujović

Events Officer

The EFPSA Academy is one of the few EFPSA events that is open to non-psychology students, representing a three-day multidisciplinary training event that aims to bring together volunteers of European youth NGOs to enable them to network and improve their entrepreneurial skills regarding a core topic of the event.

This year, the event had to be adapted to the changed reality and, instead of travelling to Turkey, participants of the EFPSA Academy 2020 were given a unique opportunity to improve their Project Management skills from the comfort of their own rooms, free of charge. The event took place on Zoom from 25th to 27th of September 2020 and contrary to our humble expectations, we have received as many as 62 participants' applications, out of which the 25 best candidates were selected. According to our participants', trainers', and Organising Committee's feedback, **the event was an absolute success!**

Training Events Responsible

I experienced the event as three days of bonding, learning, and, despite being physically separated, feeling connected to one another.

The topic was Project Management and the programme was filled with extensive topics from budgeting to being a team player; from need analysis to evaluating projects. **Our trainers were extremely motivated**, they designed every session meticulously and they delivered each one of them with passion and energy! It was quite a diverse environment with the trainers' team and the participants all being from different fields and nationalities.

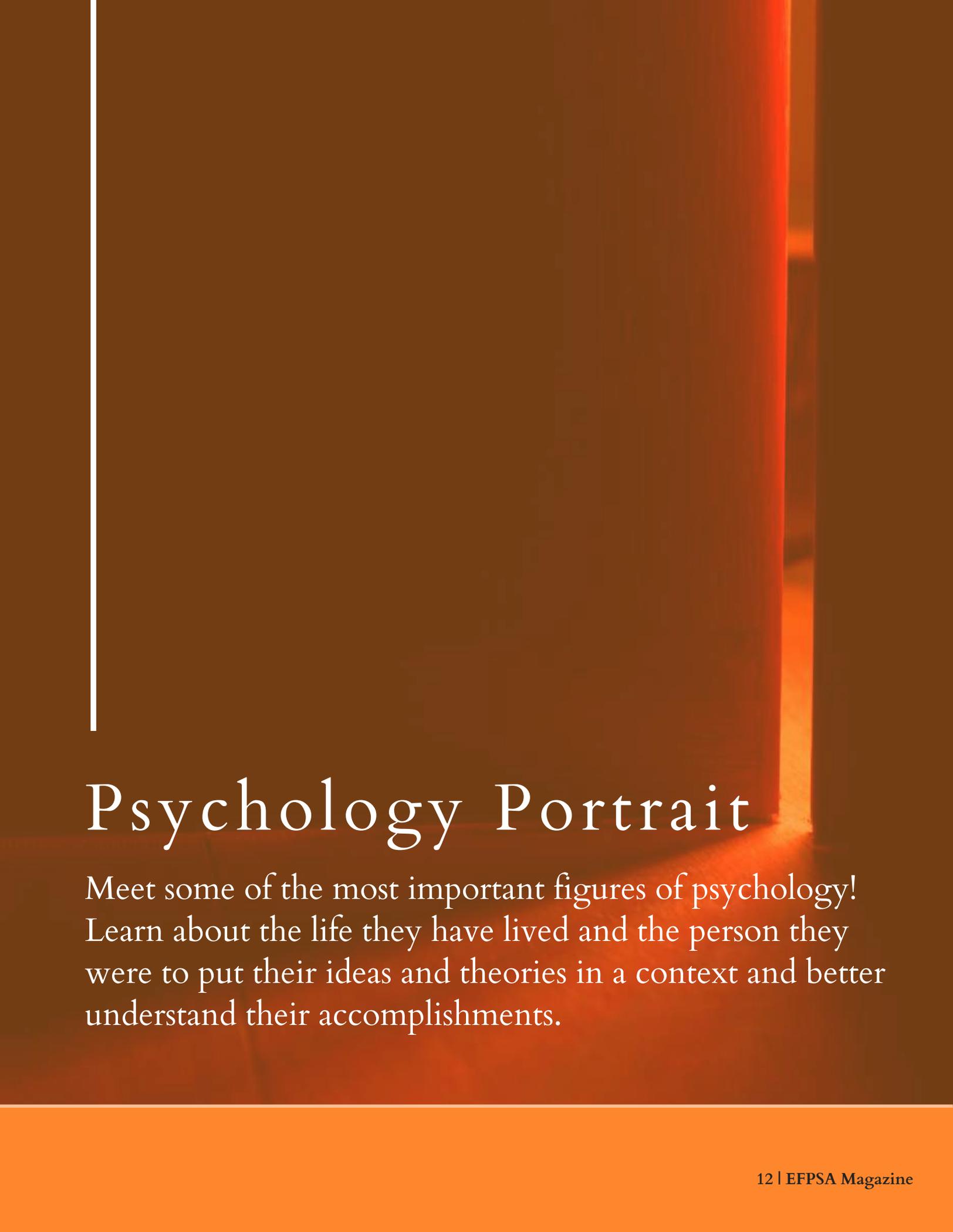


Vera Levent

Being hesitant at first, about the idea of a Virtual EFPSA Academy, it was a very pleasant surprise that we got so many interested people in our event! After the event, **our participants expressed their gratitude** for the opportunity given by our online event, which made it possible to participate for most of them with it being accessible for more people regardless of their location, financial status, or time availability. This motivated me to work on more opportunities and make both offline and online events happen!

With this event being the second online event, we discussed ways of improving online events with the Events Office and we are extremely excited to continue creating positive experiences while we are improving our work each time!





Psychology Portrait

Meet some of the most important figures of psychology! Learn about the life they have lived and the person they were to put their ideas and theories in a context and better understand their accomplishments.



Freud and Jung: Discovery of the Unconscious

Sigmund Schlomo Freud was born on the 6th of May, 1856 in Freiberg, Austria. He goes on to study medicine in Vienna and opens his own praxis in 1886. After having heard of an innovative “talking-cure” from his friend and colleague Josef Breuer, he starts treating hysteria in his patients by the recall of traumatic experiences through means of hypnosis.

Having originally been a trained neurologist, his work and experience with patients lead him to slowly shift his focus from physiology to psychology, uncovering the mechanisms of the unconscious psychic life and step-by-step exchanging manipulative and suggestive techniques for free association and methodical self-reflection.

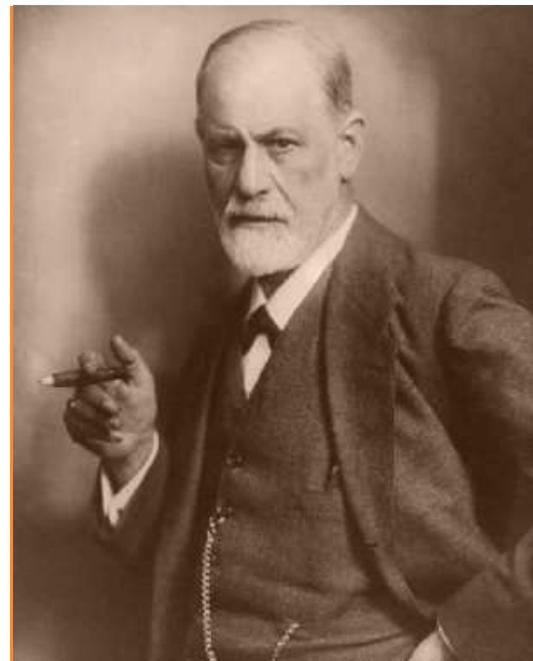
In 1895, Freud and Breuer published their Studies on Hysteria, where, among four others, the infamous case of Anna O., where Breuer first used his “talking-cure”, is presented. The book makes the case that “hysterics mainly suffer from reminiscences“, that every psychic process is contingent on causality and resultant of what happened in the past.

Freud starts applying the same principle of causality to dreams too, concluding that they cannot be random, but instead are masking some underlying meaning behind their bizarre façade. Thus, dreams are an expression of the dreamer’s individual psychic disposition and will be different for a child compared to an adult, for an educated person and an uneducated one, and therefore worth analysing as messages from an unconscious part of the mind. In 1900 these reflections were released in *The Interpretation of Dreams*.

From that point on, Freud keeps expanding on his theories. Every person's history is made up of impressions of differing value and intensity. Strong emotional experiences are always connected to far-reaching complexes of association, which are the primary constellating factors of the psyche that influence, or even determine, our thoughts and actions. The stronger the emotional experience, the bigger and deeper the resulting complexes, and the less we are aware of them. The true nature of complexes, he says, is always wish and resistance.

All our lives we fight for the fulfillment of our wishes, often without being aware of it. Dreams are always representative of the fulfillment of wishes that we couldn't satisfy in the limiting reality.

For many, the first association when they hear the name Freud will be phallic, that everything was about sex for him. That is because the main source of all unconscious wishes and desires was what he called Eros, the life-giving and unifying love-(and sex-)drive. In fact, it was the only source, until he later added Thanatos, the destructive, separating death-drive.

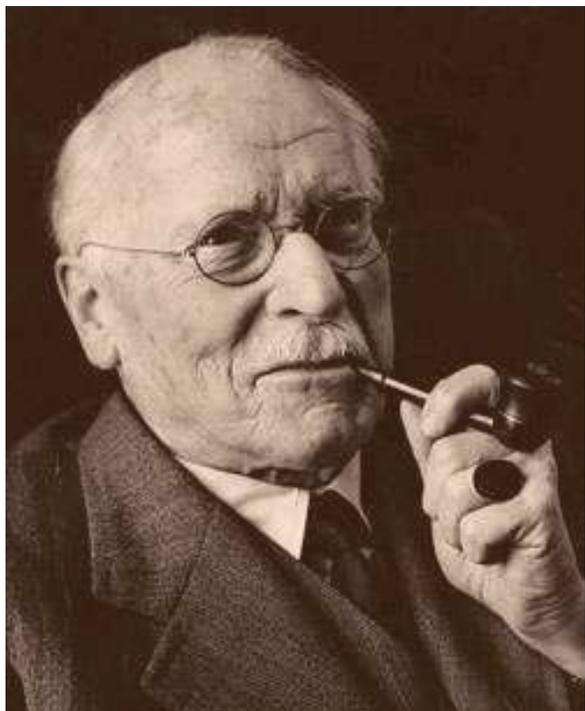


In Freud's eyes, all of the psychic dynamics can be explained by these two-drives and their conflict with the reality-principle of our culture. The reality-principle describes the sacrifice of free satisfaction of our instinctual needs that is necessary for harmonious coexistence in any society. From this conflict arises the intricate psychic mechanisms of displacement of psychic energy from one object to another, the transference of emotions and ideas, and projection of aspects of the self onto others, that shape and transform these two basic drives into all the subtle and surprising observable psychological phenomena.

A good demonstration of this might be what Freud considers the central myth mankind revolves around: the story of Oedipus, a young man that kills his father and marries his mother – in Freud's eyes a symbol for incestual fantasies about the parent of the opposite sex and the resulting rivalry with the other parent that are typical for young children.

This example speaks volumes about the importance Freud gives to erotic needs, especially in early infantile development. This part of his work is the source of his more disturbing ideas, but also the source of the most important influences on developmental theories that are still in use today.

Carl Gustav Jung met Freud for the first time in 1907 in Vienna. He was born on the 26th of July, 1875 in Kesswil, Switzerland, and underwent his medical studies in Basel before starting to work at the Burghölzli, mental institution, and psychiatric clinic and writing his dissertation on *The Psychology and Pathology of so-called Occult Phenomena* there. After their meeting, Jung quickly became Freud's protégé, favourite student, and intended heir of his legacy. When the International Psychoanalytical Association was founded in 1911, Jung was elected its president. But just as quickly as they found each other, their views diverged from each other until the final breakaway occurred in 1913, when Jung named his own movement Analytical Psychology.



Jung saw Freud's theories as too limited to account for the entirety of human nature and experience. He attested the existence of higher drives, which he collects under the umbrella term spirit, and says that it is these that the lower bodily drives clash against, not only the reality-principle. As the title of his dissertation suggests, Jung was a man of peculiar interests. He investigated mythological, religious, and alchemical writings, finding parallels between the contents of dreams of schizophrenic patients of his and the products of cultures all over the world and throughout history. These findings are what led to his theory of the collective unconscious that adds to Freud's personal unconscious a deeper level inherited from ancestors and shared by members of the same species.

This collective unconscious is populated by instincts, as well as archetypes, universal symbols like the anima/animus, the great mother, the shadow, etc, that find expression in both dreams and mythological and religious texts.

Especially important among these is the Self, the truest expression of one's individuality, incorporating both conscious and unconscious aspects, past, present, and potential. Throughout his life, the process of uncovering one's Self through the integration of unconscious elements of the psyche, called individuation, more and more became the cornerstone of his psychology. He got more and more interested in the symbolism used in religious scriptures, primitive rituals, and alchemical writings. He saw in these projections of the unconscious mind onto the outside world. Thus, through their study, he thought he could learn about the human psyche and it revealed itself to him as a wondrous, complex thing full of complementary opposites and with the capacity for prophetic visions, paranormal experiences, great good, and greater evil.

His work and life demonstrates the dilemma of something as deep and veiled as dreams and the unconscious. **Increasingly, he relied on sources of information that no empiricism can reach** – the introspection into his own mind, and those of others into theirs. Were his theories the ravings of a madman? Or did he access and work with the only place true knowledge of the unconscious can come from? Can rational and empirical theories and data do justice to the subjectivity of individuals? How to approach the meaningful realm of the felt qualities of life, that fundamentally evade logical explanation, that are only our own, that seem too grand to be explained by statistics and numbers, too unique to be fitted into a generalising framework?

Did Freud discover the true nature of the unconscious, or did Jung? Or did they both invent their own faulty fairy-tale? Has the unconscious always been there, just waiting to be found, or did the invention of it bring forth its reality? The consensus of contemporary epistemology is somewhere in the middle, an unravelling so to speak. Theories about the world shape the way we perceive it and think about it – that is especially true for a subjective field like psychology and doubly so for the most unreachable recesses of it, the unconscious, unknowable, ineffable parts of the psyche. At the same time, a theory must speak to a part of our experience of the world for it to be successful and accepted.

Jung put it exquisitely beautiful in a journal article about his and Freud's theories:

“We cannot recognise anything ‘true’ or ‘right’ about the soul. The best we can bring forth is true expression. ‘True expression’ is a confession, a thorough presentation of what is subjectively found. While one may put an emphasis on the shaping of the found and deem himself its creator, another will highlight the perception and thus speak of the appearance, being aware of his receiving nature. The truth is likely to be in between: true expression is creative vision.”

This is a complex and fascinating topic that I could not do justice, even if I tried. I would have much more to say, but for brevity's sake, I will end here, in the hope of having inspired you to explore these thinkers and ideas further on your own.



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$$\alpha = \frac{\hbar^2}{ec}$$



Feuilleton

This is the section where Leon subjectively muses about topics dear to him, in the hopes that somebody will care or enjoy it.

Appreciating the Unknown

We fear the unknown. It is the place where the predators lurk. It is the place outside of our walls, where our light and our laws do not reach. There, everything we are used to, everything we know, does not help us anymore. We have no map for its territory, no rules or guidelines to tell us how to act anymore. We are wise to fear it, are we not? It is the source of all things that can destroy what we have built, of all things that can bring ruin to our achievements and disturb our peace.

Yes, we should fear it, but not so much that we ignore it, that we suppress its looming threat and do not deal with it. All we are doing then is leaving it be, to work in secret, undermine us, grow stronger without us knowing. Our ignorance will only increase, our chances of adapting only dwindle with time. This can be seen on the personal level, in psychoanalytic thought, on the social level, in our discourse and political problems, as well as on the global level, in climate change and corona. It is a noticeable pattern that **humans tend to ignore and rationalise away the uncomfortable**, uncertain aspects of life, choosing to rather stay in the world they know, where everything is good and as it always has been, where nothing needs to change until the catastrophe occurs and we are forced to see. It is an illusion we gladly take part in, the legitimacy of which we mutually enforce to each other. But it is irrational, for we are strong enough to face the unknown, especially together. It is what we have always done, what we had to do to get where we are now. For besides being the place of terrors, the unknown is also the only place progress comes from. We need to be aware of it, sensitive to it, and willing to face it – at all times, not only when the world forces us to. It only grows harder, the longer we wait, only demands more sacrifices. That also means being open to what one does not know, being willing to consider perspectives you do not agree with. It means making the effort to think and taking action, even if it's easier not to. It fundamentally comes down to being honest, to not running away from the negative and uncomfortable aspects of oneself and thus stagnating, but **to face your shadow and grow from it.**





Humans are adapted to a life of overcoming obstacles, that is when we thrive! We know it from the feeling we get after having stepped out of our comfort zone and faced the dragon beyond. The realisation that the dangers were bigger in your imagination, the rush of having survived them, the newfound strength coursing through you, the knowledge you gained that will help you face the darkness more easily next time. The moment when you know that **this upward spiral of growth is life in its essence**, when you can really feel it. That experience is what our culture should cultivate, but modernity has equipped us with too much comfort, and it cripples us. On the flipside of said upward spiral is the potential for things spiraling downwards, from illusory security to stagnation, and from there to weakness, fear, anxiety, and further. We live in a society that does not promote falling out of line and creating problems. Much better to hide in the group. Those in power must know what is going on right? Look around at all we have achieved! We must be in good hands. We must be safe; we should not disturb this order. But the psychology I outlined is unfortunately universal. The powerful and wealthy only taste even more comfort and have even fewer reasons for wanting change. The collective wish to let the shadow remain unconscious is suppressing any individual's wish to do the opposite and it is making us lose touch with nature, life, and reality!

Of course, a problem is much easier stated than solved. What can we do, besides working on ourselves? A culture is not changed easily, and the mindset of a collective is even more stubborn than that of individuals. **But we might be better off than one would think.** I would argue that crises like the one we are currently in, while being hard for all of us, also represent a chance. They are not just a time of things falling apart, of impending doom and the collapse of everything we have built. They are a symptom of us having to change, finally bubbling to the surface so that we can deal with it. It is the nature of all of existence that things change constantly. That means so do we have to, to stay adapted. A crisis is a moment of opportunity for change, they signify a time where the habitual blindness and ignorance of enough people has been torn down so that they are paying attention again, to the raw reality that has always been beneath the constructed and mediated cultural fiction we have created for ourselves to live in. **We must use this time of reduced resistance to bring about change**, to promote positive values, band together, and look hopefully forward, with determination and above all: Fortitude!



Let's talk about Values!

For they have always been what connects us
and will forever remain what guides us.

Fortitude

In a time, when the structures we have built for ourselves become too rigid, we cannot rely on our institutions and laws anymore. When chaos rears its ugly heads of change and uncertainty, we need something equally ineffable to hold our communities together: we need values. If we agree on them and adhere to them, they create harmony from the inside, without the need for external authorities or objective order. They can give us the strength and certainty to care for ourselves and help others, no matter what is happening around us! But they can be forgotten, deemed unnecessary, and slowly given up when we rely too much on externally created order.

That is why EFPSA has been promoting values and has taken them seriously for many years. They can connect people from all over the world, ignoring language barriers and cultural and national borders alike. They respect individuals' freedom of choice, promote their agency of self, and inspire personal growth. Most importantly, they are flexible and resilient to change and objective crises. For they belong to the realm that nothing and no one can hold dominion over: the human heart and soul.

One of EFPSA's core values is Fortitude: **Courage in the face of adversity and unforeseen circumstances.** We have never needed it more than now and the past months have shown that we do not just claim its importance to us. We have proven that we live and embody it and showcased the amazing feats it enabled us to accomplish. On top of that, we have demonstrated that there is not a single source of Fortitude, not only one way to attain it but as many as there are people in this world. Be it passion for a project or compassion for friends, inspiration or determination, stubborn rationality or hopeful faith, EFPSA has been a rainbow of resiliency and resources, whose light has the power to encourage others to add their own colour to it. And I thank them for it because what I am trying to convey with words here is much easier felt than explained. We just have to be aware of each other and share our spirits; be mindful of that as you read through this magazine and I am sure you will see it.





Board of Management

Meeting in Croatia

Travel Report

By Ana Kraljević

Have you ever played this game?

Well if your answer is YES! Then this is a perfect metaphor to explain how it was to plan our BMM 1 (Especially, if you are like me, you have never figured out how to play it).

We started organising the meeting a few months ahead and had everything planned out. We would research all the countries that all of us could travel to and when we decided on a top three, all of us

would research the travel and accommodation costs and choose one that has the most reasonable price. Little did we know that step number one would require a full-on factorial, mediation, and regression analysis to determine at least one country we can all travel to.

Within the next month, we asked ourselves if it is even possible for 8 people to travel and meet in this pandemic time. Are we being unreasonable, unrealistic, **a lot of different questions popped up** into our minds. We struggled with the idea of our meeting in person and how safe it was to do so while the world around us was collapsing.

This situation and many others in these past months have taught me to be even more flexible than I used to be. Some things cannot be planned in detail, **some things will be unforeseeable** and most things will be out of my control. This being the zeitgeist of the year 2020, we “planned” accordingly and decided on one thing: we would meet in Croatia, Split, all the other specific details we would figure out later because **travel restrictions changed from day to day.**

Vita and I were already in Croatia, Katja and Katarina just had to pop in from Slovenia, Bojana was uncertain if she was going to make it up until the last moment because she was unable to enter the country without a negative PCR test, Hector found a flight from Spain and sadly Martie and Deianara were unable to join us.

I remember my parents telling me the day before we meet, stay safe and don't hug each other, but they don't know about EFPSA hugs. Not hugging is not an option.



The moment we all saw each other was unreal. I remember on our first night that we were sitting on our balcony and Vita was talking about our schedule and I could not believe that I am seeing her talk in person rather than a skype call, these people are real and they really exist in flesh and bone, they are not just a few thousand pixels on my screen.

The whole week was simply amazing, we had multiple discussions and worked through the whole day. Talking about the mandate so far, discussing, having new ideas, reading all the amazing ideas from the working community. We found a vintage cookie stand for Martie and Dea so that they felt like they were with us in Split. We cooked, cleaned, celebrated my birthday, and got to know each other better on a personal level. We played the game “what was your first impression of me” and got some interesting answers. We explored the historical city of Trogir on our excursion day and had a really long lecture explaining to Hector why Croatians, Serbians, and Slovenians all understand each other when they talk in their own language.

The apartment we found on Airbnb was right next to the airport, so every 30 minutes or so a plane would fly by and it would be so loud that we would have to stop our conversation. After being annoyed by it for the first few times, we proposed to use these 70 seconds as an opportunity to breathe, calm down, and become aware of the moment we are currently present in (typical psychology student move). What I realised was that I really do love to travel, and maybe back when I started taking part in EFPSA activities this was my main motivation. But this is no longer the case, and I am grateful that this weird year has led me to **situations that I would have never experienced before.**

I now know that I enjoy being a part of EFPSA because...

Interested in reading more?

I am sorry that I have to tell you, but this was actually another Crossblogging article! If you want to know how it ends, **check out the STA Blog**, where the full-length article will be uploaded over the course of this week.

<https://more.efpsa.org/studytravelabroad/>



The Unknown is the only place to make progress!

During their stay in Croatia, the BM has led many discussions that directly affect the future of EFPSA. A document detailing all that has been discussed has been internally shared. Here is a short summary of the most important new ideas and developments from the summary of the outcomes of the first Board of Management Meeting 2020-2021. As a member of EFPSAs working community, you can read up on further details in the extensive document shared by BM and even request the minutes of each of the topics! But also if you are just a psychology student somewhere in Europe, your opinions and input are more than welcome!

- **Onboarding Package:** a collection of introductory documents that explain critical aspects of EFPSA will be sent to each working community member at the beginning of the mandate.
- **EFPSA Scholarship:** The procedure will be changed to make it more fair. Application for the scholarship will happen simultaneously to the regular application as an additional option. Applicants must answer additional questions as well as provide documents about household and private income. Alumni will be asked for donations to help pay scholarships.
- **Member Organisations Structure Project:** Three surveys to gain information about MO's structures and practices, to improve collaborations, recruitment, and marketing. The Project will be run by a team of 8 people from the working community and MRs, that will be formed by early September. The survey should be sent out by 15th December, to get started on the data analysis.

- **Collaborate closer with the EFPSA representatives in EFPA:** Have regular meetings and the Secretary General as a BM-Responsible for them. Have them contribute to Webinars and hold vernissages (online in October and at Congresses)
- **JEPS Ambassadors:** structure the project better, move the call to happen alongside other EB calls in April, analyse MO's academic needs, and designate three months of workshops and lectures for ambassadors.
- **Future possibilities for BM and EFPSA:** partial compensation for BM and Presidential Office, BM as a year-long internship in Brussels, recruiting students as employees for companies. This represents a big financial hurdle and would be a long-term plan. Help from Erasmus+ is needed to become an official internship provider.
- **Website:** A detailed plan for restructuring has been made and possibilities for improving performance and speed are being researched. A more appealing look and updated texts are also planned.
- **Board of Management Election:** The current timing creates an overly stressful start of the mandate, and the need to learn everything about their positions impairs the simultaneous tasks of choosing teams and leading the organisation. Ideas are to prepare all BM applicants before the Congress through a dedicated session in December, pre-Congress Knowledge transfers about their and their coordinator's roles, and meetings with the current BM. For this purpose, applications will close 60 days before the Congress.
- **Strategic Plan:** Ideas were discussed for the upcoming 5-year Strategic Plan 2023-2027. The current BM is tasked to write a draft for this document. More working sessions about this topic are planned for BM, as well as the whole working community.
- **Contracts for Org Coms:** It was decided to create contracts to formally address rights and duties for both parties in the future. A template was drafted by the previous BM that will be finalised by the Events Officer and the Finance Officer. Contracts will be adapted to fit the specifics of different events and will especially clarify financial aspects.
- **Obligatory MO membership for EB?** The BM agreed to the majority opinion of the working community that MO membership is not mandatory for EB members. However, they are strongly encouraged to get into contact with their country's MO. An "MO supporting fee" for non-MO members of EB was discussed but put aside until more data is collected in the MO Structure Project.

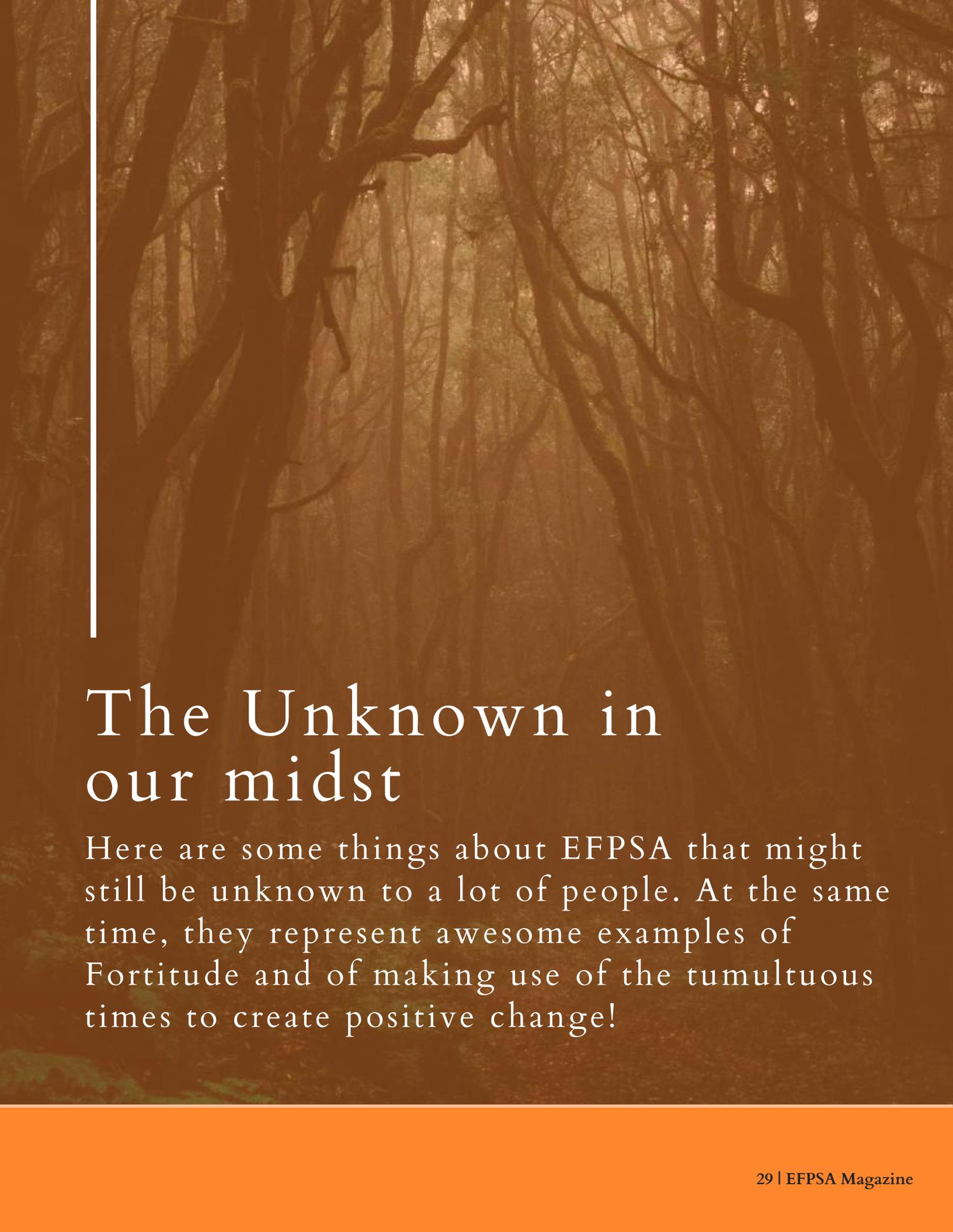
- **Grant money:** Since many events had to be changed or cancelled because of the pandemic, money from grants that EFPSA received must be spent elsewhere. Possibilities for this were discussed, with the caveat that it is restricted to statutory expenses.
- **Ideas for an EFPSA slogan** were discussed and voted upon. A working session during EBMR is planned to reach a final decision.
- **Further developments of the Research Programme:** Exciting ideas like enhanced social media presence, new professional partners, a detailed guide on ethical approvals, a collaboration with the EFPA Board of Scientific Affairs, a professional advisor for the 12-month structure, and an additional research project, which will be of interdisciplinary nature are on the horizon!
- **General Assembly Voting System:** Following concerns about the current voting system have been voiced:
 - MRs are often new to EFPSA and do not have enough knowledge of EFPSA and/or the topics to be voted upon.
 - A lot of the decisions voted upon are about the inner workings of EFPSA. Thus, they do not primarily concern the entirety of psychology students of Europe and should not be decided entirely by the MOs that represent them, but also by members of the EB
 - It was decided to give the EB voting rights in the form of one representative per team that will be elected at the beginning of the mandate. Further details and implications of this matter are still being discussed.





- **Mentors for BM and EB:** It was decided to be mandatory for each BM member to have a mentor that can help them with various professional and personal problems. The mentors will be recruited from the EFPSA Alumni, who can apply to be a mentor. After BM members have chosen their mentors, the EB will have a chance to apply to have a mentor, if interested Alumni are remaining. The nature of the relationship will be decided upon by the mentor and mentee together.
- **Statutes and Domestic Regulations:** A new Belgian law requires the changing of some important details. The documents will be rewritten by the President and Vice President and approved by MRs at EB&MR.
- **Promotion of Org Coms:** Due to various problems in the past, possibilities of supporting Org Coms have been discussed. It was decided to create promotional videos of events and give Org Com members two points for their application for the Congress, to increase the motivation to become Org Com. Org Com members will also receive recommendation letters and LinkedIn endorsements upon request and their certificate will be expanded by a list of skills they have acquired through their work.

It was also decided to allocate more money to the Org Com of the EB&MR, as it is notoriously difficult to receive sponsoring for such a closed event, focused on the inner workings of EFPSA.



The Unknown in our midst

Here are some things about EFPSA that might still be unknown to a lot of people. At the same time, they represent awesome examples of Fortitude and of making use of the tumultuous times to create positive change!

Member Representatives Task Force

It all started with Internships

The idea of the Task Force of Internships was created in August during the Board of Management Meeting (BMM). We were thinking about ways to increase the number of internship opportunities for our students, which led us to **the idea of creating an internship database.** Having an internship database online and visible to all our students and organisations would provide us with ideal opportunities.



For starters, it will increase the visibility of our Federation to both our students and the ‘outer world’. Organisations will easily see which other organisations already have applications for our students, which hopefully will stir up some good competition by having organisations wanting to put their applications also on our database. This will provide our students with more internship opportunities!

Although we all loved the idea, it brought up some questions as to how we would even begin to implement this. Creating such a database would be a lot of work for STA and our Internships Responsible. We would have to start from scratch and figure out how to even do this. During the same BMM we were also thinking of ways to connect our Member Representatives (MRs) more with the Executive Board.

All of a sudden all of the puzzle pieces clicked together. We would organise a task force of MRs for creating the internship database. Then the brainstorming mode started and we thought of other ways to enhance the interaction between MRs and EB: the Task Forces for Marketing and Grants. The Task Force for Marketing is to educate MRs in the processes of social media, learning about algorithms, and what programs to use for posts. The Task Force for Grants is all about finding ways to support our Organising Committees with finding grants and finances for our wonderful events.



We created Role Descriptions and shared them with the MRs. During the month of September the MRs could sign up for the Task Forces they were interested in and we assembled the Task Forces. Now the real work could start! Action Plans were created, first meetings scheduled and first introductions started.

With the Task Force of Internships being created, it was time to have our first meeting with MRs, STA coordinator, and MOC. We had a chance to get to know each other and talked about our expectations about the task force and the internships database. We immediately shared the tasks and started to work on them. **We will be trying to create a database in a most useful way** and reach as many institutions as possible. Everyone is excited about creating this database and what it can become in the future!

Finance Task Force

The main aim of the Finance Task Force is to support the Organising Committees (Org Com) in all finance-related matters when an event is being organised for EFPSA. The Task Force will be providing Org Com with a list of previously-researched potential partners and/or grants that operate or cover the country in which the event is held, as well as recently-researched partners and grantors. The Task Force will primarily be helping Org Com make the first approach to the pertinent partners/grantors; support them in writing an application for a grant, a contract, or partnerships; helping implement the terms of the deal; keeping track of expenses and transactions, and then reporting to the grantors or partners accordingly; and finally helping in creating invoices and accounting for the expenses.



The team members are the Finance Officer, Emilia (MR of Romania), Yasmine (Vice MR of the Netherlands), and Junie (Finance Office Team Member). The purpose of the first meeting, which was held on 17 Oct 2020, was to get to know one another, and most importantly to break the ice.

We started off by introducing ourselves, and doing a few ice breaking activities. The second part of the meeting was to briefly look at the overview of the aim and goals of the Task Force, and we discussed our roles and the skills we will gain by being a member of this task force.

For the third part of the meeting, Julie, the HR Responsible, joined us to discuss how things are going especially during these unprecedented times. Finally, we went through our action plan to get an idea of what lies ahead, and also to delegate tasks, such as researching potential partners and grantors so that we can expand the databases of both partners and grantors. The meeting closed with Q+A with final remarks.

EFPSA representatives in EFPA

Did you know there was an EFPSA without the “Students” part? Now you do! They are kind of like the professional counterpart to us, but I will let the EFPSA representatives on their boards do the explaining.



Eva

Board of Promotion and Prevention

Hi, I am Eva Štrukelj from Ljubljana, Slovenia, associated with EFPSA by being its »EFPSA representative« in the Board of Promotion and Prevention within EFPA. I am also an EFPSA Alumnus, because for the past three years I was one of the JEPS Editors obsessing over the APA style. Besides this eventful EFPSA life, I also have »an actual life« as a student of Clinical Psychosexology at the Sapienza University of Rome, Italy.

How and why did you come to be an EFPSA representative in EFPA?

When you stop being a student it is suddenly time to upscale your »student hobbies« to a professional level, right? Well, in such a way, moving from EFPSA to EFPA seemed to me the logical next step. This being said, after looking into what EFPA actually is, I got inspired by the work of the federation. It allows you to work within specific psychological fields among which anyone can find an area of their interest. As such, being a representative can be an amazing opportunity to get a real picture into the chosen branch of the profession.

What is it like to work with them?

Within the Board of Promotion and Prevention, I am currently collaborating with a wonderful group of 25 experts of the topic. Their daily work addresses different issues and different populations, so at the beginning of each year it is crucial to decide which topics will be given the most focus. According to the chosen topics, the team then prepares a working plan, usually including a few press releases, surveys, and other deliverables. Afterwards, the board operates in subgroups based on these tasks. Occasionally we also meet altogether on Zoom (or in person). The tasks are mostly temporary but some are ongoing. For example, one subgroup just finished with a press release on the Suicide Prevention Day while one subgroup is responsible for webpage upkeep throughout the mandate. As EFPSA representatives, we are responsible for finding possibilities for mutually beneficial collaborations between EFPA and EFPSA and contributing to the overall work of the group.



What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

From my point of view, the biggest difference is in the structure of the two federations. Because EFPA members are mostly already specialised professionals, it is most suitable that EFPA allows its members to work within these specialised disciplines. Having these experts work within their area, allows them to work much more directly on the topics of psychology. In comparison, in EFPSA many of us are still discovering all the possibilities of the psychological work, so it seems perfect that the federation focuses more on learning different roles that can be applied to various fields and tasks.

What do you not want to stay unknown about EFPA?

It may be intimidating at first, but it is a real pleasure to learn from these inspiring professionals.

What does the Unknown mean to you?

Understanding how EFPSA works is a difficult task, so I hope the Unknown will be the »illuminati moment« we have been waiting for!



Marija

Board of Scientific Affairs

I am Marija Davcheva, I began my journey in EFPSA 4 years ago! I have been in almost all kinds of EB positions, from Observer representative, Internship responsible, STA team coordinator to Human Resources Responsible, you name it! I guess next year I gotta try BM haha. Nowadays, I am still active in EFPSA via my role as a representative in EFPA Board of Scientific Affairs. I keep in touch with all the great progress EFPSA is making and I am super proud of the organisation! Currently, I am working as a researcher and pursuing my doctoral studies in Psychology of Human Resources at University of Valencia in Spain.

How and why did you come to be an EFPSA representative in EFPA?

As far as my experience in applications for EFPSA goes, the magic of EFPSA events motivates you even more and gives you an extra push to apply for positions in EFPSA. So last EBMR in Slovenia I said I want to go for it and give back to EFPSA in a different way- this time as a representative in EFPA.

What is it like to work with them?

I feel extra motivated working with this board especially in times of COVID-19, because we gather useful information about the progress of each psychology association in Europe, how each country is dealing with the pandemic and the important role psychologists play in each country. Specifically we are working on how to maintain high quality research in times of Covid, sharing best practices and an official statement to guide researchers and policy makers.



What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

One big difference is the frequency of the communication, I feel like EFPSA communicates more frequently and uses other media channels than just emails. In EFPA usually we have only 2-3 meetings per year. I think we can learn from them about the way professional meetings are held. In my board we have really efficient meetings and we even share information by creating short PowerPoints that really catch the attention and send the precise message in a nice way. And I think EFPA can learn more from EFPSA regarding usage of graphics in their website and social media promotion and marketing.

What do you not want to stay unknown about EFPA?

I would love to see how these meetings are held in person and to know the history of our collaboration with EFPA, how it all began, what projects we collaborated on and maybe that will inspire new ideas for future projects.

What does the Unknown mean to you?

It means going out of your comfort zone, something challenging but at the same time the unknown is always an opportunity to learn, discover and grow!

Monica

Board of Ethics

My name is Monica, I am from Portugal and currently living in the UK. I completed my MSc in Forensic Psychology and I am now working in a prison delivering Offending Behaviour Programmes for prisoners. I had several roles within EFPSA, I am an EFPSA Trainer and the current EFPSA Representative in EFPA Board of Ethics.

How and why did you come to be an EFPSA representative in EFPA?

I was always interested in Ethics and when the call came out I was the EFPSA Board of Management Representative in the Ethics Committee so I wanted to work on this collaboration and improve EFPSA Ethics Committee procedures.

What is it like to work with them?

It is very interesting because I have the opportunity to work along well established psychologists who are important names within Psychology and Ethics in their countries. When an organisation wants to join EFPA they need to send their Ethical Codes to EFPA which are then revised by our Board to ensure they are in line with EFPA's Meta Code. We also have several projects, including creating a book about ethical dilemmas and creating/revising guidelines for psychology organisations across Europe.

What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

The biggest difference is the pace of work. In EFPSA, everything happens very quickly while in EFPA discussions and results take a much longer time. Meetings are less frequent (2 a month opposed to every week like EFPSA) so spaces for the discussion are not easily available. I think EFPA can learn a lot from our experience as students who have a fresh look at Psychology and the profession, while EFPSA can be inspired by EFPA into having a more leading role as an organisation to support the Member Organisations.

What do you not want to stay unknown about EFPA?

The work dynamics among EFPA Working Groups is very different, therefore the way my Working Group works cannot be translated to a different Working Group. Also, it is truly inspiring to work so closely with so many psychologists.

What does the Unknown mean to you?

To me, the Unknown is the excitement, the opportunities - the adventure that life is. If everything was known and certain, life would be very boring!





Cultural and Ethnic Diversity Board

My name is Elena, I'm from Romania and I'm the EFPSA representative in the Cultural and Ethnic Diversity Board. At the moment I'm doing a master's degree in Clinical Psychology. In my free time I like to paint, draw, read, or walk my dogs. One of my favourite quotes is :“Now that you don't have to be perfect, you can be good”.

Elena

How and why did you come to be an EFPSA representative in EFPA?

My story as a EFPSA representative in EFPA started recently, but before this I had been involved in EFPSA as the MR of Romania and I participated in various EFPSA events. I applied to the position because I was familiar with EFPSA's structure and I also wanted to further develop my abilities and bring my contribution to something I'm interested in.

What is it like to work with them?

At this moment we are currently working on several goals, such as the EFPA statement on the need of intercultural education. After that, the plan is to further promote it in video/audio format, as well as a workshop. The other goals refer to curriculum components for intercultural psychology, and drawing a strategic plan for enhancing practitioners in different fields. In terms of work processes, each goal has tasks to be achieved and people that are involved in their accomplishment. Working for them is motivating because I can observe professionals in action.

What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

There are some differences between EFPSA and EFPA: for example, in EFPA the mandate lasts for 2 years whereas in EFPSA, it is for 1. This in turn allows for a slower paced work, however, marked by careful planning and professionalism. From my point of view, there are many similarities too, since all in all, both organisations support the development of psychology and psychologists. What differs is the target population they address, one involving more students, while the other one focuses on professionals, while still ensuring to have students' voices heard.

What do you not want to stay unknown about EFPA?

I would like for students to be aware of the opportunity to become involved in future work groups and to apply when the next call comes. It's a possibility to see how professionals work, develop yourself while contributing to both EFPA and EFSA.

What does the Unknown mean to you?

To me, the unknown involves anything from a book I did not yet read to the mysteries of the space and universe!



Nicola

Board of Educational Affairs

Hi, I am Nicola and I am the EFPSA Representative in the Board of Educational Affairs of EFPA. I am a psychology graduate, currently reading for a Masters in Gestalt Psychotherapy. I am a Partner at Willingness, overseeing the management of the Team together with the other partners, while being in charge of our events, projects, training and courses. I also manage Sex Clinic Malta and offer one to one as well as group psychosexual education programmes. Finally I am a trainer offering workshops on various subjects in the field of mental and sexual health.

How and why did you come to be an EFPSA representative in EFPA?

I have been part of the EFPSA Community since 2014 and part of the EFPSA Working Community since 2015, with my first roles being Content Review Responsible and Internship Task Force Team Member. I then moved on to the role of Vice President for the following two mandates and was the BM Representative of the Internship Task Force in the meantime. During my first mandate as Vice President, I was fortunate enough to attend various EFPA events, including Presidential Council Meetings and the European Congress of Psychology, and it was such an honour for me to represent EFPSA within the extensive reach of EFPA. Therefore, once there was the opportunity to represent EFPSA within the board itself, I could not pass it up. With a background and interest in roles related to education, the Board of Educational Affairs was my immediate target and I have loved being part of the team for the past three years already!

What is it like to work with them?

Our structure is pretty straight forward, in the sense that we have a Chair of the Board and the rest are members. One person is assigned to take minutes during meetings (normally that is me since I'm 'young' and 'fast' hehe) and we all discuss all matters of the agenda together, quite effectively and efficiently. We meet twice per year in person, normally in the same country in which the EFPA Semester is being hosted, or within a country of one of the members who can organise office space for us to be hosted in. Our main projects revolve around the teaching and learning of psychology at various levels and we are currently working on two research projects.

What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

EFPSA and EFPA are the same in the matter of being Federations that represent a collective of Associations, which in turn represent their own respective members. In EFPSA these are called Member Organisations, in EFPA these are called Member Associations. The difference is the MOs are student organisations and MAs are professional organisations within the respective country. We can learn a lot about the history of psychology from the legal, logistical and educational perspective, as well as a ton of knowledge on how to bring such a massive profession into one sphere. What they can learn from us is innovation, and dedication from students of such young ages and careers.

What do you not want to stay unknown about EFPA?

The Board of Educational Affairs is composed of some of the most active professionals I have ever met, these people are legends in their fields and it is such an honour to work side by side by them.

What does the Unknown mean to you?

Haha, funny you should ask that as I have a tattoo purposely about this, which I got with Clara, the President during my mandates as Vice President. I have an alien tattooed on my ribs representing the unknown, and for me that signifies all that is undiscovered and yet to be discovered. I got this tattoo specifically during my journal of accepting the existence of the unknown and that we have to accept that there will always be things we will not know and cannot control. So our tattoo, at the time, symbolised our embracing of what is to come.



Wibke

Standing Committee for Community Psychology

Hello, my name is Wibke Eickmann. I have done my Bachelor's in Luxembourg and have just started my Master's at the University of Bologna.

How and why did you come to be an EFPSA representative in EFPA?

I was a Member Representative for Luxembourg for two years and was looking for a new task. I applied for the Standing Committee in Community Psychology because I was very interested in the field and wanted to learn more about application but even more importantly, because I feel it is a field not very well known to a lot of people and I wanted to be a part of making it more visible.

What is it like to work with them?

In the standing committee, we have regular meetings once per month. We work on the goals established in the work plan and talk about projects going on and how the connections with EFPA can assist with the projects. To give an example, currently, the planning of a conference in Norway is underway.

What is the biggest difference between EFPA and EFPSA, what can we learn from each other?

As an MR before, I missed the personal contact with others in the meetings, because everything was just typed. I think one thing EFPSA can take from EFPA, at least for MR meetings, is to provide more options to contribute as MRs and in the meetings. What I think EFPA can take from EFPSA is to share more information with members, like minutes of meetings.

What do you not want to stay unknown about EFPA?

There are so many projects going on in EFPA, you should look out for them!

What does the Unknown mean to you?

I only start to realise how many organisations for psychology are existing in Europe. There is really something for every field and interest.

Corona Care & Band-Aid

Courageously facing the unknown is not an easy task and can quickly become overwhelming. Even for the toughest among us, leaving the comfortable zone of the familiar and what one experiences beyond, is a lot to handle on your own. Sometimes, you just need someone to talk to, some place to share your feelings.

But ours' are times of isolation, and finding connection can be harder than it used to. That is exactly what this new project in the pipelines wants to help with! Connection in Corona times. The plan is to have some kind of forum for everyone to share their thoughts and experiences, but that also brings together different posts about corona and mental health. A one-stop-shop for all corona needs, providing information, well-being, and most importantly a sense of cohesion. The idea is still in its infancy and currently gets promoted through the Social Impact Initiative Facebook page, where you can find Corona Mythbusters and well-being tips for isolation. In the future, it seeks to find its own place and collaborate with other projects.

Speaking of collaboration, togetherness and cohesion, support and well-being, are also what Band-Aid wants to achieve, a new project that is being worked on for our internal EFPSA community. ;-)

Keep your eyes peeled for what is coming regarding these projects, and be sure to send your feedback and ideas, if you have any!



New Waves!

Mind the Mind and Better together have started their newest waves! Let us hear about it, and the newly introduced concept of National Coordinators, from Katrin, coordinator of the Social Impact Initiative.

Mind the Mind

We just started our 7th wave of Mind the Mind! We have 19 National Coordinators (meaning that we have 19 countries involved) and 94 Local Coordinators.

The “Mind the Mind – to Combat the Stigma of Mental Disorders” campaign, aims to educate primary and secondary-level students (aged from 13 to 14, and 15 to 18) as well as the general public, about mental health and mental disorders while working to decrease negative beliefs and stigma toward individuals affected by mental disorders. The stigma of mental disorders is a widespread phenomenon in Europe, causing substantial harm to the wellbeing of the individuals with mental disorders and society collectively.



National Coordinators

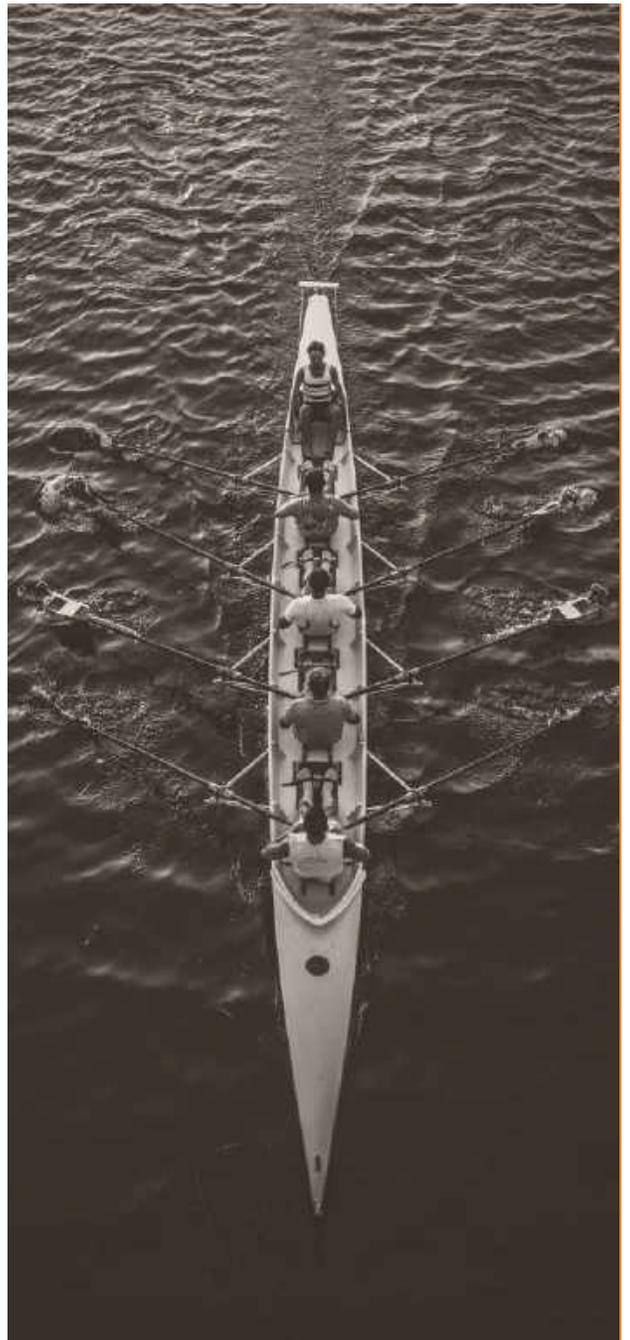
A National Coordinator (NC) is a contact person between the Local Coordinators (LCs) and the EFPSA SII team. There is one NC per country and is mentored by one of the members of the SII. Some of the main responsibilities of the NCs include coordinating a group of Local Coordinators; representing the link between the SII and LCs; translating the provided materials from English to their native language; helping LCs in all their tasks, helping them solve possible problems with the LCs. It is also their responsibility to find their successors and new LCs once their mandate ends.

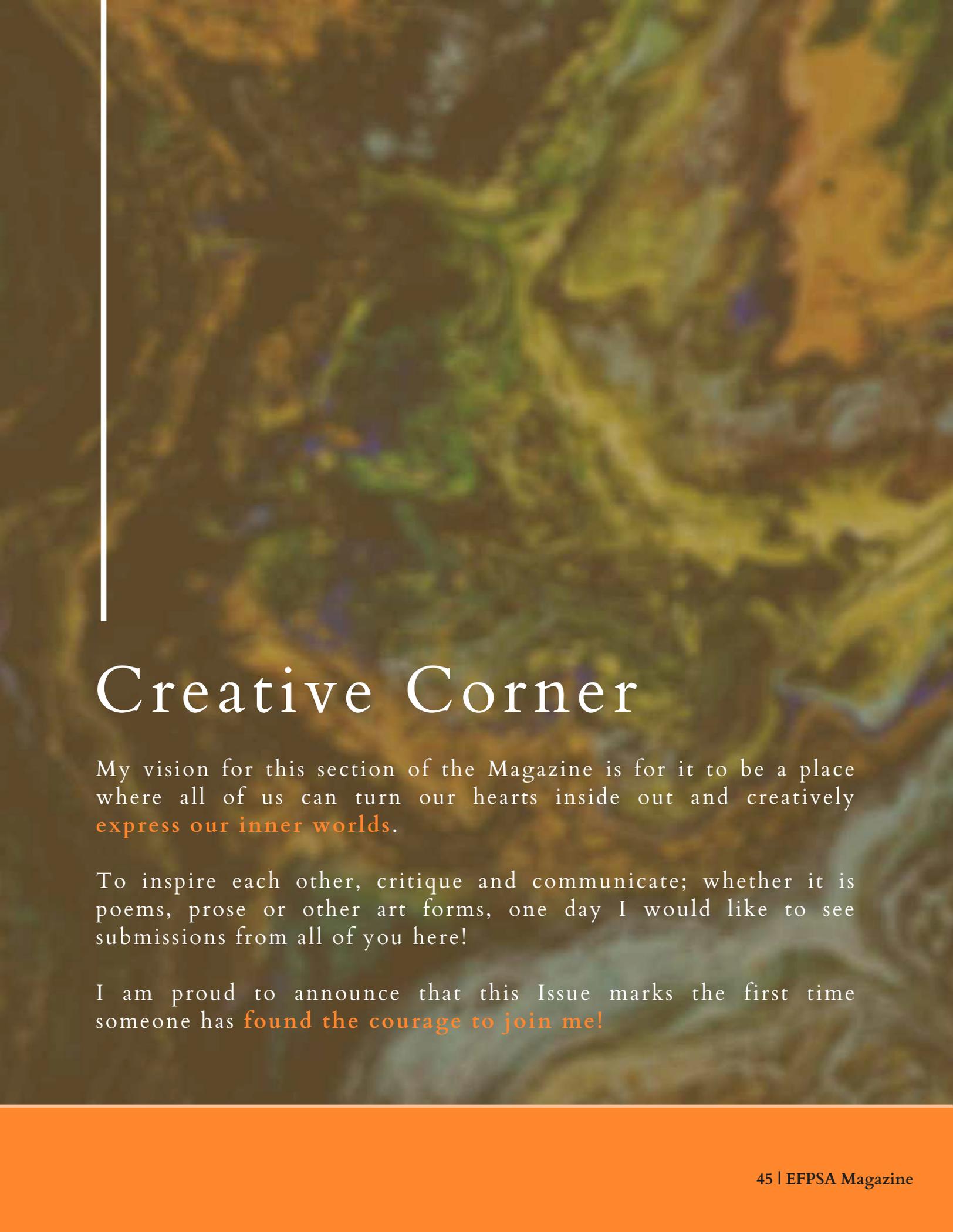
Better together

We just started the 4th wave of the Better Together campaign! We have 38 Local Coordinators from 14 countries.

And Better Together's main focus is a cycle of workshops cycle which aims to empower psychology students for educating others about most pervasive types of discrimination and means of combating it, as well as to educate high-school students about discrimination, encouraging them to tackle it throughout Europe. The cycle consists of five workshops, each lasting around three hours, delivered to approximately 20 high-school students once per week for five consecutive weeks. The structure of the cycle is being changed by the Social Impact Initiative team of 2020/21 mandate and is based on the feedback received from the previous waves.

This activity brings together active members of EFPSA, high-school students and local volunteers. All of them play some part in achieving the main objective of the project, i.e. empowering young people to promote social inclusion and take actions towards building inclusive and peaceful societies.





Creative Corner

My vision for this section of the Magazine is for it to be a place where all of us can turn our hearts inside out and creatively **express our inner worlds.**

To inspire each other, critique and communicate; whether it is poems, prose or other art forms, one day I would like to see submissions from all of you here!

I am proud to announce that this Issue marks the first time someone has **found the courage to join me!**

A Tarot Reading from the Events Officer

What fits the topic of this Magazine better than the spiritual practice of Tarot cards which revolves around that which is unknown to us, sparking interests of open-minded psychologists, like Carl Gustav Jung, and myself? While it does not fit into the framework of contemporary psychological science, it has its own way of teaching us about our psyche – at least, that is what I believe and invite you to do the same. Instead of submitting an article about the concept, history, nature or purpose of Tarot, I've decided to skip the theory and instead demonstrate to you the way Tarot works on an example that is relevant to all of us!

I've chosen the Virtual EB&MR Meeting as the theme of this 3 cards spread. Each of the three different cards that can be either upright or reversed will provide us with an answer to a more specific question that I have posed to cover the chosen theme.

Card 1 - How did we feel about the Virtual EB&MR Meeting before it happened?

Card 2 - How were we feeling during this week?

Card 3 - What is the outcome of this meeting?

After shuffling the cards while thinking of the questions, I have cut the deck following the principle **As Above so Below, As Within so Without** and pulled 3 cards that I will now interpret.

How did we feel about the EB&MR before it happened?

2 of Wands, Reversed

This card answers the question of how we felt about the Virtual EB&MR Meeting before it happened. The suit to which this card belongs is Wands, associated with the element of Fire that represents motivation, work, enthusiasm, passion and energy. The fact that this card came up reversed tells us about the blocking energy that we felt when we heard that it is going to be online. If you observe the card in more detail, you will notice that the person is looking ahead, holding a globe in their hand. This globe represents travel plans, expansion, moving to another place. Reversed symbolism indicates that these plans were prevented, which presented us with feelings of blocked enthusiasm and lack of passion when it comes to work commitment. We felt disappointed and let down by the fact that our original plans were impeded. Our motivation had been blocked (reversed) before it got a chance to bloom, as indicated by the low number of the Wands suit, that is only two out of ten. This card reversed stands for surprise, emotion, trouble, fear and inability to prosper.



How were we feeling during this week?

King of Wands



To answer the question of how we were feeling during this week, I pulled a card of the Wands suit again, this time a court card upright, The King of Wands. The figure represented in this picture sits on a throne, in a position of power, feeling confident to lead, take action and do all that comes to mind. Again, if you carefully observe the imagery of this card you will notice how the King is sitting on his throne somehow restlessly. Unlike the first one, this card is overflowing with motivation and energy, to the point where the King of the most active and energetic suit does not feel comfortable anymore just sitting on the throne, but would rather throw themselves into the fire by doing what naturally feels the best to them - being proactive. To answer the question posed, how we were feeling is as if we got fueled by a motivational force that now motivates us to accomplish more, while at the same time wanting to head out away from the familiar surroundings, possibly straight to the next physical EFPSA event.

What is the outcome of this meeting?

Temperance



Now this card belongs to the order of the most influential Tarot cards, called the Major Arcana. These cards don't speak of a specific element of the current situation, but are always way more far-reaching and prominent in one's life. In order to understand the meaning of this card in relation to the question posed, I invite you once again to take a good look at the card. The imagery of this card represents an angel pouring water from one to another cup in their hands, balancing forces that they're handling, peacefully and confidently. The keywords associated with this quite abstract card usually are economy, moderation, frugality, and management. Thinking about the question to which the card relates, the answer that this card bears is the following: The outcome of this meetings is that we are now feeling more moderately about our previously negative feelings concerning our motivation and that we are more ready to patiently wait for the chance that we're all hoping to get - to stand up from our thrones (laptops) and head out to a meeting with like-minded, equally energetic and loving EFPSAnauts! Until then, we will be pouring water from one cup to another (keep in mind that cups represent emotions and relationships in our lives!) so that when we reach the final destination we can raise our long nurtured cups high to a toast much needed!

Let it in

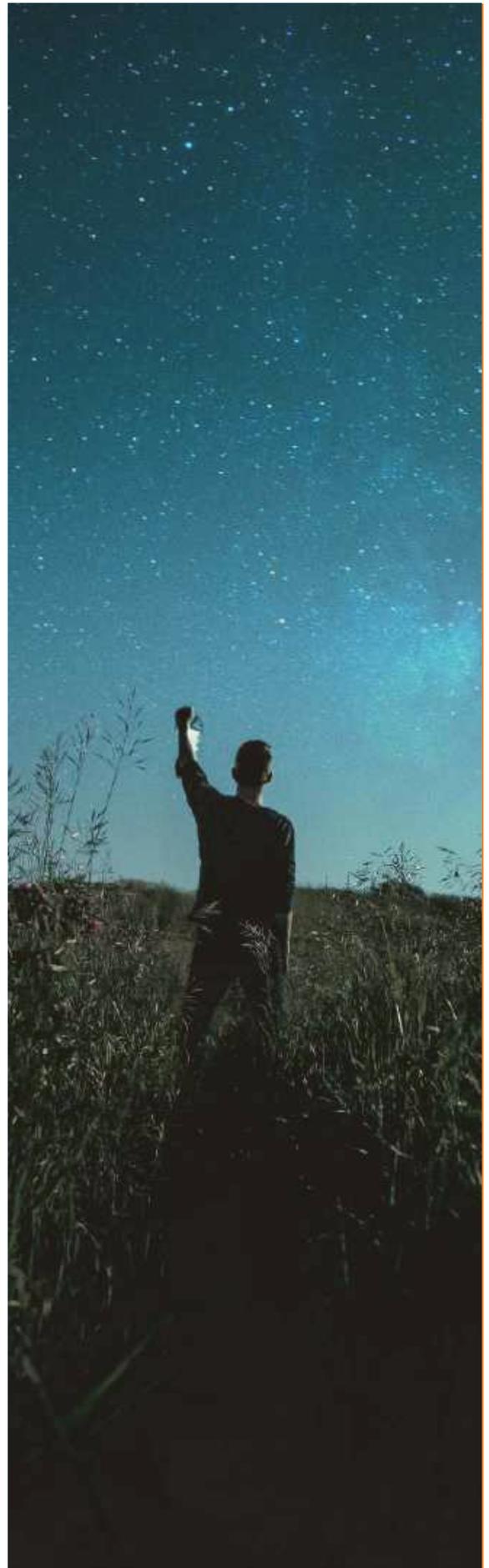
Can't you feel it, around you?
The meaningful lines of connection
Partly hidden, veiled from our view,
Hiding truth behind the reflection.

Do you really think that reality
Is made up of objects?
That your smart, cunning brain did not simply
Make up that prospect?

Or do you fear it, you don't want to chance
Being wrong, so you prefer to ignore
Their puzzling, potential, perennial presence
Scared of where it might lead, you leave closed that door.

Easy enough, it won't come and haunt you
Truths don't appear to those who don't want to
Oh, well except for the times when they do,
For we have exhausted our partial truth.

In the end, what is real can't be buried
Sooner or later it always comes through
Let it not catch us still in our worry!
Let it not make us stand there like fools



Let it in

Leon Schack

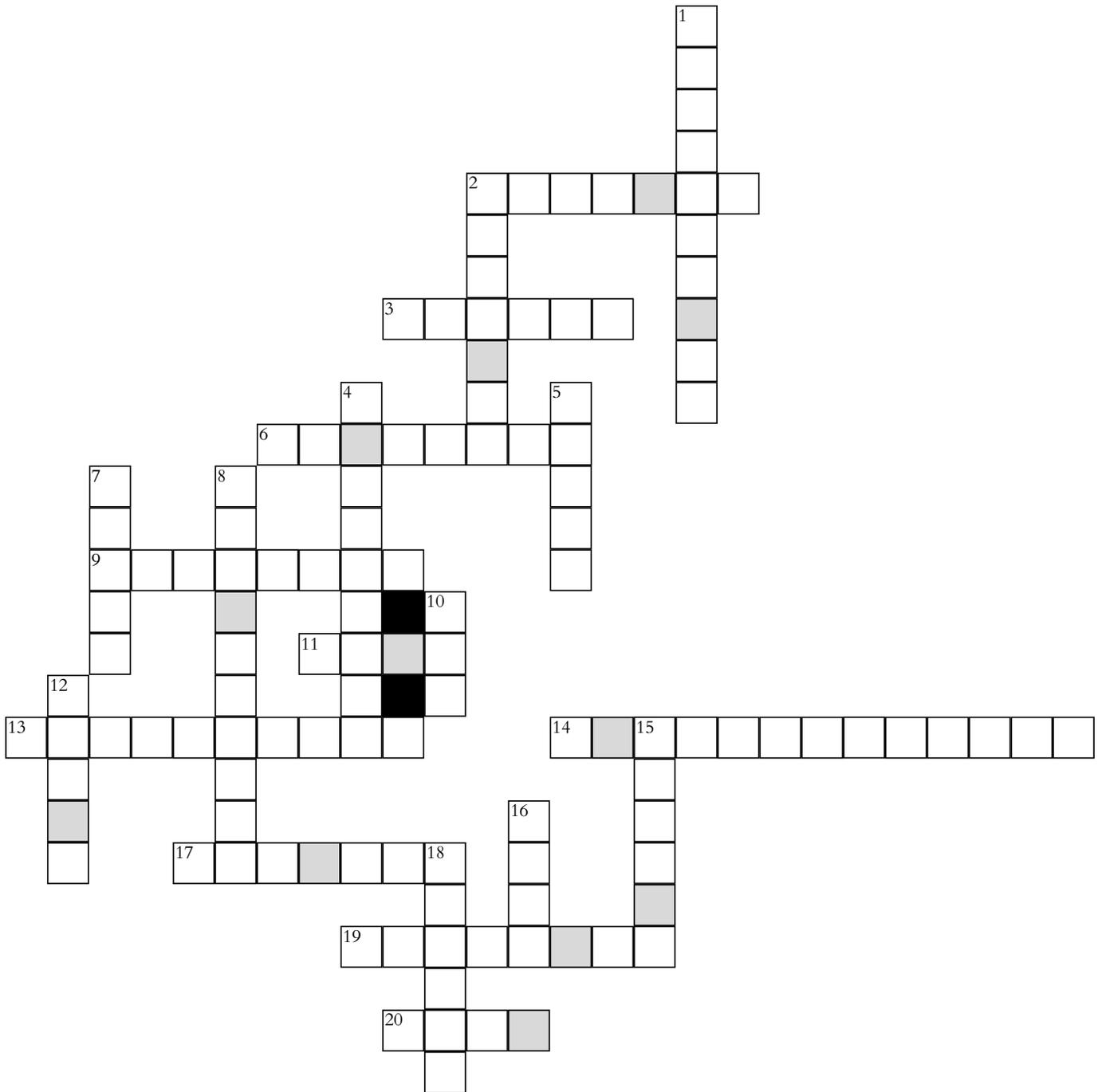


Puzzling

Hmmm. Can you figure this one out?

The Discovery of the Unconscious

Print me out to solve me!



Print me out to solve me!

Let's see if you can figure this one out! All answer-words are related to the discovery of the unconscious. The black boxes are not part of the puzzle grid. The letters in the grey boxes, assembled in the correct order, spell out the ultimate mystery-word to find out. It is not gonna be easy, I warn you, but attentive reading of the Magazine will give you some hints. Whoever manages to find the mystery-word and mail it to me first will be crowned the first-ever EFPSA Puzzle Champion and will be given an unknown prize!

Down:

1. "It's you, not me!"
2. Freud's favorite "medicine"
4. What you need to make it through the darkness
5. Stories of ancient knowledge of the Psyche
7. The absence of all Order
8. Part of the Unconscious discovered by Jung
10. I
12. Id, Ego and Super-Ego
15. Windows into the unconscious mind
16. Freud's legacy
18. Always following you

Across:

2. Core pattern in the Unconscious
3. The most common cause of complexes
6. A vision of the Future
9. The process of unraveling the intangible
11. The "first" introvert
13. Anima, Animus and the Self are...
14. Become who you are
17. Motherlover
19. Death-drive
20. The "backbone" of Psychoanalysis



Thank you for reading



EFPSA Magazine

Brought to you by:



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Editor / Writer



Maximilian Pultz
Designer

I want to thank everyone who helped make this Magazine a reality, I depend on your support. I am deeply grateful to our lovely Board, especially my General Katja, who always supports me every step of the way. Of particular note is also our new Designer Max, who surpassed himself in creating a beautiful look for the Magazine, after just having joined EFPSA. I also want to honor Bojana, as the first person to join me in the Creative Corner. Lastly, I want to thank Freud and Jung for their inspiring accomplishments and my parents for always believing in me.

Contact me: If you have any feedback, thoughts or ideas! I would love to hear your opinion and work on making this Magazine even better. You can also write a letter to the editor. Be it a complaint, a question, or anything else, I will reply and, with your permission, the letters will get printed in a new section in the next Issue!

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