

1. Personal Information

Name Mirjam Hartkamp
Date of birth 05-03 1980, Amsterdam
Nationality Dutch
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3. Publications / presentations

- 2017** Hartkamp. M., Thornton, I.M. (2017). Meditation, Cognitive Flexibility and Well-Being. *Journal of Cognitive Enhancement*, 1(x)
<http://link.springer.com/article/10.1007/s41465-017-0026-3>
- 2016** Hartkamp. M. (2016). Mindfulness, Equanimity and Cognitive Flexibility. *International Journal of Psychotherapy*, 20(SI), 146-162.
- Hartkamp. M, Thornton, I.M. (2016). Presentation Mindfulness, Cognitive Flexibility & Well-being. *Second International Conference on Mindfulness (ICM-2)*. Sapienza University of Rome.
- 2015** *Invited expert Panel symposium* “Mindfulness = Boeddhisme light? Scientific findings and clinical applications”. April 24th 2015, Boeddhhahuis Rotterdam.

2. Education

- 2016- 2019 (expected)** *PhD candidate in Cognitive Psychology* – La Sapienza University of Rome
- 2014–2016** *M(res) in Cognitive Science* – University of Malta.
80 ECTs Exp. Research : Meditation, cognitive flexibility and mental balance (expected: June)
4 ECTs Biological Psychology (88 out of 100)
6 ECTs Philosophical Psychology (73 out of 100)
- 2000–2006** *BA in Art Therapies* (240 ECTs) – University of Applied Sciences Leiden.
Dissertation on 2 case studies of art therapy on burnout, qualitative phenomenological research (8 out of 10)
- 2.a Other relevant certificates /trainings**
- 2008 -2013** *Extra curricular (BA/MA)* – University of Amsterdam; Free University Amsterdam.
76 ECTs; distributed over Philosophy, Neurophilosophy, Religious Studies; Buddhism
- 2007-2009** *Post BA certificate /accredited Integrative Psychotherapy* – Dutch

2007	<i>Academia for Psychotherapy Amsterdam</i> <i>Certificate basic medical knowledge – Dutch Academia for Psychotherapy Amsterdam</i>
3. commitments and activities linked to mindfulness and meditation training and research	
2016 - present	CMC Consciousness, Mindfulness, Compassion, International Association. Executive secretary
2016	2 nd International Conference on Mindfulness. May 11-15, 2016 Sapienza University Rome – Italy. Organising Committee
2015	CMC 1 st Contemplative Summer Institute, September 16-20, 2015 Malaga – Spain. Participant
2014 - present	Mindfulness meditation teacher in the Vipassana tradition. Retreats and introductory courses under auspice of SIM (Dutch insight meditation foundation) and supervised by Prof. dr. H.P. Barendregt
2013 - present	MBM Mind Brain Mindfulness, 2-monthly intercity seminar interdisciplinary research group led by Prof. H.P Barendregt. Organising member
2013	Conference ‘Models of consciousness and clinical implications, April 6 th 2013, Lorentz Centre, Leiden. Participant
2012	Conference “De kracht van kunst in therapie” [The power of art in therapy], November 2 nd , 2012, University of Applied Science, Leiden. Scientific / organising committee
2011 - present	Dutch Insight Meditation Foundation (SIM) Board member
2005 - 2007	Recurring symposia on embodied emotion regulation led by Herr. Dr Hemmerich, Centro de Terapia – Lanzarote – Spain. Assistant

5. Professional experience

2014 - present	Meditation trainer with Comenius Leergangen, Educational institute linked to Groningen University, providing high-end courses, rooted in academic tradition of research and dialogue, aimed at executives and directors.
2011 - present	Meditation trainer with recurring module “Wisdom in leadership” Self employed art- and psychotherapist, private practice. (accredited by BPHA – Dutch National Health Care; International Institute for Zen Therapy; agb code: 90-46423)
2011 - 2012	Guus Kieft School; private elementary school specialized in sociocratic education. Teacher of Philosophy and Mathematics (8-12 years of age), Teacher of Art (3 -7 years of age), Teacher of Mindfulness meditation

2008 - 2011	<i>Dutch government, City council of Amsterdam.</i> Executive secretary, legal and strategic advisor on decision making in politics and local policies.
2005 - 2007	<i>Medical Practice Hemmerich, Centro de Terapia Antroposofica Lanzarote, Canary Islands, Spain.</i> Art Therapist (6 months internship + appointment)
2000 - 2005	<i>Museum the New Church and the Hermitage Amsterdam.</i> Workshops art making for children
2003 - 2004	<i>Care Home De Wittenberg Amsterdam, dept. Geriatrics.</i> Art Therapist (internship)
2002 - 2005	<i>Museum New Church and The Hermitage, Amsterdam.</i> Team coordinator, daily floor manager

6. Languages

Dutch	Native
English	Professional proficiency IELTS 2014 [Ac] 7.5 (out of 9)
Spanish	Professional proficiency
German	Intermediate
Italian	Currently learning!

References: yes, on request.