

Curriculum Vitae – Barbara Depreeuw

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Clinical Reference number: 270853, Registration commission psychologists: 812106141
°26/12/1981

Personal profile

I am a licensed clinical psychologist (since 2004), certified CBT therapist (since 2009), and certified clinical supervisor (since 2014) at the Belgian-Flemish Association for Behavior Therapy. I have been trained in CBT and ACT by profs. Dirk Hermans (KU Leuven), Michelle Craske (UCLA), and Tom Borkovec (Penn State University), and Tine Daeseleire (The Human Link) among others.

From May 2015 – December 2016 I worked as a research fellow and CBT therapist at Boston University at professor Stefan Hofmann's PERL lab in the psychological and brain sciences department and at the Center of Anxiety and Related Disorders (CARD), founded by David Barlow. This contained group therapy for GAD and SAD, research, and individual therapy (CBT) and supervision.

I have developed and I am still teaching several clinical workshops for clinical psychologists at Ghent University and University of Leuven, for CBT psychologists, for primary care psychologists and physicians. I am CBT supervisor at Ghent University and Exposure treatment supervisor at University of Leuven. In addition to my clinical and consultant work, I am conducting research as a phd-student at University of Antwerp. My main research interest is dampening positive feelings and psychopathology.

My main areas of expertise are: CBT case conceptualization, in vivo exposure therapy for various anxiety disorders (panic disorder, phobias, obsessive-compulsive disorder), imaginal exposure and imagery rescripting for trauma-related complaints (post-traumatic stress disorder), CBT treatment of depression, burn-out, work stress related problems, and CBT (Unified protocol) and Dialectical behavioral therapy for emotion dysregulation.

Professional experience

- 2024- current **University of Leuven**- Exposure Supervisor Academic training Exposure Therapy
Prof. Dirk Hermans
- 2020 – current **University Hospital Duffel**
Clinical psychologist at psychiatric ward (Spinnaker1), specialized in Dialectical behavior therapy for borderline personality disorders– academic phd researcher at Sinaps (Antwerp Univesity).
- 2020 – current **Self employed** clinical psychologist and cognitive behavior therapy supervisor.
- 2018 (sept) – current **Ghent University**
Prof. dr. Rudi De Raedt en dr. Els Heene
Educator of the basic psychotherapeutic skill training and case conceptualization, exposure therapy for anxiety disorder and posttraumatic disorder.
- 2017 – current **Supervisor at VVGT** (Vlaamse Vereniging Gedragstherapie – Flemish association of behavior therapy),
Supervisor cognitive behavior therapy at Ghent University
- 2019 – 2023 **University of Leuven**
Prof. dr. Dirk Hermans en mr Hans De Ruyck
Educator of the basic psychotherapeutic skill training and case conceptualization,
- 2010 – 2019 **Clinical Psychologist, CBT Therapist, Clinical CBT Supervisor and researcher at The Human Link, Belgium (Tine Daeseleire)**
Organization specialized in treatment of anxiety disorders, PTSD and work related distress problems.
- Teaching:
-CBT workshops for burn-out, PTSD and anxiety disorders at the Post Academic Training Behavior Therapy at Ghent University

-CBT basic skill training and Case Conceptualization, and CBT for burn-out at University of Leuven
-Emotion Regulation for primary care psychologists
-Emotion Regulation for master students psychology (Free University of Brussels)
-Emotional support after acute stress (Firemen Antwerpen, Thomas More University College, Ghent University, ...)
-Treating burn-out for clinical psychologists

-CBT treatment of Anxiety Disorders: exposure: A practical workshop for clinical psychologists, based on Michelle Craske's inhibitory learning model.

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Treatment:

Specialized in CBT for Anxiety Disorders, PTSD, Acute Stress, Work Stress Related Problems, among other things.

Supervision:

CBT therapists, primary care psychologists, school and clinical psychology masters

Research: -Virtual Reality and Blended Care for anxiety disorders - Exposure for Panic Disorders

**May 2015 –
Dec 2016**

Research Fellow at prof. Stefan Hofmann's Lab, and Clinical Fellow: CBT therapist at the Center of Anxiety and Related Disorders (prof. David Barlow & prof. Lisa Smith), Boston University, Boston, MA (USA)

Involved in several research projects:

- Treating female with PTSD after sexual harassment with imagery rescripting and D-cycloserine (DCS)
- Exposure for Social Anxiety Disorder augmented with D-cycloserine
- Comparison of CBT and Yoga for Generalized Anxiety Disorder

Supervision:

- Conducted supervision for clinical PHD students
- Being supervised for my clinical work by prof. Michael Otto, prof. Lisa Smith, prof. Todd Farchione, prof. Ellen Hendricksen, prof. Shannon Zavala and, prof. Stefan Hofmann

Teaching:

- Imagery rescripting and introduction to PTSD.
A practical workshop for clinical psychologists.
- CBT Case conceptualization
A clinical training for clinical phd students and clinical psychologists.

2010 Jan - July

Visiting scholar: CBT Therapist at the UCLA Anxiety Disorders Research Center (prof. Michelle Craske), University of California at Los Angeles

Weekly CBT supervision by prof. Craske, treating social anxiety and panic disorders.

ACT supervision by prof. Michael Twohig (Professor at Utah State University), treating panic disorder in an ACT protocol.

- 2006-2009** **CBT therapist and Clinical Psychologist at AZ Monica General Hospital, Belgium**
 Treating patients after and with medical issues: obesity, surgery, cancer, chronic fatigue syndrome...
 Developed: 'How to cope after a diagnose of cancer? A psycho-educational course Stress Management for Cancer Survivors.
- 2004-2006** **Researcher at KU Leuven University on several research projects**
 History of Psychology – Prof F. Baeyens
 Educational Sciences & Motivation Psychology - Prof. W. Lens, Prof. M. Lacante, Prof. R. Van Esbroeck & Prof. M. De Metsenaere
- 2005-2009** **Self-employed Clinical Psychologist - cbt therapist at a general practitioner practice in Leuven and at ISW-Limits**
 Cognitive Behavioral Treatment of clients with several psychological problems, like (work) stress related problems

Relevant Education and Qualifications

- 2025 Phd Student at University of Antwerp: positive affect in psychopathology
- 2023 10 days Dialectical Behavior Therapy – University Hospital Duffel
 H. Hellemans & dr. E Sleuwaegen.
- 2018 25 hours Schematherapy – Academie voor Schematherapie
 W. Krol & G. Sijbers
- 2016 Clinical Supervision in Psychotherapy
 Boston University (USA)– Center of Anxiety and Related Disorders, Prof. Lisa Smith
- 2014 Supervisor voor Vlaamse Vereniging Gedragstherapie
- 2006-2009 Academic training Behavior therapy
 University of Leuven – prof. Hermans

- 1999-2004 Master in psychology – University of Leuven (Cum Laude)
Master thesis: Doelgerichtheid op training en tijdens competitie bij
 competitiesporters (Onderscheiding)
Clinical internship: PAAZ – Psychologische afdeling van Canisius Wilhelmina
 Ziekenhuis – Nijmegen (magna cum laude) – Hospital in Nijmegen (The Netherlands)
- 2005 Internship 3 weeks – CBT training Generalized Anxiety Disorder – Penn State
 University – prof. Tom Borkovec
- 2005 – 2006 Master after Master - Professional teacher for high school – Psychology – University
 of Leuven

Publications

Journal Articles

- Gauwloos, T., De Picker, L., **Depreeuw, B.**, De Raedt, R., & Morrens, M. (2025). Experiential
 avoidance has a sex-specific relationship with depressive symptoms in patients with bipolar
 disorder. *Cognitive Therapy and Research*, 1-12.
- De Vuyst, H. J., Belmans, E., Takano, K., **Depreeuw, B.**, De Grave, C., & Raes, F. (2023). Fear of
 happiness and its predictive effect on depressive symptoms in depressed inpatients versus
 healthy controls. *Journal of Affective Disorders Reports*, 13, 100589.
- Heyse, J., **Depreeuw, B.**, Van Daele, T., Daeseleire, T., Ongenaes, F., De Backere, F., & De Turck, F.
 (2022). An Adaptation Algorithm for Personalised Virtual Reality Exposure
 Therapy. *Computer Methods and Programs in Biomedicine*, 107077.
- Morton, J., De Letter, J., All, A., Daeseleire, T., **Depreeuw, B.**, Haesen, K., De Marez, L., & Bombeke, K.
 (2021). Can You Feel It?: Effectiveness of Anxiety Cues for the Design of Virtual Reality
 Exposure Therapy. *International Journal of Virtual and Augmented Reality (IJVAR)*, 5(2) 1-17.
- Caetano, K.A.D.S., **Depreeuw, B.**, Curtiss, J., Paperfuss, I., Langwerden, R., Hofmann, S., Neufeld, C.B.
 (2018). Trial-Based Cognitive Therapy: Efficacy of a New CBT Approach for Treating Social
 Anxiety Disorder with Comorbid Depression. *International Journal of Cognitive Therapy*.
- Vervliet, B., **Depreeuw, B.**, Treanor, M., Conway, C. C., Zbozinek, T., & Craske, M. G. (2014).
 Blootstellingstherapie maximaliseren: een benadering voor inhibitorisch leren. *accepted in
 Tijdschrift voor gedragstherapie* [Dutch translation of Craske, M. G., Treanor, M., Conway, C.
 C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: an inhibitory learning
 approach. *Behavior Research and Therapy*, 58, 10-23.
- Depreeuw, E. & **Depreeuw, B.** (2005). Uitstellen kan je (af)leren. Procrastinatie in de schoolpraktijk.
Caleidoscoop. Spiegel van eigentijdse begeleiding, 17, 2 – 8.
- Depreeuw, E. & **Depreeuw, B.** (2005). Procrastinatie: we gaan er nu aan werken. Het A-C-T-I-E-model.
Caleidoscoop. Spiegel van eigentijdse begeleiding, 17, 9 - 17.

Book Chapters

- Rogiers, R. & **Depreeuw, B.** (2019). De rechtbanktechniek 2.0. In: Cardinaels, N. & Goossens L. (Eds).
 Ruimte maken voor lichaam en geest in therapie. Acco.
- Depreeuw, B.**, Andrews, L. A., Eldar, S., Hofmann, S. G. (2018). The Treatment of Panic Disorder and
 Phobias. In: David, D., Jay Lynn, S., & Montgomery, G.H. (Eds). *Evidence-Based
 Psychotherapy . The State of the Science and Practice* (pp. 63-93). Wiley-Blackwell.

Depreuw, B., Eldar, S., Conroy, K., & Hofmann, S. G. (2017). Psychotherapy Approaches. In Hofmann, S.G. (Ed). *International Perspectives on Psychotherapy* (pp. 35-67). Springer International Publishing.

Poster presentation & science contributions

Depreuw, B., Mendoza-Alvarez, M., Coppens, V., Raes, F., De Picker, L. & Claes, L. (2024, 23-25 September). Navigating Positive and Negative Affect in Borderline Personality Disorder. 7th Conference of the European Society for the Study of Personality Disorders (ESSPD): "Treating Personality Pathology in a Time of Change". Antwerpen, Belgium. [European Society for the Study of Personality Disorders](#)

Depreuw, B. (2024, 10-11 September). Een majeure depressie: wanneer het negatieve in je hoofd, al het positieve dooft. De rol van negatieve en positieve emotieregulatiestrategieën bij patiënten met een majeure depressie. 12th Vlaamse Geestelijke Gezondheidscongres. Dichtbij de mens: verbindende en gastvrije zorg. Antwerpen, Belgium.

Depreuw, B., Haesen, K. & Daeseleire, T. (2019). Technologie in therapie: 'Work in Progress': Blended Exposuretherapie voor Angst. Workshop op VGCT Congres. Veldhoven, Nederland.

Depreuw, B., Andrews, L., Curtiss, J., Hoepfner, S., Simon, N. & Hofmann, S. (October, 2016). Help! I Can't Stop Worrying: How Negative Metacognitions Mediate the Relationship Between Worry and Anxiety in GAD. Poster presentation at the Association for Behavioral and Cognitive Therapies, 50th Annual Convention, New York City, NY.

Andrews, L.A., **Depreuw, B.,** Hoepfner, S.S., Simon, N.M., & Hofmann, S.G. (October, 2016). What if I never go back to sleep? Unique and interactive effects of insomnia and worry on anxiety symptoms in a GAD population. Poster presentation at the Association for Behavioral and Cognitive Therapies, 50th Annual convention, New York City, NY.

Depreuw, B. ; Daeseleire, T. & Impens, M. (2014). Bridging the gap between individual behavior therapy and organizations. European Association for Behavioural and Cognitive Therapies (EABCT) 44th congress in The Hague (The Netherlands)

Unpublished rapports

Depreuw, B., Handaja, Y. & Lacante, M. (2005). Wetenschappelijke onderbouwing van een federale selectieproef kinesitherapeuten na het behalen van hun diploma. *Ongepubliceerd eindrapport*, Katholieke Universiteit Leuven.

Lacante, M., Simons, J., Van Esbroeck, R. & **Depreuw B.** (2005). Met een dynamische keuzebegeleiding naar een effectieve keuzebekwaamheid. *Ongepubliceerd tussentijdsrapport in het kader van SOHO-project*. Katholieke Universiteit Leuven.

Relevant training

2025 VVGT – Deliberate Practice – Supervision – Arjen Tamminga – 1 day

2024-2025 Prolonged exposure therapy for PTSD – prof. Agnes Van Minnen – 2 days

2025 Exposure therapy with context – Nancy Keune – 1 day

2022: UPC Duffel: Transdiagnostische diagnostiek en behandeling van zelfverwondend gedrag. Prof. L. Claes. (1 volledige dag)

2021: VGCT Najaarscongres in Veldhoven – Nederland

2021: VVG Studiedag: Trauma

2020: VVGT – Narrative Exposure Therapy: A short introduction online – Simone de la Rie & Gerdie Eiting. (1 full day)

2020: University of Leuven: Learning how to feel good: learning how to build wellbeing in depression using augmented depression therapy. B.D. Dunn, Phd (1 volledige dag)

2019: VGCT Najaarscongres in Veldhoven - Nederland

2018 Association for Behavioral and Cognitive Therapies (ABCT) - 52th Annual ABCT convention

Workshops:

Anxiety and Emerging Adults: Integrating VR - Anne Marie Albano, Ph.D., Shannon Bennett, Ph.D., Lauren Hoffman, Psy.D., Schuyler Fox, B.A. 8:30 AM - 5:00 PM

Developing a Trauma-informed Treatment in Primary Care:
The embrACE Model for Patients with Adverse Childhood Experiences (ACES) – Keith S. Dobson, Ph.D., Dennis Pusch, Ph.D., Chantelle Klassen, M.A. 8:30 AM - 11:30 AM

2018 Nijcare symposium: Behandeling van comorbiditeit bij angst en depressie

2017 European Association for Behavioural and Cognitive Therapies (EABCT) 47th congress, Slovenia

2016 Association for Behavioral and Cognitive Therapies (ABCT) - 50th Annual ABCT convention, NYC

Workshops:

Emotion Regulation Therapy - Doug Mennin, PhD & Dave Fresco, PhD

Written Exposure Therapy: A Brief Treatment Approach for PTSD - Denise M. Sloan & Brian P. Marx

What are Transdiagnostic Mechanisms? Bridging the Research-Practitioner Gap with Mechanism-Specific Case Formulations and Treatment Plans - Rochelle I. Frank & Joan Davidson

2016 Unified Protocol Institute at Center of Anxiety and Related Disorders - Boston University

Workshop: 1 dag - **Introduction to the Unified Protocol**, prof Todd Farchione, Boston University.

2014 European Association for Behavioural and Cognitive Therapies (EABCT) 44th congress in The Hague (The Netherlands)

Workshop: 1 dag - **Updating trauma memories: cognitive therapy for PTSD**, prof Anke Ehlers, Oxford university

2013 Association for Behavioral and Cognitive Therapies (ABCT) - 47th Annual ABCT convention, Nashville

Workshops:

Empirically Based CBT Supervision: Making Supervision More Effective for Novice Trainees, Robert Reiser, PhD & Donna Sudak, MD

Supercharging CBT with FAP - Mavis Tsai & Robert Kohlenberg, University of Washington

2013 European Association for Behavioural and Cognitive Therapies (EABCT) 43th congress in Marrakech (Marocco)

Workshops:

1 day - **Emotional Schema Therapy, Prof. Robert Leahy**, American Institute of Cognitive Therapy, US

Facilitating the Competence of Others: Improving your Effectiveness as a CBT Supervisor
Sarah Corrie and Michael Worrell, *Central and North West London NHS Foundation Trust, UK*

2013 University of Leuven - 3 x 2u workshop prof. Alicia Meuret, SMU, Dallas: **Breathing Retraining and Blood Phobia**

2012 VGCT Najaarscongres in Veldhoven - Nederland

Workshop: 1 dag - **Metacognitive therapy for GAD**, Colin van der Heiden, Phd, PsyQ, Rijnmond

2011 Universiteit Utrecht: workshop **Social anxiety: CBT treatment**; prof Stefan Hofmann, Boston University

2010 Najaarscongres Vereniging Gedrags- en Cognitieve Therapieën (VGCT) - Veldhoven

Workshop - 1 dag: **Prolonged Exposure for complex PTSD**, prof Agnes Minnen, Radboud University Nijmegen

2010 Word Congress Behavioral Cognitive Therapy (WCBCT) – 6th congress in Boston

Workshops: 1dag - **Adult Trauma - Cognitive Processing Therapy for Post-Traumatic Stress Disorder**. Patricia A. Resick, *National Center for PTSD, Boston VA Healthcare System and Boston University, USA*

Generalized Anxiety Disorders – Tom Borkovec, Penn State University

2008 European Association for Behavioural and Cognitive Therapies (EABCT) 38th congress Helsinki.

Workshops:

1 day - Transdiagnostic cognitive behavior therapy for eating disorders. (Fairburn)

Understanding and treating medically unexplained symptoms and **health anxiety**. (Bouman, Visser)

Imagery-Based CBT treatment for trauma & PTSD: Imagery rescripting and reprocessing therapy. (Smucker).

Appearances in media

Media appearances in Belgium about anxiety disorders or traumatic stress:

Radio 1 – Zijn er nog vragen? - Traumatic Stress –March 21 2026

Gazet Van Antwerpen (Newspaper) – Fear in traffic – March 14 2026

Radio 2 – podcast – Alles goed – Anxiety disorders - 2025

Radio 1 – Zijn er nog vragen? - Difference between burnout and depression – November 28 2025

Radio 1 – panic disorder 2024

Radio 2 – ochtend – angst voor stijgende energiekosten in het najaar 6/9/2022

VRT – journaal Laat – 01/09/2022 – angst stijgende energiekosten in het najaar

Radio 2 – 29/06/2022 - Vlieg angst

Het Laatste Nieuws: 05-04-2022: Vlieg angst

Goed gevoel, life style magazine, December 2021 (spreekuur over Angststoornissen)

VRT – Radio:

04/01/2021: Radio 1 - hoe omgaan met winterblues.

Oa. op 16/07/20, 15/06/20, 17/10/20 : interviews gerelateerd aan omgaan met het Coronavirus

Brain man: populair wetenschapsprogramma met Otto Jan Ham. Bijdrage over exposure in virtual reality.

Newspaper article “De Morgen” with prof. Bram Vervliet, 26/03/2016 – ‘Wat als u niet meer terug naar de luchthaven of op de metro durft?’

Humo, Oktober 2018 (interview angst en behandelingen)

VRT Podcast, ‘Als de angst te groot wordt’ (interview specifieke fobie en behandeling)

VRT Podcast, ‘Als de angst te groot wordt’ (korte videodocumentaire over claustrofobie en behandeling)

Goed gevoel, life style magazine, May 2015 (interview PTSS en acute stress)

Het Journaal, VRT, Maart 26 2014 [vlieg angst]

De Eerste Show, LibelleTV, May 12 - 16, 2014. [talk show, vlieg angst]

Vitaya Magazine, life style magazine, June 2013 (interview vlieg angst)