

# Ellen Excelmans

Clinical psychologist and  
behavioural therapist



## Personal details



Ellen Excelmans



May 6, 1977



psychologennet.be



linkedin.com/in/ellen-excelmans-9115949

## Languages

Dutch	● ● ● ● ●
French	● ● ● ● ●
English	● ● ● ● ●
Spanish	● ● ● ● ●
German	● ● ● ● ●

## Education

### Master in clinical psychology

1995 - 2000

KULeuven, Leuven  
Magna cum Laude

### Postgraduate clinical psychodiagnostics

2001 - 2003

VUB, Etterbeek

### Postgraduate behavioural therapy

2002 - 2005

KULeuven, Leuven

### Postgraduate tabacology and smoking cessation

2009 - 2010

VRGT, Brussel

### Postgraduate supervisor in psychotherapy

2020 - 2021

UA, Antwerpen

## Courses

### Motivational interviewing

- MINT training Rob d'Hondt (2009)
- Train-the-trainer VAD (2013)
- VAD refreshment courses on a regular basis

### Masterclasses in CBT, ACT, FAP and CFT

### Guideline development

- 3+1-day training in guideline development CEBAM (2022)
- CEBAM conference (2022)

## Employment

### Clinical psychologist

2001 - 2002

Sint-Annendael, Diest

- Gerontopsychiatry: neuropsychological screening, individual and family therapy
- Depression & anxiety: interpersonal grouptherapy
- Center for diagnostics

### Teacher

2001 - 2005

De Oranjerie, Diest

### Clinical psychologist

2002 - 2009

Broeders Alexianen, Boechout

- Substance use disorders: psychodiagnostics, psycho-education, grouptherapy, skills training and individual counseling
- Research: drinking without thinking under the lead of prof. dr. Dom

### Psychologist - psychotherapist

2004 - 2009

Lerne, Lier

- Individual psychotherapy in primary care
- Social skills training in group

**Psychologist - psychotherapist - trainer****2008 - Present**[Psychologennet, Heist-op-den-Berg](#)

- Manager private practice network
- Psychodiagnostics and individual psychotherapy in primary care
- ACT mindful training, compensation mind training and social skills training
- Relapse prevention in group
- Supervisor CBT, ACT and FAP

**Project manager****2009 - 2014**[VRGT, Brussel](#)

- Project Smoking Cessation in Psychiatric Services and Hospitals
- Trainer Motivational Interview
- Smoking cessation in group

**Clinical psychologist****2009 - 2010**[AZ Monica, Antwerpen](#)

- Psychological screening for bariatric surgery
- Obesity: individual psychotherapy
- Rehabilitation CFS and fibromyalgia: individual psychotherapy

**Clinical psychologist****2010 - 2021**[Sint-Vincentius, Antwerpen](#)

- Psychiatric department of a general hospital: psychodiagnostics, psycho-education, individual and family counseling, ACT group training
- Liaison consultation in general hospital

**Director - trainer****2016 - Present**[Learn2ACT, Heist-op-den-Berg](#)

- Conceptual development of blended mental health care
- Trainer MI, CBT, ACT and FAP
- Project Blended ACT (FOD 2017)

**Project manager****2021 - Present**[VVKP, Brussel](#)

- Project local organisation of clinical psychologist (Vlaamse Overheid)
- Project psy4psy (KBS fonds dr. Daniël Deconinck)
- Implementation project guideline insomnia in primary care (FOD)

**Methodologist****Jun 2022 - Present**[WOREL, Wilrijk](#)

- Guideline for chronic pain in primary care
- Guideline for obesity in primary care

**Practice Assistant CBT****Feb 2023 - Present**[VUB, Brussels](#)

## Certificates

---

**CBT supervisor VVG****Present****Mental Health expert Superior Health Council****Present****FOD supervisor GPP****Present**

## Memberships

---

- Flemish Association of Clinical Psychologists (VVKP)
- Flemish Association of Behavioural Therapy (VVGt)
- Association of Contextual Behavioural Science (ACBS)
- Dutch speaking chapter of Association of Contextual Behavioural Science (ACBS BeNe)