

Erasmus + Blended Intensive Programme (BIP)

“Stress management”

8-12 June 2026
in Chambéry
(France)
+ online sessions

for university teachers-
researchers
(eligible for ERASMUS+ STT grants)

**Register
now!**

(max. 20
Erasmus+
participants)



A one-week intensive programme (+ online sessions) fully taught in English dedicated to university teachers-researchers to understand how to manage stress using “Cognitive Behavioral Stress Management” (CBSM) + wellbeing activities (such as mindfulness, relaxation, etc) .

The CBSM technique helps identify signs of stress, work on automatic thoughts and cognitive distortions, understand the concept of coping (adaptation), and also uses social support, anger management and assertiveness.

Ref.: Gauchet, A., Antoni, M., Ironson, G & Shneiderman, N. (2024). Gérer le stress grâce aux TCC. De Boeck.

ON-SITE
SESSIONS



MONDAY
8 JUNE



9:00-12:00
UNDERSTANDING
STRESS

hosted by:
Aurélie GAUCHET

TUESDAY
9 JUNE



9:00-12:00
IDENTIFY AUTOMATIC/
DISTORTED/RATIONAL
THOUGHTS

hosted by:
Aurélie GAUCHET

WEDNESDAY
10 JUNE



9:00-12:00
COPING AND SOCIAL
SUPPORT

hosted by:
Aurélie GAUCHET

THURSDAY
11 JUNE



9:00-12:00
ANGER
MANAGEMENT

hosted by:
Aurélie GAUCHET

FRIDAY
12 JUNE



9:00-12:00
INCREASE
ASSERTIVENESS

hosted by:
Aurélie GAUCHET

14:00-17:00
MINDFULNESS 1

hosted by:
Iuliana COSTA

14:00-17:00
YOGA

hosted by:
Gretchen PASCALIS

14:00-17:00
CREATIVITY

hosted by:
Gretchen PASCALIS

14:00-17:00
MINDFULNESS 2

hosted by:
Iuliana COSTA

14:00-17:00
MEDITATION

hosted by:
Gretchen PASCALIS

MONDAY
27 APRIL



10:00-11:30

INTRODUCTORY SESSION

hosted by: Aurélie GAUCHET

MONDAY
11 MAY



14:00-16:00

FROM SELF-AWARENESS (DISC) TO
SELF-REGULATION (RELAXATION)

hosted by: Gretchen PASCALIS &
Florence BESSON-REYNAUD

FRIDAY
3 JULY



10:00-12:00

CONCLUDING AND REVIEW SESSION

hosted by: Aurélie GAUCHET

ONLINE
SESSIONS

