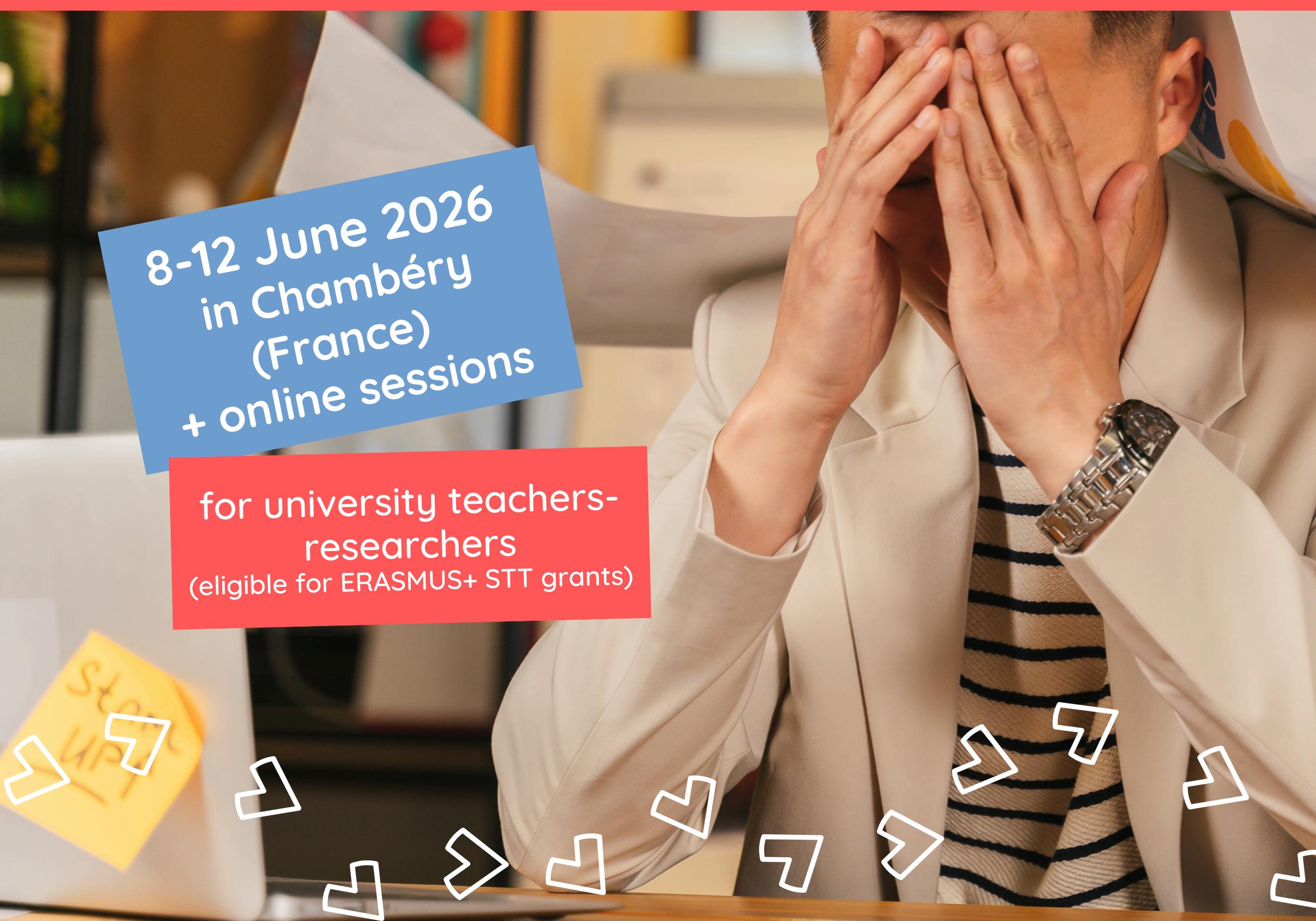


Erasmus + Blended Intensive Programme (BIP)

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

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



“Stress management”

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
SESSIONSMONDAY
8 JUNETUESDAY
9 JUNEWEDNESDAY
10 JUNETHURSDAY
11 JUNEFRIDAY
12 JUNE**9:00-12:00**
**UNDERSTANDING
STRESS**hosted by:
Aurélie GAUCHET**9:00-12:00**
**IDENTIFY AUTOMATIC/
DISTORTED/RATIONAL
THOUGHTS**hosted by:
Aurélie GAUCHET**9:00-12:00**
**COPING AND SOCIAL
SUPPORT**hosted by:
Aurélie GAUCHET**9:00-12:00**
**ANGER
MANAGEMENT**hosted by:
Aurélie GAUCHET**9:00-12:00**
**INCREASE
ASSERTIVENESS**hosted by:
Aurélie GAUCHET**14:00-17:00**
MINDFULNESS 1hosted by:
Iuliana COSTA**14:00-17:00**
YOGAhosted by:
Gretchen PASCALIS**14:00-17:00**
CREATIVITYhosted by:
Gretchen PASCALIS**14:00-17:00**
MINDFULNESS 2hosted by:
Iuliana COSTA**14:00-17:00**
MEDITATIONhosted by:
Gretchen PASCALISONLINE
SESSIONSMONDAY
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-REYNAUDFRIDAY
3 JULY**10:00-12:00**
CONCLUDING AND REVIEW SESSION

hosted by: Aurélie GAUCHET