10th CREATE workshop 2008
10 years of networking and collaboration for early career scientists in the EHPS
On behalf of the European Health Psychology Society (EHPS), I feel very honoured to congratulate CREATE on reaching its 10th anniversary. CREATE is at the heart of our society since it is providing support and a voice for young health psychologists representing our future. Create has developed over the past 10 years into a vital and important subdivision of the EHPS and has greatly contributed to the attractiveness and distinctness of the EHPS.

Many early career researchers who attended CREATE workshops have since advanced in their career and have become eminent ambassadors of Health Psychology and of the EHPS. Of the four CREATE founding members, David French is the chair of the scientific committee for Bath 2008, David Hevey is a member of the EHPS executive committee, and Efharis Panagopoulou and Michael Echteld will also be actively participating in the Bath conference. Only with their spirit, creativity, and continuous effort, it was possible to establish CREATE as a vital and sustainable part of the EHPS.

The success of CREATE would not have been possible without the voluntary commitment of time, energy, and expertise of many EHPS members and senior scientists. I would like to thank in particular Marie Johnston for her continuous support of CREATE and her encouragement for the CREATE founders. I also would like to thank all former organisers for their creativity, spirit and engagement and all facilitators, who have devoted large amounts of time and energy in conducting the workshops.

Representing the next generation in health psychology, Stephan Dombrowski, Nelli Hankonen, Natalie Mallach, Karen Morgan, Jana Richert, Benjamin Schüz, and Amelie Wiedemann took responsibility in organising this year’s CREATE workshop and reception. I would like to thank them very much for their creativity, spirit and engagement.

On behalf of the Executive Committee of the EHPS, I wish CREATE many happy returns and I wish our society a continuing success of CREATE.

Britta Renner
President, the European Health Psychology Society
A series of EU funded workshops in the late 1980s/ early 1990s culminated in an “advanced” workshop in June 1997, held at a beach resort in Halkidiki, Greece. As a direct consequence of this, in spring 1998, the people named below were sitting in a pub in St Andrews, Scotland, with Marie Johnston. We were trying to encourage Marie to organise more training workshops of the sort where we had met the previous summer (ideally in Greek beach resorts).

Instead, Marie encouraged us to organise our own. We submitted a formal proposal to the ehps executive committee in 1998, under the name CREATE (Collaborative REsearch And Training in the EHPS - after David Hevey’s earlier suggestions of SPECTRE and CRATE were out-voted!) This was approved, and the first workshop was run in Firenze, Italy in 1999 (with Marie as one of our first facilitators). As the name suggests, in setting up CREATE, we were trying to encourage collaborative research and training by asking established health psychologists to run workshops. But mainly we were trying to find a way to continue to have fun with early career health psychologists from other countries. And in this we are happy that CREATE continues to be a success!

David French (UK),
David Hevey (Ireland),
Michael Echteld (Netherlands) and
Efi Panagopoulou (Greece).
CREATE is organised by early career health psychologists for early career health psychologists, inviting workshop facilitators to increase their knowledge and skills. However the added and lasting value of CREATE workshops is in developing enduring international research collaborations and friendships, and in motivating talented scientists to become the future leaders of health psychology in Europe, thus ensuring the future success of EHPS.” (Marie Johnston)

1999, Florence, Italy: 1st CREATE workshop
“Solving general problems and writing and publishing scientific health psychology research articles”. Facilitated by Marie Johnston and Charles Carver.

“The workshop gave highly motivated young scholars an intensive, if brief, exposure to many issues in the publication process. I greatly enjoyed interacting with the participants!” (Charles Carver)

2000, Leiden, The Netherlands: 2nd CREATE workshop
“Nothing is more practical than a good theory: Exploring, testing and applying theories in health psychology”. Facilitated by M. Johnston and John Weinman.

“I enjoyed facilitating CREATE so much in 2000 that I agreed to do it again in 2002! What I really appreciated was the opportunity of being able to share ideas with some of the brightest health psychology postgraduates from across Europe, and then to step back and watch them work together with such enthusiasm. Just as much fun now is meeting CREATE 'graduates' again at subsequent EHPS and other conferences, and watching their progress and development." (John Weinman)
2001, St Andrews, Scotland: 3rd CREATE workshop

2002, Lisbon, Portugal: 4th CREATE workshop

“I was privileged enough to be one of the facilitators of CREATE 2002 in Lisbon. I thoroughly enjoyed the whole experience - meeting and working with a bright group of students from all around Europe, facilitating the workshop with two of my UK colleagues and being in vibrant Lisbon. One of the best bits now is meeting many of these ex students (now impressive health psychology colleagues) at various conferences around the globe.” (Rona Moss-Morris)
"The 2003 CREATE workshop was about understanding and doing qualitative research in health psychology. I remember it started well when, introducing where I came from, I showed a world map with New Zealand centred at the top of the world (not quite how the world is usually depicted). When one participant suggested that I had the world upside down, I was able to respond that the orientation of any map of the world was arbitrary, and that the workshop was designed to do the same thing - turn your thinking upside down! My recollection is that participants at the workshop were very engaged with the topics and issues, and were full of questions and challenges. The three days passed quickly, in good humour and camaraderie. On reflection, I am not sure I would run a full three day workshop on my own again. This was my first contact with CREATE and I was impressed - it certainly works to build a network of researchers who value scholarship, and today I am still in touch with many of the participants as they continue in successful careers in health psychology. Some even remember and use the assumptions of social constructionist epistemology that gave us so much trouble back in 2003!"  
(Kerry Chamberlain)
“Running the CREATE workshop in Helsinki (2004) with Peter Harris was a great experience. It was a pleasure (a privilege even) to work with a group of such enthusiastic, dedicated and talented young researchers - the workshop certainly renewed my faith in teaching! I made many new friends as a result of running the workshop and I have enjoyed meeting them again at subsequent EHPS conferences.” (Paul Norman)

“Helping Paul Norman run the CREATE workshop was for me both an education and enormous fun. Working with all those bright young things! I not only discovered a new group of friends but it has been an added pleasure to meet them at subsequent conferences, to work with some of them and to watch so many of them blossom into excellent researchers.” (Peter Harris)

"A great way to gain knowledge and to get to know a lot of interesting persons" (Dr. Monique van de Ven, Radboud University Nijmegen, The Netherlands)
2005, Galway, Ireland: 7th CREATE workshop

“Liveliness is the word that springs to mind when I think of CREATE. Lively people, lively ideas, lively plans. It was an honour (and an education!) to see the next generation of health psychologists in action, both at work and at play.... I look forward to the next chance in Pisa!” (Susan Michie)

2006, Warsaw, Poland: 8th CREATE workshop
“Stress, coping and social support”. Facilitated by Ralf Schwarzer and Krys Kaniasty.

“I found the CREATE workshop in Warsaw 2006 a really enriching experience. I had the opportunity to gain knowledge and develop scientific skills for questionnaire development. Also I met other creative young scientists with whom I shared interesting ideas that led to the improvement of my MA thesis and further collaboration for research projects. All in all, I think it helped me be more creative as a researcher in the field of health psychology.” (Catrinel Craciun, Babeş-Bolyai University, Cluj-Napoca, Romania)
“Learning about the Intervention Mapping framework was really inspiring to me. I put it straight into practice after the workshop.”

(Lena Remme, Freie Universität Berlin, Germany)

2007, Hasselt, Belgium: 9th CREATE workshop
“Intervention mapping”. Facilitated by Gerjo Kok, Herman Schaalma and Rob Ruiter.

2008, Bath, UK: 9th CREATE workshop
“Risk perception and risk communication”. Facilitated by Britta Renner and Stefanie Kurzenhäuser
Collaborative Research and Training in the EHPS (CREATE) is a subdivision of the European Health Psychology Society (EHPS), which promotes education and collaboration among early career (before or not more than 2 years after Ph.D. degree) researchers in the field of Health Psychology. CREATE aims at fostering European research collaborations at the PhD student level with the main objective being to provide a platform for networking activities. This platform is organized mainly along two measures:

° Annual workshops prior to the EHPS conferences: Here, early career health psychologists from all over Europe and the world are given the opportunity to gain a common knowledge base by attending workshops facilitated by leading experts in the field. Additionally, the workshops serve as excellent means to get to know other early career researchers and network.

° Organise and maintain a networking platform for junior researchers on the internet. Members of CREATE are invited to post their research profile on the CREATE member’s database, which allows to identify common research interests and problem areas as well as discussing and sharing ideas. CREATE aims at facilitating an informal network and thus create a peer-group of early career researchers which will be able to offer encouragement and expertise in various thematic issues.

Becoming a CREATE member is easy – it is open to all doctoral or post-doctoral researchers working in the field of Health Psychology who are already members of the EHPS. Just log on the website at www.ehps.net/create
CREATE is a platform for early career health psychologists aiming at sharing experiences, building international research networks and collaboratively learning from experts. The most prominent activity of the CREATE team is the organisation of the annual workshops prior to the EHPS conferences. The topics of the workshops are determined based on the evaluation forms from prior workshops. Additionally, the organising team aims at picking up current discussions in the field of Health Psychology in order to provide participants with a shared knowledge base. Further activities of the organising team serving the aims of CREATE includes the regular updating of the website, administration of an internet-based discussion forum and promoting workshop participation over Europe. The CREATE organising team consists of 4-6 people and is constituted from the CREATE members on a voluntary basis, i.e. every CREATE member is welcome to join and work with us!

There are a few obligatory positions – president (who also reports to the EHPS executive committee), treasurer, secretary, membership officer, local organiser and webmaster – but often there is more work than people. The organising team usually meets twice a year – once immediately after the prior workshop, and once roughly between conferences in order to organise everything for the upcoming workshop.

The organising team 2007/08: Karen Morgan, Benjamin Schüz, Amelie Wiedemann, Stephan Dombrowski, Jana Richert, Natalie Mallach, Nelli Hankonen
CREATE is happy to announce next year’s workshop which will be held prior to the EHPS conference in Pisa (September 20th-22nd) and facilitated by Susan Michie, Falko Sniehotta, and David French:

“Advancing the Science of Behaviour Change: Methods and Theories.”

In order to celebrate CREATE’s 10th anniversary, we cordially invite you to a small reception on Tuesday, September 9th at 19.30h in Founders Hall. We will reflect on the last ten years of CREATE and provide light entertainment.

Contact: www.ehps.net/create