

3rd Alexithymia Conference

7-8 May 2026 in Brussels, Belgium



PRELIMINARY SCIENTIFIC PROGRAM:

- The schedule may be subject to change and will soon be updated with an abstract book!
- Remember that **early bird rates to register to the conference end on April 15th**.
- Visit our website for up-to-date information: <https://www.alexithymiaresearch.org/annual-aria-alexithymia-conference-2026>

Day 1: Thursday, May 7 th 2026	
09:00 – 09:30	Coffee & welcome
09:30 – 09:45	Opening
09:45 – 10:45	<p>Keynote: <i>Addressing Emotion Regulation and Alexithymia in Clinical Interventions for Youth;</i> Pr. Johan Bjureberg – Karolinska Institutet, Sweden</p>
10:45 – 11:00	Coffee Break
11:00 – 12:00	<p>Individual talks #1: Alexithymia Measurements</p>
12:00-13:00	<p>Individual talks #2: Psychosomatic health</p>
13:00 – 14:00	Lunch break
14:00 – 15:00	<p>Individual talks #3: Emotion physiology and interoception</p>
15:00 – 16:00	<p>Flash presentations #1: Miscellaneous</p>
16:00 – 16:15	Coffee break
16:15 – 17:45	<p>Symposium: <i>"Neurocognitive Foundations of Alexithymia Across Interoception, Cognitive Control, and Social Cognition"</i></p>
17:45 – 18:45	<p>Discussion session #1 (Topic TBD)</p>
19:00	End of the day

Day 2: Friday, May 8 th 2026	
08:30 – 09:00	Coffee & Welcome
09:00 – 10:00	<p>Keynote: <i>Emotional Granularity: From Words to Numbers — and Back Again. Conceptualization, Measurement, and Future Directions.</i> Dr. Yasemin Erbas - Tilburg University, the Netherlands</p>
10:30 – 10:45	Coffee Break
10:45 – 11:45	<p>Individual talks #4: Psychopathology and alexithymia</p>
11:45 – 12:45	<p>Individual talks #5: Alexithymia and emotional processing</p>
12:45 – 13:45	Lunch break
13:45 – 14:45	<p>Flash talks #2: Miscellaneous topics</p>
14:45 – 15:00	Coffee Break
15:00 – 16:00	<p>Individual talks #6 Miscellaneous topics</p>
16:20 – 16:30	Coffee Break
16:30 – 17:30	<p>Discussion session #2: future of ARIA and collaborative projects</p>
17:30 – 18:00	<p>General Assembly of ARIA</p>
19:00	End of the day

❖ PRACTICAL INFORMATION

- Our conference will be held at **OpenLab Usquare** ([Rue Fritz Toussaint 8, B-1050 Bruxelles](#))
- Find the main itineraries below, with more information on: <https://www.ulb.be/en/maps-directions/usquare>

Main local itineraries

Etterbeek station

🚶 7' | 🚲 3'

Germoir station

🚶 12' | 🚲 4' | 95 4'

Luxembourg station

🚶 27' | 🚲 8' | 95 9'

Solbosch campus

🚶 15' | 🚲 5' | 25 4'

North station

🚲 19' | 25 29'

Central station

🚶 42' | 🚲 13' | 🚶 7' + 95 17'

South station

🚶 52' | 🚲 19' | 2 ou 6 6' + 95 12'

Plaine campus

🚶 21' | 🚲 9' | 95 3' + 🚶 5'

ULB Flagey

🚶 14' | 🚲 3'

Montgomery

🚶 34' | 🚲 13' | 7 ou 25 9' + 🚶 5'

Legrand

🚶 18' | 🚲 6' | 7 6' + 🚶 5'

Erasme campus

🚲 40' | 7 ou 25 5' + 5 30'

- Coffee breaks and lunch are provided during the workshop for in-person attendees (**vegan options available**).
- **Dinner information:** informal dinner is planned as we will be booking tables at a nearby restaurant for May 7th evening. Attendees will be responsible for covering their own menu expenses.
- Participation (whether online or in-person) is made upon **registration**, see our website for more information.
- ARIA members have a discounted fee for the conference and membership is open all year long!
- IPSY members have received a code from the institute to register for free.
- **Access our website here:** <https://www.alexithymiaresearch.org/annual-aria-alexithymia-conference-2026>
- If you need additional information, please contact marine.mas@ulb.be