



Quantified Self

Europe Conference

November 26-27, 2011
Casa 400
Amsterdam, Netherlands

Sold Out!

[Home](#) [Program](#) [Breakout Sessions](#) [Registration](#) [Location](#) [Where to Stay](#)

Welcome to the first Quantified Self Europe conference!

Quantified Self Europe 2011 is a conference for users and tool makers interested in self-tracking systems. It will be a "working meeting" for the QS community (40 groups worldwide), where we will **gather, inspire, and learn from each other as we share and collaborate on self-tracking projects**. We will also explore the potential effects of self-tracking on ourselves and society.

If you are an advanced user, designer, tech inventor, entrepreneur, journalist, scientist, or health professional, please join us for a weekend of collaboration and inspiration!



Note: **We are happy to welcome 250 attendees, and we expect to sell out**, so make sure to grab your spot and [register today](#).

Most of the conference will be hands-on and interactive, with user-defined workshops on mood, data visualization, sleep, ethics, and anything else people want to see. We will also have the best speakers from QS Show&Tell meetups reprise or update their talks on the big stage, and a few amazing keynote speakers.

Register Now

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Breakout Conversations

Breakout 1

Saturday, 10:30 am

QS Show&Tell talks - University of Amsterdam room

Personal Data Visualization (Dean, Frick, Frick)

Hacking Your Commercial QS Devices (Amschler)

Genomic Communities (Hwu)

The Future of Everything (Pohflepp)

Mindfulness Pills, and Other Ingestible Sensor Experiments (Dougherty)

Integrating Visualizations with Innertube (Li)

Breakout 2

Saturday, 1:30 pm

QS Show&Tell talks - University of Amsterdam room

What You Can Learn From Hidden Mobile Phone Data (Schrader, Kommerij)

Toolmaker Spotlight (Mehta, Harscoat, Plattel, Gauthier)

How to Use EEG for Self-experimentation (Sona)

Tracking Olfaction (Tillotson)

Extracting Wisdom from Data (Baresi, Sutton)

Wearable and Environmental Sensors (Roberts)

Breakout 3

Saturday, 3 pm

QS Show&Tell talks - University of Amsterdam room

Location Tracking (Plattel)

QS and Privacy (Schneider)

Mobile Biofeedback Systems (Papastefanou)

QS and Relationships (Burke)

Open Questions on Best Practices for Self-tracking (Mortensen)

Sleep Tracking (Fass)

Breakout 4

Sunday, 10:30 am

QS Show&Tell talks - University of Amsterdam room

Personal Data Visualization (Dean, Frick, Frick)

Building a Tricorder (de Brouwer, Clarysse)

Version Control System for Lifelogging (Burke)

The Internet of Actions - Using Data for Doing Things (Harscoat)

Tracking Emotions at Work (Rivera)

Dreams, Needles and Trance: Integrative Self-therapy and Sleep Disorders (Ryan and Prevallet)

Breakout 5

Sunday, 1 pm

QS Show&Tell talks - University of Amsterdam

QS Show&Tell Talks

Butterfley Project: Swimming Goggles to Measure Heart Rate (Hobeika)

Weight and Exercise Tracking with the Hacker Diet (Schneider)

Tracking and Improving My Lung Function (Kleineidam)

Lessons from a Year of Heart Rate Data (Gilleade)

Experience Sampling of My Stress (Atz)

Sleep and Food: An Experiment in Progress (Vink)

Moodscape, Subjective Ratings and Body Blogging (Kreplin)

A Mobile Biofeedback Experiment: Stress and Eating (Papastefanou)

Tracking Everything I Do in my Browser (Back)

Tracking my App Development Process (van Doorn)

Doing is a Form of Knowing: Triggering Actions with Data (Harscoat)

Feedback and Awareness: From Paleo to Creativity (van Heerde)

A Vision of Preventing my Bipolar Relapse Through Smell (Tillotson)

How I Tracked Silence (Roberts)

Monitoring Parkinson Symptoms (Riggare, Stamford)

1-leg Standing & Sleep (Mehta)

The Costs and Side Effects of Tracking (Zilber)

Social Anxiety and Fitness: Tracking Using Humans vs. Technology (Sutherland)

Using Sensor Patterns to Predict Depression or Addiction Relapse (Larsen)

Tracking Fatigue (Bright)

Correlating Food and Drink with Mood and Fitness (Hwu)

Curing Skin Woes Through Experimentation (Rotter)

Tracking My Sleep: WakeMate vs. Zeo and Fitbit (Schumacher)

Inducing Lucid Dreaming: What Methods Work? (Kowrygo)

Lunchtime Ignite Talks

My Experience with a Smartphone Brainscanner (Larsen)

Visualization of Data in a Learning and Self-reflection Context (Santos, Govaerts, Duval)

Flight Tracking (Hessel)

Open Source Neurofeedback OpenEEG Experiments (Sedlmeier)

The Impact of Self-Tracking on Empathic Design and Market Research (Lewington,

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room	Hughes)
Productivity Tracking (Robinett)	What Is Wrong with Diet Software? (Snyder)
Collaborating toward a global freeware citizen diary (Bjerg)	Asthmapolis (Dean)
Building Habits: What Have We Learned From Trying? (Mitrea)	How applied personal genomics led to a diagnosis (Shmigelsky)
Objective vs. Subjective Self-tracking (Baresi, Sutton)	How Self-tracking Influences Your Environment from a Different Perspective (Plattel)
The Problem of Just Doing It (Zilber)	Insights from The Four Hour Body App (Behnia)
QS Business Models (den Braber)	Lessons from Quantifying Behavior in Obesity (Affuso)
Breakout 6	Linking Consumer Devices to Prevent Behavioral Diseases (Meyer)
Sunday, 2:30 pm	The Daily Gratitude Exercise: A Systematic Approach to Grateful Thinking (Faljic)
QS Show&Tell talks - University of Amsterdam room	Boozerlyzer - Tracking your brain on booze (Addyman)
Measuring Cognitive Performance (Kleineidam)	Prototype freeware citizen diary (Bjerg)
Cracking Behavior Change (Ramirez, Dean)	Design considerations for personal informatics tools (Li)
Biphasic Sleep and Neurofeedback (Dench)	
Empathic Design and Why It Matters to QS (Lewington, Hughes)	
Map for a Programmable World (Hermanns)	
Health Games for Personal and Medical Use (Gekker)	

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About the Quantified Self

A place for people interested in self-tracking to gather, share knowledge and experiences, and discover resources. [Learn more](#)

What I Learned from QS Europe

Posted on November 29, 2011 by [Alexandra Carmichael](#)

There are many ways to experience a conference, especially one with so many inspiring overlapping sessions presented by attendees. My personal bias is towards mood tracking, so that's mostly what I paid attention to this weekend, as well as meeting all the impressive quantifiers who came!

If you want to look back over the conference, here are links to the [photos](#) and [tweets](#) that came out of it. [Paul Miller](#), [Martha Rotter](#), and [Gangadhar Sulkunte](#) also wrote up some great summaries of their experiences. Huge thanks to our great friends at [QS Amsterdam](#) for helping to make this happen!

Here is some of what I took away from the weekend:

- [Jenny Tillotson](#) is working on "emotional clothing" that can sense how you're feeling and boost your mood/energy or help you relax.
- I had never thought of the idea of collecting silence, as [Danielle Roberts](#) does.
- Lisette Sutherland's recipe for overcoming social anxiety? Habituation. Pick a social thing that scares you but that you enjoy doing, and keep doing it over and over again, even if it's hard at first. You will learn to recognize the patterns of your feelings and begin to be able to insert a rational thought into the emotional loop – "this fear is not real!" – which will lessen the severity of the emotion.
- A good reminder – not every pattern has meaning. Sometimes it's just meaningless coincidence.
- [Jan Peter Larsen](#) told us about patterns that predict addiction or depression relapse, and interventions to help prevent full relapse. The predicting patterns include sleep inconsistency, social passivity, and web surfing, both duration and types of sites visited. The interventions include inviting reflection on and awareness of your mood patterns, and facilitating the act of reaching out to other people for support.
- [Steve Dean](#) showed how deconstructing behaviors into sequences of small, specific actions can help you design rituals that work for you in your daily life.
- Richard Ryan presented research showing that emotions only last for 90 seconds, unless you keep amplifying them.
- One of my own insights from the weekend is that carefully managing my inputs (sensory, social, emotional and informational) is important to not triggering destructive or negative emotional states.
- Another of my insights: when you recognize a painful pattern in yourself, that's the first step towards replacing it with a helpful pattern that meets the same underlying need, but in a non-harmful way. This led to a pretty significant breakthrough for me!
- Marco van Heerde pointed out that sometimes too much precision in your data isn't helpful for building awareness. It's ok to be vague!
- Kristin Prevallet taught us some powerful mood-managing exercises, including [EFT](#). You can focus on and change how your body feels in order to change your mental state. In other words, ease your emotions somatically, before they turn into big stories in your mind.
- And finally a wise insight from [Robin Baroah](#): the problem with research isn't that it's too slow, it's that existing research isn't put into practice.

It was another transformative event for me, and I'm already looking forward to the next conference! Feel free to share any other insights from the weekend in the comments below.

This entry was posted in [Meeting Recaps](#) and tagged [amsterdam](#), [conference](#), [qstop](#). Bookmark the [permalink](#).

3 Responses to *What I Learned from QS Europe*

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