



PD DR. PHIL. MYRIAM VERENA THOMA

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Web of Science ResearcherID (K-1052-2017):	h-index: 20 (23.08.2023)

CURRICULUM VITAE

ACADEMIC DEGREES AND EDUCATION

- 2015-2021 **Habilitation** (Venia Legendi), [Privatdozentin, PD] “Psychobiological adaptation to stress and adversity across the life span”. Department of Psychology, Psychopathology and Clinical Intervention, University of Zürich (UZH), CH (Chair: Prof. A. Maercker, Ph.D. and M.D.).
- 09/2014 **Master of Advanced Studies** (MAS) in Cognitive Behavioral Therapy (CBT) and Behavioral Medicine, UZH (summa cum laude), [Eidgenössisch anerkannte Psychotherapeutin]
- 24.02.2010 **Ph.D.** [Dr. phil. in Psychologie], UZH, CH. Title: “Psychobiological mechanisms of the effectiveness of music interventions” (summa cum laude). (Advisors: Prof. U. Ehlert, Prof. L. Jaencke).
Successful completion of the International Ph.D. Program in Neuroscience, Center of Neuroscience Zürich (UZH, ETH), CH.
- 09/2007–02/2010 **Ph.D. student**, International Ph.D. Program in Neuroscience of the Center of Neuroscience Zürich (UZH, ETH), CH.
- 12/2006 **Master of Science** (MSc), [Lic. phil. in Psychologie], UZH, CH. Title: “Emotion regulation through listening to music” (Grade: 6). (Advisor: Prof. U. Ehlert).
- 10/2001 - 12/2006 **Undergraduate and Graduate student in Psychology**, with Psychopathology in adulthood (= Minor I) and Criminology (= Minor II), UZH (Chair: Prof. U. Ehlert).

POSITIONS AND EMPLOYMENT HISTORY

- 02/2015 – to date **Senior teaching and research associate** [Arbeitsgruppenleiterin & Oberassistentin, 90%], Department of Psychology, Psychopathology and Clinical Intervention, UZH (Chair: Prof. A. Maercker).
- 02/2015 – to date **Coordinator and psychotherapist** [Koordinatorin & Psychotherapeutin, 10%], Psychotherapeutic Outpatient Center of the Department of Psychology, UZH.
- 09/2021 – 08/2022 **Replacement of professorship of Prof. A. Maercker** [Stv. Fachrichtungsleiterin], Department of Psychology, Psychopathology and Clinical Intervention, UZH.
- 09/2018 – 06/2019 **Replacement of professorship of Prof. A. Maercker** [Stv. Fachrichtungsleiterin], Department of Psychology, Psychopathology and Clinical Intervention, UZH.
- 01/2016 – 06/2016 **Replacement of professorship of Prof. A. Maercker** [Stv. Fachrichtungsleiterin], Department of Psychology, Psychopathology and Clinical Intervention, UZH.
- 07/2012 – 01/2015 **Case-leading psychologist / psychotherapist** [Fallführende Psychologin, 90%], Sanatorium Kilchberg, CH (Chair: PD K. Cattapan).

07/2010 – 03/2012 *Postdoctoral research fellow*, Department of Psychology, Health Psychology, Brandeis University, MA, USA (Chair: Prof. N. Rohleder), funded by SNSF.

11/2007 – 06/2010 *Ph.D. student and assistant*, Department of Psychology, Clinical Psychology and Psychotherapy, UZH (Chair: Prof. U. Ehlert).

11/2007 – 03/2009 *External project-leader* of international online market research projects, Phonak (Sonova), Market Insight, Stäfa, CH.

INTERNSHIPS

02/2007 – 10/2007 Internship in international market research at Phonak (Sonova), Market Insight, Stäfa, Switzerland (Supervisor: M. Riedi).

11/2005 – 02/2006 Clinical internship, Psychiatric Hospital Waldhaus, Chur, Switzerland (Supervisor: E. Heilig, Ph.D.).

10/2004–09/2005 Research internship at University of Zürich, Clinical Psychology and Psychotherapy, Zürich, CH.

TEACHING AND SUPERVISION

TEACHING ACTIVITIES

Spring 2024	<i>Lectureship (seminar):</i> Case-related learning in psychopathology I (2 hours per week, 4 ECTS credits) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Fall 2023	<i>Lectureship (lecture):</i> Clinical gerontopsychology (2 hours per lecture/week, 4 ECTS credits) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits) <i>Lectureship (lecture):</i> Introduction into Clinical Psychology and Psychopathology (2/14 lectures; 2 hours per lecture, 4 ECTS credits)
Spring 2023	<i>Lectureship (seminar):</i> Case-related learning in psychopathology I (2 hours per week, 4 ECTS credits) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Fall 2022	<i>Lectureship (lecture):</i> Clinical gerontopsychology (2 hours per lecture/week, 4 ECTS credits) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits) <i>Lectureship (lecture):</i> Introduction into Clinical Psychology and Psychopathology (2/14 lectures; 2 hours per lecture, 4 ECTS credits)
Spring 2022	<i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Fall 2021	<i>Lectureship (lecture):</i> Clinical gerontopsychology (2 hours per lecture/week, 4 ECTS credits) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits) <i>Lectureship (lecture):</i> Introduction into Clinical Psychology and Psychopathology (2 hours per lecture/week, 4 ECTS credits)
Spring 2021	<i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Fall 2020	<i>Lectureship (lecture):</i> Clinical gerontopsychology and psychotherapy in old age (2 hours every week, 4 ECTS credits, due to COVID-19: “online only”) <i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)

- Spring 2020 *Lectureship (lecture):* Introduction into Clinical Psychology and Psychopathology (3/14 lectures; 2 hours per lecture, 4 ECTS credits, due to COVID-19: “Podcasts”)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
- Fall 2019 *Lectureship (lecture):* Clinical gerontopsychology and psychotherapy in old age (2 hours every week, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
- Spring 2019 *Lectureship (lecture):* Introduction into Clinical Psychology and Psychopathology (3/14 lectures; 2 hours per lecture, 4 ECTS credits)
Lectureship (seminar): Psychopathology in the movies (4 hours every second week, 4 ECTS credits)
Lectureship (seminar): Selected topics of clinical and health psychology 2 / Gender and mental disorders (2 hours weekly, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
- Fall 2018 *Lectureship (lecture):* Introduction into Clinical Psychology and Psychopathology (7/14 lectures; 2 hours per lecture, 4 ECTS credits)
Lectureship (lecture): Clinical gerontopsychology and psychotherapy in old age (2 hours every week, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
- Spring 2018 *Lectureship (seminar):* Selected topics of clinical and health psychology 2 / Gender and mental disorders (2 hours weekly, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
- Fall 2017 *Lectureship (lecture):* Clinical gerontopsychology and psychotherapy in old age (2 hours every second week, 4 ECTS credits)
Lectureship (seminar): Case-related learning in psychopathology II (14 hours per semester, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online, PTO (E-learning course, 4 ECTS credits per year)
Project Group / Journal Club: Adversity-related development (2 hours per week)

- Spring 2017 *Lectureship (seminar):* Selected topics of clinical and health psychology 2 / Gender and mental disorders (2 hours weekly, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Project Group / Journal Club: Adversity-related development (2 hours per week)
- Fall 2016 *Lectureship (lecture):* Clinical gerontopsychology and psychotherapy in old age (2 hours every second week, 4 ECTS credits)
Lectureship (seminar): Case-related learning in psychopathology I (2 hours weekly, 4 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online, PTO (E-learning course, 4 ECTS credits per year)
Project Group / Journal Club: Adversity-related development (2 hours per week)
- Spring 2016 *Research Colloquium* of the Chair for Psychopathology and Clinical Intervention (2 hours per week).
Lectureship (seminar): Case-related learning in psychopathology II (14 hours per semester, 3 ECTS credits)
Lectureship (seminar): Selected topics of clinical and health psychology 2 / Gender and mental disorders (4 hours every second week, 3 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online, PTO (E-learning course, 3 ECTS credits per year)
Project Group / Journal Club: Adversity-related development (2 hours per week)
- Fall 2015 *Lectureship (seminar):* Case-related learning in psychopathology I (2 hours per week, 3 ECTS credits)
E-learning course: Selected topics of psychopathology / Psychopathology taught online, PTO (e-learning course, 3 ECTS credits per year)
Project Group / Journal Club: Adversity-related development (2 hours per week)
- Spring 2015 *Lectureship (seminar):* Case-related learning in psychopathology II (14 hours per semester, 3 ECTS credits)
Lectureship (seminar): Selected topics of clinical and health psychology 2 / Gender and mental disorders (4 hours every second week, 3 ECTS credits)

Fall 2010 – 2014 Postdoctoral employment at Brandeis University (USA) and Case-leading psychologist / psychotherapist at Sanatorium Kilchberg (CH), without regular teaching courses. Exceptions are occasional scientific presentations at Brandeis University and teaching educational depression courses for patients (weekly) and relatives (twice a year).

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Spring 2010	<i>Lectureship(seminar):</i> Experimental methods in clinical psychology (2 hours per week) <i>Project Group / Journal Club:</i> Stress-dependent disorders (2 hours per week)
Fall 2009	<i>Lectureship (seminar):</i> Cognitive-behavioral methods of behavioral medicine (2 hours per week) <i>Project Group / Journal Club:</i> Music psychology (2 hours per week)
Spring 2009	<i>Lectureship (seminar):</i> Experimental methods in clinical psychology (2 hours per week) <i>Project Group / Journal Club:</i> Stress-dependent disorders (2 hours per week)
Fall 2008	<i>Lectureship (seminar):</i> Evaluation of clinical interventions (2 hours per week) <i>Project Group / Journal Club:</i> Stress-dependent disorders (2 hours per week) <i>Project Group / Journal Club:</i> Music psychology (2 hours per week)
Spring 2008	<i>Project Group / Journal Club:</i> Music psychology (2 hours per week)
Fall 2007	<i>Project Group / Journal Club:</i> Stress-dependent disorders (2 hours per week)

SUPERVISION OF JUNIOR RESEARCHERS AT GRADUATE AND POSTGRADUATE LEVEL

From 2019-2022: Mentoring of a postdoctoral student: S.L. Rohner (SNSF / NRP76)

Since 2015: Co-supervision of 5 Ph.D. students:

2020-2022: E. Mayorova (University Research Priority Project, URPP, Fellowship)

2018-2022: V. Pfluger (URPP, Fellowship)

2018-2021: C.M. Eising (SNSF / NRP76)

2015-2018: J. Hölzge (URPP, Fellowship)

2016-2019: S.L. Mc Gee (Swiss Government Excellence Scholarship)

Since 2007: Supervision of 24 Master students and 14 Bachelor students.

HONORS & FUNDING SUPPORT

RESEARCH GRANTS

- 06/2018–08/2022 “Differential aging trajectories in high-risk individuals with past experiences of early adversity”, funded by SNSF/NRP76 (PIs: M.V. Thoma, Prof. A. Maercker: CHF 644’182.-) & additional contribution by SNSF/NRP76 (CHF 4’818.-).
- 06/2016-08/2018 „Healthy aging despite the odds – mechanisms behind the steeling effect: a multimethod approach on the relationship between aversive experiences during childhood and healthy aging in *Verdingkinder* and non-*Verdingkinder* in a mono-center study”, funded by UZH.
- 07/2010–03/2012 “Determinants and Consequences of the acute stress-induced inflammatory response in human aging”, funded by SNSF (*Fellowship for Prospective Researchers*, USD 62’815).
- 11/2007–10/2009 “Psychobiological mechanisms of the effectiveness of music interventions”, funded by UZH (*Young Investigator Grant*, CHF 99’346.-).

TRAVEL GRANTS

- 2018 Swiss Academy of Humanities and Social Sciences (‘SAGW’), *71st Annual Scientific Meeting of the Gerontological Society of America*, Boston, USA (CHF 1000).
- 2016 Swiss Academy of Humanities and Social Sciences (‘SAGW’), *69th Annual Scientific Meeting of the Gerontological Society of America*, New Orleans, USA (CHF 600).
- 2009 Swiss Academy of Humanities and Social Sciences (‘SAGW’), *49th Annual Meeting of Psychophysiological Research (‘SPR’)*, Berlin, Germany (CHF 700)
- 2009 Travel Award, Centre for Neuroscience Zürich (‘ZNZ’), *30th Annual Meeting & Scientific Sessions (‘SBM’)*, Montréal, Canada (CHF 1000).
- 2008 Travel Award, Swiss Academy of Humanities and Social Sciences (‘SAGW’), *10th International Congress of Behavioral Medicine*, Tokyo, Japan (CHF 600).
- 2008 Travel Award, Centre for Neuroscience Zürich (‘ZNZ’), *10th International Congress of Behavioral Medicine*, Tokyo, Japan (CHF 1000).
- 2006 Travel Award, Swiss Academy of Humanities and Social Sciences (‘SAGW’), *9th International Conference on Music Perception & Cognition*, Bologna, Italy (CHF 500).

RESEARCH FELLOWSHIP AWARDS

07/2010 – 03/2012 *Fellowship for Prospective Researchers*, funded by the SNSF (USD 62'815).

11/2007 – 10/2009 *Young Investigator Grant*, funded by the UZH (CHF 99'346.-).

Since 2006 *Seven travel grants*, by the SAGW and the Centre for Neuroscience Zürich (CHF 5'400.-).

AD HOC REVIEWER FOR SCIENTIFIC JOURNALS

Behavioral Neuroscience (2015); Biological Psychology (since 2015); Biological Psychiatry (2017); Brain, Behavior and Immunity (2023); Child Abuse & Neglect (2022); Dementia and Geriatric Cognitive Disorders (2016); European Psychologist (2019); Frontiers in Psychiatry (2018); Frontiers in Psychology (since 2019); International Journal of Behavioral Medicine (since 2011); International Journal of Environmental Research and Public Health (since 2016); International Journal of Stress Management (2017); Journal of Ageing Research and Healthcare (2017); Journal of Affective Disorders Reports (2021); Journal of Aging Science (since 2016); Journal of Clinical Medicine (since 2016); Journal of Geriatric Psychiatry and Neurology (2021); Journal of Psychosomatic Research (2015); Musicae Scientiae (2015); Neuropsychopharmacology (2010); PLOS ONE (since 2015); Psychology and Aging (2009); Psychology of Music (2015); Psychoneuroendocrinology (since 2015); Psychophysiology (2015); Psychotherapie, Psychosomatik, Medizinische Psychologie (2017); Review of General Psychology (2017); Stress (2011); Stress & Health (2021); Therapeutics and Clinical Risk Management (2015); The World Journal of Biological Psychiatry (2019).

PROFESSIONAL MEMBERSHIPS

The European Association of Clinical Psychology and Psychological Treatment (EACLPT); The Gerontological Society of America (GSA); Föderation der Schweizer Psychologen (FSP); Early detection and timely INTERvention in DEMentia (INTERDEM); Schweizerische Gesellschaft für kognitive Verhaltenstherapie (SGVT-SSTCC); Zentrum für Gerontologie (ZfG).

FELLOWSHIPS IN RENOWNED ACADEMIES

10/2016 – to date *Life faculty*, The International Max Planck Research School on the Life Course (LIFE)

COMMISSION ACTIVITY

11/2017 – 11/2019 Board member of the Swiss expert association of Geropsychology (*“Schweizerische Fachgesellschaft für Gerontopsychologie, SFGP*)

CONTINUING EDUCATION

2022	To create and publish a website (workshop)
2021	<i>Social media training</i> (workshop)
2020	<i>Media training for scientists</i> (workshop)
2020	<i>Interdisciplinary competences for postdocs</i> [„Überfachliche Kompetenzen für Postdoktorierende “Berufungstraining“]
2020	<i>Voice training and public speaking skills</i> (course)
2019	<i>Lateral leadership skills – GRC</i> (course)
2018/2019	<i>Teaching skills</i>
2018	<i>Rhetorical Skills in classroom and lecture hall</i> (course)
2018	<i>Good Clinical Practice, GCP-Kurs Modul 2</i>
2018	<i>Good Clinical Practice, GCP-Kurs Modul 1</i>
2017	<i>Teaching of writing skills</i> (course) [„Wissenschaftliche Schreibkompetenz vermitteln“]
2017	<i>Successful fund acquisition for researchers</i> (course)
2017	<i>Project management for successful postdocs</i> (course)
2016	<i>Teaching/coaching</i> [„Lehrcoaching für Dozentinnen“]
2015	<i>Inferential statistics</i> (course) [„Schliessende Statistik mit SPSS“]
2015	<i>DSM-5</i> (workshop) [„Einführung in das DSM-5 anhand von Beispielen“]
2015	<i>Building capacity for psychosocial dementia research</i> (summer school)
2014	<i>Verbal de-escalation</i> (course) [„Verbale Deeskalation“]
2012-2015	78 hours of further education at Sanatorium Kilchberg AG
2009	<i>Writing Scientific Papers (seminar)</i> [„Writing Research Papers for Publication“]
2008	<i>Brain dissection</i> (course) [„Kursus Neuroanatomie“]
2008	<i>Presentation Skills</i> (workshop) [„Tritt frisch auf... Werkzeuge der Rhetorik für den Unterricht“]
2007	<i>Web-Experiments</i> (workshop) [„Web-Experimente – Theoretische Grundlagen und praktische Anwendungen internetbasierter Forschungsinstrumente“]
2007	<i>Expert-training:</i> [Professionelle Durchführung von Onlinebefragungen und effiziente Projektsteuerung mit dem „umfragecenter 5.0“ (Globalpark)]

PRESENTATIONS AT SCIENTIFIC MEETINGS

ORAL PRESENTATIONS

2023

Thoma, M.V.*, Rohner, S.R., Heim, E., Nater, U.M., & Hölzge, J. (2023). Psychosozialer Stress nach dem Verlassen einer christlich-fundamentalistischen Gruppe – empirische Befund. *DGPPN Kongress in Berlin, Germany*.

Thoma, M.V.*, Bernays, F., Maercker, A., & Rohner, S.L. (2023). Older adult survivors of compulsory social measures and/or placements in Switzerland: How does their physical and mental health compare to that of non-affected, age-matched control individuals. *17th biennial conference of the European Society for Traumatic Stress Studies, ESTSS, Belfast, Northern Ireland*.

Rohner, S.L.*, Michel, J., Maercker, A., Carr, A., & **Thoma, M.V.** (2023). Socio-interpersonal influences on the disclosure of child maltreatment: A qualitative comparative study of Irish adult survivors. *17th biennial conference of the European Society for Traumatic Stress Studies, ESTSS, Belfast, Northern Ireland*.

Thoma, M.V.* (2023). Results from a 4-year project of the National Research Program 76 “Welfare and Coercion” on the long-term physical and mental health correlates of early-life compulsory social measures and/or placements. *The International Max Planck Research School on the Life Course (LIFE), Spring Academy, Ann Arbor, Michigan, USA*.

Thoma, M.V.*, Bernays, F., & Rohner, S.L. (2023). A comparison of the physical and mental health profiles of Swiss older adult survivors of compulsory social measures and/or placements and non-affected control individuals. *23. Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie, DeGPT, Zürich, Switzerland*.

Rohner, S.L.*, Salas Castillo, A.N., Michel, J., Maercker, A., Carr, A., & **Thoma, M.V.** (2023). Resilience and disclosure in older adult survivors of childhood institutional abuse in Ireland. *23. Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie, DeGPT, Zürich, Switzerland*.

2022

Maercker, A. *, Rohner, S.L. & **Thoma, M.V.** (2022). Abuse experiences in old age in Switzerland and Ireland: physical health, PTSD and sense-of-coherence-revised. [Missbrauchserfahrungen im Alter in der Schweiz und Irland: physische Gesundheit, PTSD und Sense-of-Coherence-revised]. *Kongress der Deutschen Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde, DGPPN, Berlin, Germany*.

* Indicates the presenting author

- Thoma, M.V.***, Bernays, F., Maercker, A., & Rohner, S.L. (2022). Physical and mental health of older adult survivors of compulsory social measures and/or placements in Switzerland in comparison to non-affected, age-matched control individuals. *Presentation conducted at the European Congress on Clinical Psychology and Psychological Treatment (EACLIPT)*, Warsaw, Poland.
- Rohner, S.L.* , Michel, J., Maercker, A., Carr, A., & **Thoma, M.V.** (2022). A socio-interpersonal perspective of childhood adversity and disclosure: A qualitative comparative study of adult survivors. *Presentation conducted at the European Congress on Clinical Psychology and Psychological Treatment (EACLIPT)*, Warsaw, Poland.
- Thoma, M.V.***, Bernays, F., Maercker, A., & Rohner, S.L. (2022). Mental Health Resilience in Swiss Older Adult Survivors of Child Welfare-Related Maltreatment. *Gerontological Society of America (GSA) 2022 Annual Scientific Meeting*, Indianapolis, Indiana, USA.
- Thoma, M.V.***, Bernays, F., Maercker, A., & Rohner, S.L. (2022). Resilienz bei ehemaligen Betroffenen von Fürsorgerischen Zwangsmassnahmen und Fremdplatzierung in der Schweiz. [Resilience in survivors of compulsory social measures and placement in Switzerland]. *DGVM Kongress 2022 - Deutsche Gesellschaft für Verhaltensmedizin*, Salzburg, Austria.

2021

- Rohner, S.L.* , Maercker, A., Carr, A., & **Thoma, M.V.** (2021). Aging in the Aftermath of Adversity: Later-Life Impact of Institutional Child Abuse and Disclosure. *GSA 2021 Annual Scientific Meeting Online*, Phoenix, Arizona, U.S.A.
- Thoma, M.V.***, Bernays, F., Eising, C., Maercker, A., & Rohner, S.L. (2021). Mental and Physical Health in Swiss Older Survivors of Enforced Child Welfare Practices. *GSA 2021 Annual Scientific Meeting Online*, Phoenix, Arizona, U.S.A.
- Rohner, S.L.* , Maercker, A., Carr, A., & **Thoma, M.V.** (2021). Historical adversity in Ireland: Resilience and disclosure in older adult survivors of childhood institutional abuse. Tagung 2021: *Kultur und Geschichte der Psychologien in der Schweiz und ihrer europäischen Netzwerke – Fokus auf Klinische Psychologie(n)* [Conference 2021: Culture and History of Psychologies in Switzerland and its European Networks - Focus on Clinical Psychology(s)], September 23-25, 2021, Ascona, Switzerland.
- Thoma, M.V.***, Bernays, F., Eising, C. M., Maercker, A., & Rohner, S.L. (2021). Ein Vergleich der Gesundheitsprofile von ehemaligen Betroffenen von Fürsorgerischen Zwangsmassnahmen und/oder Fremdplatzierung in der Schweiz und Kontrollpersonen [A comparison of the physical and mental health profiles of Swiss older adult survivors of compulsory social measures and/or placements and non-affected control individuals]. Tagung 2021: *Kultur und Geschichte der Psychologien in der Schweiz und ihrer europäischen Netzwerke – Fokus auf Klinische Psychologie(n)* [Conference 2021: Culture and History of Psychologies in Switzerland and its European Networks - Focus on Clinical Psychology(s)], September 23-25, 2021, Ascona, Switzerland.

- Rohner, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2021). Sense of Coherence-Revised: Validation of a new conceptualisation and measurement instrument in an older adult sample. 6th *International Conference on Salutogenesis*, June 17-18, 2021, Girona, Spain.
- Thoma, M.V.***, Bernays, F., Eising, C.M., & Rohner, S.L. (2021). Mental health in Swiss older adult survivors of child welfare practices and child labor and the protective role of self-esteem. 38. *Symposium, Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Online.*
- Bernays, F.*, **Thoma, M.V.**, Eising, C.M., & Rohner, S.L. (2021). The role of socio-economic factors in the understanding of health disparities in Swiss older adult survivors of child welfare practices and child labor. 38. *Symposium, Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Online.*
- Hölzge, J.*, **Thoma, M.V.**, Eising, C.M., Pfluger, V., & Rohner, S.L. (2021). A systemic perspective on how child welfare practices affect the interplay of resilience-supporting factors and perceived stress in later life. 38. *Symposium, Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Online.*
- Rohner S.L.*, Maercker, A., Carr, A., & **Thoma, M.V.** (2021). From childhood trauma to adult mental health: Resilience factors in Irish survivors of childhood institutional abuse. 38. *Symposium, Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Online.*
- Michel, J.*, Maercker, A., Carr, A., **Thoma, M.V.**, & Rohner S.L. (2021). Understanding socio-interpersonal contexts of childhood trauma and disclosure: A qualitative comparative study of survivors. 38. *Symposium, Fachgruppe Klinische Psychologie und Psychotherapie der DGPs, Online.*
- Eising, C.M.*, Voelke, M.C., Rohner, S.L., Pfluger, V., Maercker, A., **Thoma, M.V.** (2021). Der Einfluss von kontextuellen Faktoren während und nach fürsorglichen Zwangsmaßnahmen in Kindheit und Jugend auf die Posttraumatische Belastungsstörung. *Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie, DeGPT, Würzburg, Germany.*
- 2020**
- Mc Gee, S.L.*, Maercker, A., Carr, A., & **Thoma, M.V.** (2020). Childhood trauma and adult psychological adjustment: Resilience in older adult survivors of institutional abuse. *GSA 2020 Annual Scientific Meeting Online, Philadelphia, USA.*
- Eising, C.M.*, **Thoma, M.V.**, Voelke, M.C., Maercker, A., Pfluger, V., & Rohner, S.L. (2020). Investigating the mediating role of stress and resilience following early abuse and neglect on cognitive and physical functioning in older age. *The International Max Planck Research School on the Life Course (LIFE), Fall Academy, Berlin, Germany.*
- Maercker, A.*, Mc Gee, S.L., Hölzge, J., Eising, C.M., Pfluger, V. & **Thoma, M.V.** (2020). 50 Jahre später: Untersuchungen zu den Folgen aversiver und traumatischer Erlebnisse von Verdingkindern und "Administrativ Versorgten" in der Schweiz. *Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie, DeGPT, Berlin, Germany.*

2019

Thoma, M.V.*, Mc Gee, S.L., Maercker, A., & Hölzge, J. (2019). The function of moderate adversity on the development of resilience and well-being in later life. *35th Annual Meeting of the International Society of Traumatic Stress Studies, ISTSS*, Boston, USA.

Mc Gee, S.L.*, Maercker, A., & **Thoma, M.V.** (2019). Childhood trauma and adult psychological adjustment: Resilience mechanisms in Irish survivors of childhood institutional abuse. *1st European Congress on Clinical Psychology and Psychological Treatment of EACLIPT*, Dresden, Germany.

Thoma, M.V., Mc Gee, S.L.*, Maercker, A., & Hölzge, J. (2019). The development of resilience in later life in response to low, moderate, or high levels of adversity: A longitudinal, person-Centered Investigation. *1st European Congress on Clinical Psychology and Psychological Treatment of EACLIPT*, Dresden, Germany.

Eising, C.M.*, Hölzge, J., Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2019). Resilience and stress sensitivity following childhood trauma in aged individuals. *16th SPS SGP SSP Conference: Psychology's Contribution to Society*, Bern, Switzerland.

Mc Gee, S.L.*, Maercker, A., & **Thoma, M.V.** (2019). Resilience in Irish adult survivors of childhood institutional abuse: The cross-cultural application of a resilience model. *16th SPS SGP SSP Conference: Psychology's Contribution to Society*, Bern, Switzerland.

Hölzge, J.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2019). 'Optimal' stress: A longitudinal study on the potential positive effects of Stress on resilience in higher age. *6th World Congress on Positive Psychology*, Melbourne, Australia.

Adams, P.*, **Thoma, M.V.**, Maercker, A., & Mc Gee, S.L. (2019). External indicators of resilience: Does social support and social acknowledgment help make an individual more resilient to early-life adversity? *Cultural Clinical Psychology – Young Researchers Network: Workshop on Emerging Innovations and Opportunities*, Zürich, Switzerland.

Thoma, M.V.* (2019). Posttraumatic growth and resilience. *Cultural Clinical Psychology – Young Researchers Network: Workshop on Emerging Innovations and Opportunities*, Zürich, Switzerland.

Thoma, M.V.* (2019). Differential aging trajectories in high-risk individuals with past experiences of early adversity: A multi-method project nested within the Swiss National Research Program (NRP) 76. *The International Max Planck Research School on the Life Course (LIFE)*, Spring Academy, Michigan, USA.

2018

Hölzge, J.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2018). Thriving in response to indentured childhood labor: A qualitative study of successfully aged Swiss Verdingkinder. *9th European Conference on Positive Psychology*, Budapest, HU.

- Thoma, M.V.***, Höltge, J., & Maercker, A. (2018). Eine qualitative Studie zum gesunden Altern bei ehemaligen Kinderarbeitern in der Schweiz. 36. *Symposium der Fachgruppe Klinische Psychologie & Psychotherapie der Deutschen Gesellschaft für Psychologie (DGPs)*, Landau, Germany.
- Höltge, J.*, Mc Gee, S.L., Maercker, A. & **Thoma, M.V.** (2018). Können sich früh erlebte Widrigkeiten positive auf das Altern auswirken? Eine Mediationsanalyse. 36. *Symposium der Fachgruppe Klinische Psychologie & Psychotherapie der Deutschen Gesellschaft für Psychologie (DGPs)*, Landau, Germany.
- 2017**
- Maercker, A.*, Burri, A., Marinova, Z. & **Thoma, M.V.** (2017). Effects of childhood trauma in later life: Research from the University of Zürich Research Priority Program on Healthy Ageing. *15th SPS SGP SSP Conference: Treasuring the Diversity of Psychology*, Lausanne, Switzerland.
- Höltge, J.*, Maercker, A., & **Thoma, M.V.** (2017). A qualitative study on the potential positive effects of childhood adversity and associated conditional factors of former ‘Verdingkinder’. *15th SPS SGP SSP Conference: Treasuring the Diversity of Psychology*, Lausanne, Switzerland.
- Thoma, M.V.***, Höltge, J., & Maercker, A. (2017). Successful aging in former indentured child-laborers – a qualitative study on the steeling effect. *XV Conference of the European Society for Traumatic Stress Studies, ESTSS2017*, Odense, Denmark.
- Mc Gee, S.L.*, Höltge, J., Maercker, A., & **Thoma, M.V.** (2017). Validation of the Sense of Coherence-Revised Scale: psychological health in older adults with varying experiences of childhood adversity. *XV Conference of the European Society for Traumatic Stress Studies, ESTSS2017*, Odense, Denmark.
- Thoma, M.V.***, Kleineidam, L., Maercker, A., Maier, W. & Wagner, M. (2017). Was ist „Erfolgreiches Altern“ und wie kann es gemessen werden? 10. *Workshopkongress für Klinische Psychologie & Psychotherapie und 35. Symposium der Fachgruppe Klinische Psychologie & Psychotherapie der Deutschen Gesellschaft für Psychologie (DGPs)*, Chemnitz, Germany.
- Höltge, J.*, Maercker, A., Marasco, A., Revelly, D., & **Thoma, M.V.** (2017). Gesund im Alter trotz Verdingung: Eine qualitative Analyse möglicher salutogenetischer Prozesse. *19. Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie*, Zürich, Switzerland.
- Thoma, M.V.***, Höltge, J., & Maercker, A. (2017). Positive Entwicklung nach aversiven Erfahrungen. Ein systematisches Review von Studien über *steeling* und *growth* mit Einsatz von kurvilinearen Analysen. *19. Jahrestagung der Deutschsprachigen Gesellschaft für Psychotraumatologie*, Zürich, Switzerland.

2016

Thoma, M.V.*, Kleineidam, L., Maercker, A., Maier, W. & Wagner, M. (2016). Erfolgreiches Altern – Wie kann man es messen und wie kann man es fördern? *DGPPN Kongress in Berlin, Germany*.

Thoma, M.V.*, Forstmeier, S. & Maercker, A. (2016). Motivational abilities found to increase likelihood of stability of mild cognitive impairment. *69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, USA*.

Höltge, J., Maercker, A. & **Thoma, M.V.*** (2016). Determinants, conditions and mechanisms influencing personal thriving after the experience of adversity: A systematic review. *50. Kongress der Deutschen Gesellschaft für Psychologie, DGP, Leipzig, Germany*.

Thoma, M.V.* & Maercker, A. (2016). Online Beratung – Lebensrückblick mit Hilfe eines Computerprogramms. *SGG SSG, Alter und Technik, Fribourg, Switzerland*.

Assaf, N.F.* , **Thoma, M.V.**, Chen, X., Hanlin, L., Gianferante, D., Rohleder, N. & Kuras, Y.I. (2016). Association of childhood adversity with diurnal HPA axis activity. *74th Annual Scientific Meeting of the American Psychosomatic Society, Denver, Colorado, USA*.

2015

Fiksdal, A.S.* , **Thoma, M.V.**, Hanlin, L., Gianferante, D., Chen, X. & Rohleder, N. (2015). Subjective social status predicts interleukin-6 responses to acute psychosocial stress in non-white but not in white individuals. *73rd Annual Scientific Meeting of the American Psychosomatic Society, Savannah, Georgia, USA*.

2013

Chen, X.* , **Thoma, M.V.**, Gianferante, D., McInnis, C.M. & Rohleder, N. (2013). Basal Diurnal HPA Axis Activity is Related with Adaptation of HPA axis and Inflammatory Responses to Repeated Acute Stress. *71st Annual Meeting of the American Psychosomatic Society, Miami, FL., USA*.

2011

Rohleder, N.* , Fiksdal, A., Gianferante, D., Hanlin, L., Chen, X. & **Thoma, M.V.** (2011). Determinants of the plasma IL-6 response to repeated acute psychosocial stress. *41th Annual Conference of the International Society of Psychoneuroendocrinology, Berlin, Germany*.

2010

Thoma, M.V.*, Brönnimann, R., Ehlert, U. & Nater, U.M. (2010). The effect of music on neuroendocrine, autonomic, cognitive, and emotional stress responses. *11th International Congress of Behavioral Medicine, Washington DC, USA*.

2009

Thoma, M.V.*, Ehlert, U. & Nater, U.M. (2009). Listening to relaxing music prior to a stressor: effects on the psychological and physiological stress response. *11th Congress of the Swiss Psychological Society, Neuchâtel, Switzerland.*

Thoma, M.V.*, Finkel, L., Horat, E., Brönnimann, R., Ehlert, U. & Nater, U. M. (2009). Der Einfluss des Hörens von Musik auf die psychologische und physiologische Stressreaktion. *International Congress for Music Physiology and Musicians' Medicine, Freiburg i. Br., Germany.*

2006

Thoma, M.V.*, Ryf, S., Ehlert, U. & Nater, U.M. (2006). Regulation of emotions by listening to music in emotional situations. *9th International Conference on Music Perception and Cognition, Bologna, Italy.*

2005

Thoma, M.V.*, Ryf, S., Ehlert, U. & Nater, U.M. (2005). Emotion regulation by listening to music. *9th Congress of the Swiss Society of Psychology, Geneva, Switzerland.*

POSTER PRESENTATIONS

2022

- Rohner, S.L.*, Salas, A., Carr, A., & **Thoma, M.V.** (2022). Childhood maltreatment and prosocial behavior: A qualitative comparative study of Irish older adult survivors. *Poster presented at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting*, Indianapolis, Indiana, USA.
- Rohner, S.L.*, Maercker, A., Carr, A., & **Thoma, M.V.** (2022). Childhood trauma and adult psychological adjustment: A qualitative investigation of resilience-related factors in Irish survivors of institutional abuse. *Poster presented at the 2nd conference of the Cultural Clinical Psychology – Young Researchers Network: Growing up in Science – Supporting the Capabilities and Careers of UZH Junior Researchers in Psychology*, Zürich, Switzerland.
- Fink, M.*, Mäder, S., Salas, A., Maercker, A., **Thoma, M.V.**, & Rohner, S. L. (2022). The voice of caregivers: A qualitative study with former caregivers of individuals affected by compulsory social measures and placements. *Poster presented at the 2nd conference of the Cultural Clinical Psychology – Young Researchers Network: Growing up in Science – Supporting the Capabilities and Careers of UZH Junior Researchers in Psychology*, Zürich, Switzerland.
- Salas, A.*, Carr, A., **Thoma, M.V.**, & Rohner, S. L. (2022). Childhood Adversities and Prosocial Behaviour in Later Life: A Qualitative Approach. *Poster presented at the 2nd conference of the Cultural Clinical Psychology – Young Researchers Network: Growing up in Science – Supporting the Capabilities and Careers of UZH Junior Researchers in Psychology*, Zürich, Switzerland.
- Evangelista, K.*, Höltge, J., Maercker, A., **Thoma, M.V.**, & Rohner, S. L. (2022). Successful and healthy ageing: The role of mediating and moderating factors in older adults with experiences of early-life adversity. *Poster presented at the 2nd conference of the Cultural Clinical Psychology – Young Researchers Network: Growing up in Science – Supporting the Capabilities and Careers of UZH Junior Researchers in Psychology*, Zürich, Switzerland.

2020

- Della Pietra, G.*, Eisig, C.M., Mc Gee, S.L., Buess, J., Blanckenhorn, L., Eichenberger, M., Frey, C., Preisig, M., Pfluger, V., Maercker, A., & **Thoma, M.V.** (2020). Gegenüberstellung der Rolle von Trauma und PTBS mit häufigen Risikofaktoren bei der Entwicklung von Demenz. *Digital congress for Master and Doctoral Students of the Psychological Institute of the University of Zürich (MaDoKo)*, University of Zürich, Switzerland.

Eichenberger, M.*, Eisig, C.M., Mc Gee, S.L., Buess, J., Blanckenhorn, L., Della Pietra, G., Frey, C., Preisig, M., Pfluger, V., Maercker, A., & **Thoma, M.V.** (2020). Sexueller Missbrauch in Kindheit und Jugend und psychische Gesundheit im Alter: Die Rolle von Offenlegung, Institution und Generation. *Digital congress for Master and Doctoral Students of the Psychological Institute of the University of Zürich (MaDoKo)*, University of Zürich, Switzerland.

2019

Pfluger, V.*, Maercker, A., & **Thoma, M.V.** (2019). Psychosomatic Stress Awareness: How Stress-Related Somatic Sensations and Symptoms Affect the Process of Coping with Stress. *1st European Congress on Clinical Psychology and Psychological Treatment of EACLIP*T, Dresden, Germany.

Eising, C.M.*, Hölzge, J., Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2019). Stress sensitivity in aged individuals following childhood trauma. *The International Max Planck Research School on the Life Course (LIFE), Fall Academy*, Zürich, Switzerland.

Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2019). Childhood trauma and adult psychological adjustment: Resilience factors in Irish survivors of childhood institutional abuse. *16th European Conference on Traumatic Stress: Trauma in Transition – Building Bridges*, Rotterdam, The Netherlands.

Thoma, M.V.*, Mc Gee, S.L., Maercker, A., & Hölzge, J. (2019). The function of moderate adversity on the development of resilience and well-being in later life. *16th European Conference on Traumatic Stress: Trauma in Transition – Building Bridges*, Rotterdam, The Netherlands.

Pfluger, V.*, & **Thoma, M.V.** (2019). The Concept of Psychosomatic Stress Awareness: How Stress-Related Somatic Sensations and Symptoms Affect the Process of Coping. *7th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM): Integrating Psychosomatic Care Across Medical Settings and Specialties*, Rotterdam, The Netherlands.

Mc Gee, S.L.*, **Thoma, M.V.**, Fegert, J. M., Glaesmer, H., Brähler, E., & Maercker, A. (2019). The salutogenic influence of Sense of Coherence-Revised (SOC-R): Assessing the role of SOC-R in mental health in a representative sample. *The International Max Planck Research School on the Life Course (LIFE), Spring Academy*, Michigan, USA.

Eigenmann, F.*, **Thoma, M.V.**, Maercker, A., & Mc Gee, S.L. (2019). The impact of coping style on resilience: A cross-sectional study investigating coping styles and self-efficacy as possible influencing factors. *Cultural Clinical Psychology – Young Researchers Network: Workshop on Emerging Innovations and Opportunities*, Zürich, Switzerland.

Golec, N.*, **Thoma, M.V.**, Maercker, A., & Mc Gee, S.L. (2019). Examining the influence of beliefs, religion, spirituality, culture, and context on resilience in survivors of childhood Institutional abuse in Ireland: A qualitative study. *Cultural Clinical Psychology – Young Researchers Network: Workshop on Emerging Innovations and Opportunities*, Zürich, Switzerland.

- Tanner, T.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2019). Exploring the influence of different types of support on resilience in survivors of childhood institutional abuse in Ireland: A qualitative study. *Cultural Clinical Psychology – Young Researchers Network: Workshop on Emerging Innovations and Opportunities*, Zürich, Switzerland.
- Thoma, M.V.***, Hölzge, J., Mc Gee, S.L., Maercker, A., & Augsburg, M. (2019). Differentiation between High and Low Health Trajectories in Later Life: A Random Forest Application. *5th International Conference on Aging and Cognition*, Zurich, Switzerland.
- Thoma, M.V.***, Kleineidam, L., Forstmeier, S., Maercker, A., Scherer, M., Riedel-Heller, S., & Wagner, M. (2019). Do Predictors of Successful Aging Differ as a Function of How Successful Aging is Defined? *5th International Conference on Aging and Cognition*, Zurich, Switzerland.
- Eising, C.M.*, **Thoma, M.V.**, Maercker, A., Martin, M., Jäncke, L., & Merillat, S. (2019). The Impact of Traumatic Experiences on the Normative Aging Process: A Neuroimaging Investigation. *5th International Conference on Aging and Cognition*, Zurich, Switzerland.
- Pfluger, V.*, Maercker, A., & **Thoma, M.V.** (2019). The Concept of Psychosomatic Coping: How Somatic Information Can Be Involved in Coping with Stress – A Lifetime Perspective. *5th International Conference on Aging and Cognition*, Zurich, Switzerland.
- Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2019). Sense of Coherences-Revised (SOC-R) and Stress-Related Resilience: Examining the Role of SOC-R in the Health of Older Adults with Experiences of Stress or Adversity. *5th International Conference on Aging and Cognition*, Zurich, Switzerland.

2018

- Thoma, M.V.***, Hölzge, J., Mc Gee, S.L., & Maercker, A. (2018). Successful aging in former indentured child laborers – A qualitative study. *Annual Scientific Meeting of the Gerontological Society of America*, Boston, MA, USA.
- Hölzge, J.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2018). Successful aging as a potential consequence of early-life adversity: a mediation analysis. *11. Internationaler Frankofoner Kongress für Gerontologie und Geriatrie (CIFGG)*, Montreux, Switzerland.
- Mc Gee, S.L.*, Maercker, A., & **Thoma, M.V.** (2018). Factors associated with adversity-related positive development: Resilience in Irish adult survivors of childhood institutional abuse. *7th “QualiZüri” Networking Day für qualitativ Sozialforschende*, Zürich, Switzerland.
- Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2018). Healthy ageing despite the odds: The role of mediating and moderating factors in healthy ageing following early-life adversity. *11. Internationaler Frankofoner Kongress für Gerontologie und Geriatrie (CIFGG)*, Montreux, Switzerland.

- Mc Gee, S.L.*, Maercker, A., & **Thoma, M.V.** (2018). Factors associated with adversity-related positive development: Resilience in Irish adult survivors of childhood institutional abuse. *The International Max Planck Research School on the Life Course (LIFE), Fall Academy*, Virginia, USA.
- Mc Gee, S.L.*, Pfluger, V., Maercker, A., & **Thoma, M.V.** (2018). Factors associated with adversity-related positive development: Resilience and healthy aging in older adults with experiences of childhood adversity. *URPP Dynamics of Healthy Aging In-house Conference*, Thurgau, Switzerland.
- Thoma, M.V.***, Hölzge, J., & Maercker, A. (2018). Successful aging in former indentured child labourers – A qualitative study. *11. Internationaler Frankofoner Kongress für Gerontologie und Geriatrie (CIFGG)*, Montreux, Switzerland.
- Hölzge, J.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2018). Können aversive Erfahrungen im Alter zu einer Steigerung der Resilienz führen und somit protektiv auf das Altern wirken? *Deutschsprachige Gesellschaft für Psychotraumatologie*, Dresden, Germany.
- Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2018). Validation of the Sense of Coherence-Revised scale: Resilience aspects and psychological health in older adults with experiences of childhood adversity. *Deutschsprachige Gesellschaft für Psychotraumatologie*, Dresden, Germany.
- 2017**
- Hölzge, J., Mc Gee, S.L., Maercker, A., & **Thoma, M.V.*** (2017). Healthy aging despite the odds: A qualitative study on thriving in response to childhood adversity and healthy aging: The case of former Verdingkinder. *University Research Priority Program, URPP, Dynamics of Healthy Aging In-house Conference*, Thurgau, Switzerland.
- Hölzge, J.*, Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2017). Healthy aging despite the odds: Can adversity in higher age improve essential resources of adaptability? A Longitudinal Study. *University Research Priority Program, URPP, Dynamics of Healthy Aging In-house Conference*, Thurgau, Switzerland.
- Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2017). Healthy aging despite the odds: The role of mediating and moderating factors in healthy aging following early-life adversity. *University Research Priority Program, URPP, Dynamics of Healthy Aging In-house Conference*, Thurgau, Switzerland.
- Mc Gee, S.L.*, Hölzge, J., Maercker, A., & **Thoma, M.V.** (2017). The Sense of Coherence-Revised scale: Resilience aspects and psychological health in older adults following childhood adversity. *15th SPS SGP SSP Conference: Treasuring the Diversity of Psychology*, Lausanne, Switzerland.
- Hölzge, J.*, Maercker, A., Marasco, A., Revelly, D. & **Thoma, M.V.** (2017). Can harsh living conditions in childhood have beneficial effects on health in higher ages? A qualitative approach. *4th International Conference, Aging & Cognition, EUCAS*, Zürich, Switzerland.

Thoma, M.V.*, Kleineidam, L., Maercker, A., Maier, W. & Wagner, M. (2017). Successful ageing – A construct validation and comparison of predictors. *4th International Conference, Aging & Cognition, EUCAS*, Zürich, Switzerland.

2016

Thoma, M.V.*, Mewes, R., & Nater, U.M. (2016). Gesundheitsbezogene Determinanten der stressreduzierenden Wirkung des Hörens von Wasserrauschen. *50. Kongress der Deutschen Gesellschaft für Psychologie, DGP*, Leipzig, Germany.

Thoma, M.V.*, Mewes, R., & Nater, U.M. (2016). Stressreduzierende Wirkung des Hörens von Wasserrauschen: Gesundheitsbezogene Determinanten. *34. Symposium der Fachgruppe Klinische Psychologie und Psychotherapie der DGPs*, Bielefeld, Germany.

2015

Thoma, M.V.*, Hanlin, L., Chen, X.J., Gianferante, D., Wang, D. & Rohleder, N. (2015). Maladaptive inflammatory stress response pattern in postmenopausal women. *68th Annual Scientific Meeting of the Gerontological Society of America*, Orlando, Florida, USA.

Chen, X.J.*, McInnis, C.M., Wang, D., Hanlin, L., Gianferante, D., **Thoma, M.V.** & Rohleder, N. (2015). Basal HPA axis activity is related with inflammatory gene expression to acute stress. *45th Annual Meeting of the Society for Neuroscience*, Chicago, Illinois, USA.

Kuras, Y.I.*, McInnis, C.M., **Thoma, M.V.**, Chen, X.J., Hanlin, L., Gianferante, D. & Rohleder, N. (2015). Increased alpha-Amylase Response to an Acute Psychosocial Stress Challenge in Healthy Adults with Childhood Adversity. *73rd Annual Scientific Meeting of the American Psychosomatic Society*, Savannah, Georgia, USA.

2014

McInnis, C.*, **Thoma, M.V.**, Gianferante, D., Hanlin, L., Chen, X.J. & Rohleder, N. (2014). Sensitization of inflammatory responses to repeated acute psychosocial stress in overweight individuals. *72nd annual meeting of the American Psychosomatic Society*, San Francisco, California, USA.

Kuras, I.*, Assaf, N., Lui, Y., Saltz, J., **Thoma, M.V.** & Rohleder, N. (2014). Associations of physical neglect in childhood with interleukin-6 and cortisol response to repeated acute psychosocial stress in healthy adults. *72nd annual meeting of the American Psychosomatic Society*, San Francisco, California, USA.

Kuras, I.*, McInnis, C.M., Gianferante, D., Hanlin, L., Chen, X.J., **Thoma, M.V.** & Rohleder, N. (2014). Inflammatory Reactivity and I Expression in Response to Repeated Acute Psychosocial stress in Healthy Adults with and without Childhood Trauma. *44th Annual Meeting of the Society for Neuroscience*, Washington DC, USA.

McInnis, C.*, **Thoma, M.V.**, Gianferante, D., Hanlin, L., Chen, X.J., Wang, D., Gross, B. & Rohleder, N. (2014). Habituation of pro-inflammatory and anti-inflammatory gene expression responses to repeated acute stress. *44th Annual Meeting of the Society for Neuroscience*, Washington DC, USA.

McInnis, C.* , **Thoma, M.V.**, Gianferante, D., Hanlin, L., Chen, XJ., Wang, D., Gross, B., Rohleder, N. (2014). Response and habituation of pro- and anti-inflammatory gene expression to repeated psychosocial stress. *22nd Annual Meeting of the Psychoneuroimmunology Research Society*, Philadelphia, Pennsylvania., USA.

2013

Wang, D.* , **Thoma, M.V.**, Yatskar, A., Saltz, J., Rohleder, N. (2013). Perceived Purpose in Life is related with reduced inflammatory responses to repeated acute psychosocial stress. *71st Annual Meeting of the American Psychosomatic Society*, Miami, FL., USA.

Hanlin, L.C.* , **Thoma, M.V.**, Thomas, R., Gianferante, D., Rohleder, N. (2013). Stress appraisals at first exposure predict cortisol responses to a subsequent stress task. *71st Annual Meeting of the American Psychosomatic Society*, Miami, FL, USA.

2012

Chen, X.J.* , **Thoma, M.V.**, Dahlben, B., Beaulac, H., Johnson, J., Lerman, M., & Rohleder, N. (2012). Chronic Stress is Associated with Cortisol and Interleukin-6 Adaptation to Repeated Acute Stress. *53th Annual Meeting of the Society for Psychophysiological Research, September 19-23, 2012*, New Orleans, Louisiana, USA.

He, J.A.* , **Thoma, M. V.**, Fiksdal, A., Lerman, M., Rohleder, N. (2012). Beyond the SES-Health gradient: lower subjective social status predicts a higher IL-6 response to stress. *52nd Annual Meeting of the Society for Psychophysiological Research*, New Orleans, Louisiana, USA.

Saltz, J.* , **Thoma, M.V.**, Landesman, Y., Thomas, Jr., T. & Rohleder, N. (2012) The Effect of Childhood Experiences on Acute Psychosocial Stress Response is Mediated by Self-Esteem. *52nd Annual Conference of the Society for Psychophysiological Research*, New Orleans, Louisiana, USA.

Gianferante, D.* , **Thoma, M.V.**, Saltz, J., Dahlben, B., Beaulac, H., & Rohleder, N. (2012). Post-stress rumination after initial psychosocial stress predicts cortisol responses to repeated stress exposure. *42nd Annual Meeting of the International Society of Psychoneuroendocrinology*, New York, NY, USA.

Gianferante, D.* , **Thoma, M.V.**, Ahn, A., Kim, J., & Rohleder, N. (2012). Postmenopausal women show evidence of maladaptive cortisol responses to stress. *52nd Annual Meeting of the Society for Psychophysiological Research*, New Orleans, Louisiana, USA.

Wang, D.* , Gianferante, D., Lerman, M., Dahlben, B. **Thoma, M.V.** & Rohleder, N. (2012). Maladaptive stress response patterns in postmenopausal women. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.

Hanlin, L.* , **Thoma, M.V.**, Johnson, J., Dahlben, B., Pressman, S. & Rohleder, N. (2012). A Measure of Global Leisure Activity Predicts Inflammatory Responses to Stressor independent of Physical Activity. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.

- Chen, X. *, **Thoma, M.V.**, Farver, E., Fogelman, N., & Rohleder, N. (2012). Chronic stress is associated with cortisol and IL-6 adaptation to repeated acute stress. *Poster presentation at the 70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.
- Gianferante, D. *, **Thoma, M.V.**, Wang, D., Saucier, E. & Rohleder, N. (2012). Trait rumination is correlated with initial, but not subsequent cortisol responses to social stress. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.
- Saltz, J. *, **Thoma, M.V.**, Bashina, A., Fogelman, N. & Rohleder, N. (2012). Role of self-esteem and childhood experiences in college students' responses to acute stress. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.
- Fiksdal, A. *, He, J.A., Johnson, J., Rene, K., **Thoma, M.V.** & Rohleder, N. (2012). Threat Appraisals Predict Cortisol Responses to an Acute Psychosocial Stressor in low but not high Subjective Social Status Individuals. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.
- Thoma, M.V.** *, Chen, X.J., Fiksdal, A., Gianferante, D., Hanlin, L. & Rohleder, N. (2012). HPA axis habituation to repeated acute psychosocial stress is related to less pronounced sensitization of plasma interleukin-6. *70th Annual Meeting of the American Psychosomatic Society*, Athens, Greece.

2011

- Hanlin, L. *, **Thoma, M.V.**, Geiger, A., Rene, K., Fiksdal, A., Gianferante, D., Chen, X., & Rohleder, N. (2011). The relationship between leisure activity and the inflammatory response to acute psychosocial stress. *41st Annual Conference of the International Society for Psychoneuroendocrinology, ISPNE*, Berlin, Germany.
- Hanlin, L. *, **Thoma, M.V.**, Dahlben, B., Evans, C., Johnson, J., Wang, D. & Rohleder, N. (2011). Engagement in leisure activity predicts lower IL-6 levels in response to a social stress task. *51st Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- Gianferante, D. *, **Thoma, M.V.**, Bashina, A., Frempomaa, C., Lerman, M., Polito, M. & Rohleder, N. (2011). Preliminary findings on rumination and hpa axis responses to repeated psychosocial stress. *51st Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- Fiksdal, A. *, He, J.A., Geiger, A., Fogelman, N., Fonte, J., **Thoma, M.V.** & Rohleder, N. (2011). Threat appraisals moderate the relationship between subjective social status and cortisol responses to acute psychosocial stress. *51st Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- Chen, X.J. *, **Thoma, M.V.**, Rene, K., Nichols, K., DiSano, K., Durojaiye, M. & Rohleder, N. (2011). Sensitization of plasma il6 responses to repeated acute psychosocial stress. *51st Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.

- Rohleder, N.* , Hanlin, L., Fiksdal, A., Gianferante, D., Chen, X. & **Thoma, M.V.** (2011). Determinants of inflammatory responses to repeated acute stress: Role of HPA axis habituation and subjective social status. *Annual Meeting of the Society of Neuroscience*, Washington, DC, USA.
- Hanlin, L.* , **Thoma, M.V.**, Dahlben, B., Evans, C., Johnson, J., Wang, D. & Rohleder, N. (2011). Engagement in leisure activity predicts lower IL-6 levels in response to a social stress task. *51th Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- Chen, X.J.* , **Thoma, M.V.**, Rene, K., Nichols, K., DiSano, K., Durojaiye, M. & Rohleder, N. (2011). Sensitization of plasma interleukin-6 responses to repeated acute psychosocial stress. *51th Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
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- Hanlin, L.* , **Thoma, M.V.**, Lerman, M.H., Geiger, A., Rene, K, He, J.A., Fiksdal, A., Gianferante, D., Fogelman, N., Rohleder, N. (2011). The Relationship Between Leisure Activity and Inflammation Response to a Social Stress Task. *41th Annual Conference of the International Society of Psychoneuroendocrinology*, Berlin, Germany.
- Thoma, M.V.***, Berman, E.R., Gray, S.J., He, J.A., Lerman, M.H., Nichols, K.M., Specker, M.F., Wang, D., Wolf, J.M. & Rohleder, N. (2011). Relationship of the diurnal rhythm of heart rate variability with plasma interleukin-6 and salivary alpha-amylase. *69th Annual Scientific Meeting, APS*, San Antonio, Texas, USA.
- Thoma, M.V.***, Scholz, U., Ehlert, U. & Nater, U.M. (2011). Increasing health by listening to music? A structural equation model in a healthy population. *69th Annual Scientific Meeting, APS*, San Antonio, Texas, USA.

2010

- Thoma, M.V.***, Ehlert, U. & Nater, U.M. (2010). The effect of music on endocrine and autonomic stress responses. *68th Annual Scientific Meeting, APS*, Portland, Oregon, USA.

2009

- Thoma, M.V.***, Ehlert, U. & Nater, U.M. (2009). Listening to relaxing music prior to a social stressor: Effects on the psychological and physiological stress response. *49th Annual Meeting of the Society for Psychophysiological Research*, Berlin, Germany.
- Thoma, M.V.***, Ehlert, U. & Nater, U.M. (2009). Der Einfluss des Hörens von Musik auf die akute Stressreaktion. *9th Congress of Health Psychology DGPs*, Zürich, Switzerland.

Thoma, M.V.*, Ehlert, U. & Nater, U.M. (2009). Effekte des Musikhörens auf akute physiologische Stressreaktionen. *6th Workshop - Congress for Clinical Psychology and Psychotherapy*, Zürich, Switzerland.

Brönnimann, R.* , Finkel, L., Horat, E., **Thoma, M.V.**, Ehlert, U. & Nater, U.M. (2009). Der Einfluss des Hörens von Musik auf die psychophysiologische Stressreaktion. *7th Master- and Ph.D – Congress of the Institute of Psychology*, Zürich, Switzerland.

Kreienbühl, L.* , Zemp, M., **Thoma, M.V.**, Galli, U., Schmidlin, P., Ehlert, U. & Nater, U.M. (2009). Der Einfluss von Musik auf das Stress- und Angsterleben von Patienten vor einer zahnmedizinischen Behandlung. *7th Master- and Ph.D – Congress of the Institute of Psychology*, Zürich, Switzerland.

Thoma, M.V.*, Ehlert, U. & Nater, U.M. (2009). Effects of listening to music on acute physiological responses to stress. *30th Annual Meeting & Scientific Sessions, SBM*, Montréal, Canada.

2008

Böni, M.* , Flütsch, R., **Thoma, M.V.**, Ehlert, U., & Nater, U.M. (2008). Musik als Auslöser starker Emotionen. *6th Master- and Ph.D – Congress of the Institute of Psychology*, Zürich, Switzerland.

Thoma, M.V.*, Ryf, S., Ehlert, U. & Nater, U.M. (2008). Emotion regulation in everyday situations by listening to music. *10th International Congress of Behavioral Medicine*, Tokyo, Japan.

Thoma, M.V.*, Brönnimann, R., Finkel, L., Horat, E., Ehlert, U. & Nater, U.M. (2008). Mechanisms of the effectiveness of music interventions. *Ph.D Retreat at the Centre of Neuroscience, ZNZ*, Valens, Switzerland.

2005

Thoma, M.V.*, Ryf, S., Ehlert, U. & Nater, U.M. (2005). Emotionsregulation durch das Hören von Musik. *3rd Master- and Ph.D – Congress of the Institute of Psychology*, Zürich, Switzerland.

PRESENTATIONS AT NON-SCIENTIFIC MEETINGS AND EVENTS

EXTERNAL NON-SCIENTIFIC TALKS

2023

Depression in older age [Depression im Alter] (August, 2023). Online presentation given for the Clinic Barmelweid, Switzerland.

Mental resilience [Psychische Resilienz] (July, 2023). Online presentation given for the Verein Risiko & Sicherheit (VR&S), Switzerland.

Resilience in older age [Resilienz im Alter] (April, 2023). Presentation (presence mode) given for the Senioren-Universität Zürich UZH3, Zürich, Switzerland.

How can I strengthen my resilience? [„Wie kann ich meine Resilienz stärken?“] (March, 2023). Presentation given for EQUILIBRIUM - Association for the management of depression [Verein zur Bewältigung von Depressionen], Zürich, Switzerland.

Mental health of family caregivers: How can we strengthen their resources and resilience? [Psychische Gesundheit der betreuenden Angehörigen: Wie können wir deren Ressourcen und Resilienz stärken?] (March, 2023). Presentation given at the 24th National Health Promotion Conference and the 10th Network Meeting of the Mental Health Network Switzerland: "Mental Health". [24. Nationale Gesundheitsförderungs-Konferenz und die 10. Netzwerktagung des Netzwerks Psychische Gesundheit Schweiz: «Psychische Gesundheit»], Bern, Switzerland.

2022

Strengthen resilience; Weaken Haters [Resilienz stärken; Hater:innen schwächen] (November, 2022). Presentation given for the JourTag2022, ZHAW, Winterthur, Switzerland.

Psychotherapy in older age [Psychotherapie im Alter] (October, 2022). Presentation given at the Fachsymposium «Depressive Disorders in older age» [Depressive Erkrankungen im Alter], Privatklinik Wyss AG, Münchenbuchsee, Bern, Switzerland.

Resilience in the context of hate speech [Resilienz im Zusammenhang mit Hate Speech] (September, 2022). Online presentation given for the Swiss Radio and Television (SRF), online, Switzerland.

How can I strengthen my resilience? [Wie kann ich meine Resilienz stärken?] (September, 2022). Presentation given for the Rotary Club Zug, Zug, Switzerland.

Overview over the stress-related mental health disorders in the new ICD-11 with focus on the complex PTSD [Überblick zu den «Spezifisch belastungsbezogenen Störungen» der neuen ICD-11 mit Fokus auf die Komplexe PTBS] (June, 2022). Presentation given at the «Rheinfelder Tag Psychosomatik: Krank nach schwerer Belastung und Traumatisierung», Rheinfelden, Switzerland.

What does „mental health in older age“ mean and what can be done for it? [Was bedeutet psychische Gesundheit im Alter und was kann man dafür tun?] (May, 2022). Presentation given at the Reformierte Kirchen Bern-Jura-Solothurn, Bereich Sozial-Diakonie, Bern, Switzerland. <https://www.diakonierefbejuso.ch/aktuell.html>

2021

ICD-11 - New features and an overview over the «specific stress-related disorders» [ICD-11 – Neuerungen und ein Überblick zu «Spezifisch belastungsbezogenen Störungen»] (2021). Hybrid presentation and discussion conducted at the further education of the Cantonal Association of the psychologists of Zürich (ZÜPP).

Strengthening the mental health of nursing relatives – especially in the context of Corona [Angehörige und deren psychische Gesundheit stärken – gerade auch im Kontext von Corona] (2021). Online presentation conducted in the context of an exchange meeting that was organized by the “Gesundheitsförderung Schweiz“ (NPG / RSP).

The strengthening of resilience – factors for the successful overcoming of crises [Resilienz stärken - Faktoren für die erfolgreiche Krisenbewältigung] (2021). Online presentation conducted for members and non-members of the Swiss Positive Psychology Association (SWIPPA). <https://www.swippa.ch/de/veranstaltungen/uebersicht.html>

2016

No stress? Not possible! Where is stress coming from, why we need stress and how can we optimally cope with stress. [Ohne Stress geht es nicht! Woher er kommt, wozu es ihn braucht, wie man ihn bewältigt] (2016). Information event for new students at the students’ residence Sonnegg, Zürich, Switzerland. <https://sonnegg-zh.ch/2016/03/16/ohne-stress-geht-es-nicht-dr-myriam-thoma/>

How to communicate with survivors of compulsory measures and/or placement [Vom Umgang mit Opfern und Betroffenen von Fürsorgerischen Zwangsmaßnahmen oder Fremdplatzierungen] (2016). Informational event at the Federal Ministry of Justice and Police [Eidgenössischen Justiz- und Polizeidepartements, EJPD] for workers at regional points of contacts and archives for survivors and individuals affected by compulsory social measures and placements, Bern, Switzerland.

2015

Depression and addition to alcohol in older age – a tabu? [Depressionen und Alkohol im Alter – ein Tabuthema?] (2015). Ökumenische Veranstaltung „Älterwerden – Alt sein“, Kirchengemeinde Kloten, Switzerland.

EXTERNAL TEACHING / WORK-SHOPS IN HIGHER EDUCATION

2023

Psychotherapy for elderly patients (November, 2023). Online presentation and supervision provided for 90+ clinical therapists in China for the *The German-Chinese Academy for Psychotherapy* ([/https://dcap.de](https://dcap.de)).

Resilience [Resilienz] and Application Areas of Clinical Counseling Competence [Anwendungsfelder der klinischen Beratungskompetenz] (November, 2023). Two half-days workshop (presence mode) conducted for the *CAS in Positive Psychology [CAS in Positiver Psychologie]*, University of Zürich, Switzerland.

Stress-related disorders in the new ICD-11 (November, 2023). Presentation (presence mode) conducted for the *Stiftung Carelink*, Olten, Switzerland

ICD-11 and pediatric neuropsychology: the most important new features [ICD-11 und pädiatrische Neuropsychologie: Die wichtigsten Neuerungen]. Presentation (presence mode) conducted for the Swiss Association for Child and Adolescent Neuropsychology [Schweizerischen Vereins für Kinder- und Jugendneuropsychologie], Zürich, Switzerland.

Complex PTSD [Komplexe PTBS] (November, 2023). Full day further education (presence mode) conducted for the *IBP Institute*, Switzerland.

Psychopathology [Psychopathologie] (October, 2023). In person Workshop (12.5 teaching units) at the *Advanced Studies in Cognitive Behavioral Therapy (CBT) and Behavioral Medicine*, University of Zürich, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (September, 2023). Online further education conducted for the *IBP Institute*, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (July, 2023). 2.5h workshop (presence mode) given for psychologists/psychotherapists working at the *KaPo Bern*, Switzerland.

Complex PTSD [Komplexe PTBS] (June, 2023). Full day further education (presence mode) conducted for the *IBP Institute*, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (May, 2023). Online further education conducted for the *IBP Institute*, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (May, 2023). Presentation (presence mode) given for *Institut für systemische Entwicklung und Fortbildung (IEF)*, Zürich, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (April, 2023). Online further education conducted for the *SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie]*, Switzerland.

Disorders specifically associated with stress in the ICD-11 [Störungen, die spezifisch Stress-assoziiert sind] (March, 2023). Online further education conducted for the *Österreichische Gesellschaft für angewandte Tiefenpsychologie und allgemeine Psychotherapie* (ÖGATAP), Austria.

Resilience as influencing factor of the ergo therapeutic treatment at the example of former Swiss Verdingkinder [Resilienz als Einflussfaktor in der ergotherapeutischen Behandlung, am Beispiel von Schweizer Verdingkindern] (March, 2023). Three teaching lessons (presence mode) for the *CAS Best Practice in Ergotherapy* at the Zürcher Hochschule für Angewandte Wissenschaften (ZHAW), Winterthur, Switzerland.

Advanced age: Coping with diseases and resilience in older age / Relatives as caregivers [Fortgeschrittenes Lebensalter: Krankheitsbewältigung und Resilienz im höheren Lebensalter / Angehörige als Caregiver] (March, 2023). Full day workshop (presence mode) conducted for the Institute of Psychology – CAS Coping with diseases and strengthening of resources over the lifespan [CAS Krankheitsbewältigung und Ressourcenstärkung über die Lebensspanne], University of Zürich, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (March, 2023). Online further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie], Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (February, 2023). Online further education conducted for the IBP Institute, Switzerland.

Psychopathology in older age [Psychopathologie des Alters] (February, 2023). Full-day workshop (presence mode) conducted for the Center of Gerontology CAS Consulting competence for living in older age [Zentrum für Gerontologie CAS *Beratungskompetenz zum Leben im Alter*], University of Zürich, Switzerland.

New features of the ICD-11 [Neuerungen in der ICD-11] (February, 2023). 6h workshop (presence mode) conducted for SIHLMED Therapiezentrum, Zürich, Switzerland.

Complex PTSD [Komplexe PTBS] (January, 2023). Full-day further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie] (presence mode), Bern, Switzerland.

An overview over the most important new features of the ICD-11 [Die wichtigsten Neuerungen in der ICD-11 im Überblick] (January, 2023). Half-day workshop (presence mode) conducted for the Psychiatrische Dienste Graubünden (PDGR), Chur, Switzerland.

2022

Resilience [Resilienz] (December, 2022). Workshop (presence mode) conducted for the *CAS in Positive Psychology [CAS in Positiver Psychologie]*, University of Zürich, Switzerland.

The most relevant changes in the ICD-11 [Die relevantesten Änderungen der ICD-11] (December, 2022). Further education conducted for *Arud Zentrum für Suchtmedizin* (presence mode), Zürich, Switzerland.

An overview over the most important new features of the ICD-11 [Die wichtigsten Neuerungen der ICD-11 im Überblick] (December, 2022). Online further education conducted for the *Österreichische Gesellschaft für angewandte Tiefenpsychologie und allgemeine Psychotherapie* (ÖGATAP), Austria.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (November, 2022). Online further education conducted for the IBP Institute, Switzerland.

Psychopathology [Psychopathologie] (October, 2022). In person Workshop (12.5 teaching units) at the *Advanced Studies in Cognitive Behavioral Therapy (CBT) and Behavioral Medicine*, University of Zürich, Switzerland.

An overview over the most important new features of the ICD-11 [Die wichtigsten Neuerungen im Überblick der ICD-11] (October, 2022). Online further education conducted for ENTERO, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (30st of September, 2022). Online further education conducted for the IBP Institute, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (16th of September, 2022). Online further education conducted for the IBP Institute, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (July, 2022). Online presentation held for the St. Gallische Psychiatrie-Dienste Süd, Psychiatrie-Zentrum Linthgebiet, Uznach, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (July, 2022). Online further education conducted for the IBP Institute, Switzerland.

Posttraumatic stress disorders [Posttraumatische Belastungsstörungen] (July, 2022). Further education conducted for the “Postgraduale Weiterbildung in Neuropsychologie, DAS-NP” at the University of Zürich (presence mode), Zürich, Switzerland.

ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (July, 2022). Further education conducted for the IBP Institute (presence mode), Winterthur, Switzerland.

- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (30th of June, 2022). Online further education conducted for the IBP Institute, Switzerland.
- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (3rd of June, 2022). Online further education conducted for the IBP Institute, Switzerland.
- Complex PTSD [Komplexe PTBS] (May, 2022). Further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie] (presence mode), Zürich, Switzerland.
- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (May, 2022). Online further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie], Switzerland.
- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (April, 2022). Online further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie], Switzerland.
- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (March, 2022). Online further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie], Switzerland.
- Resilience [Resilienz] (March, 2022). Workshop (presence mode) conducted for the CAS in Positive Psychology [CAS in Positiver Psychologie], University of Zürich, Switzerland.
- Advanced age: Coping with diseases and resilience in older age / Relatives as caregivers [Fortgeschrittenes Lebensalter: Krankheitsbewältigung und Resilienz im höheren Lebensalter / Angehörige als Caregiver] (March, 2022) (presence mode). Institute of Psychology – CAS Coping with diseases and strengthening of resources over the lifespan [CAS Krankheitsbewältigung und Ressourcenstärkung über die Lebensspanne], University of Zürich, Switzerland.
- Psychopathology in older age [Psychopathologie des Alters] (February, 2022). Online workshop conducted for the Center of Gerontology CAS Consulting competence for living in older age [Zentrum für Gerontologie CAS *Beratungskompetenz zum Leben im Alter*], University of Zürich, Switzerland.
- ICD-11 – An overview over the most important new features [ICD-11 – Die wichtigsten Neuerungen im Überblick] (January, 2022). Online further education conducted for the SGVT [Schweizerische Gesellschaft für kognitive Verhaltenstherapie], Switzerland.

2021

Depression in older age: particularities, risk- and protective factors [Depressionen im Alter: Besonderheiten, Risiko- und Schutzfaktoren, Therapie] (2021). Online seminar conducted for EZUS [Europäische Zentrum für universitäre Studien], Germany.

Psychopathology in older age [Psychopathologie des Alters] (2021). CAS Consulting competence for living in older age [*CAS Beratungskompetenz zum Leben im Alter*], University of Zürich, Switzerland.

Resilience as influencing factor of the ergo therapeutic treatment at the example of former Swiss Verdingkinder [Resilienz als Einflussfaktor in der ergotherapeutischen Behandlung, am Beispiel von Schweizer Verdingkindern] (2021). Teaching lessons for the *CAS Best Practice in Ergotherapy* at the Zürcher Hochschule für Angewandte Wissenschaften (ZHAW), Winterthur, Switzerland.

2020

Psychopathology [Psychopathologie] (Fall, 2020). Online – Workshop (12.5 teaching units) at the *Advanced Studies in Cognitive Behavioral Therapy (CBT) and Behavioral Medicine*, University of Zürich, Switzerland.

Psychopathology [Psychopathologie] (Spring, 2020). Online – Workshop (9 teaching units) at the *Advanced Studies in Cognitive Behavioral Therapy (CBT) and Behavioral Medicine*, University of Zürich, Switzerland.

Psychotherapy with very young and old individuals – opportunities and challenges [Therapie mit ganz jungen und alten Menschen - Chancen und Herausforderungen] (2020). Main lecture held at the *Advanced Training Convention of the Further Education in Psychotherapy* [Fortbildungstagung der Weiterbildung Psychotherapie]: Psychotherapy with young and old people – opportunities and challenges, University of Bern, Switzerland.

How can resilience and personal growth be fostered over the life span and up to older age? [Wie kann man Resilienz und Persönlicher Wachstum im Lebensverlauf und bis ins Alter fördern?] (2020). Workshop (3h) conducted at the *Advanced Training Convention of the Further Education in Psychotherapy* [Fortbildungstagung der Weiterbildung Psychotherapie]: Psychotherapy with young and old people – opportunities and challenges, University of Bern, Switzerland.

2019

Posttraumatic stress disorder [Posttraumatische Belastungsstörung] (2019). Teaching lesson for practitioners in medical and psychological psychiatry and psychotherapy conducted at the *Forum for Medical Further Education* [Forum für medizinische Fortbildung], Zürich, Switzerland.

2018

Resilience as influencing factor of the ergo therapeutic treatment at the example of former Swiss Verdingkinder [Resilienz als Einflussfaktor in der ergotherapeutischen Behandlung, am Beispiel von Schweizer Verdingkindern] (2018). Teaching lesson conducted for the *CAS Best Practice in Ergotherapy* at the Zürcher Hochschule für Angewandte Wissenschaften (ZHAW), Winterthur, Switzerland.

OUTREACH ACTIVITIES

2022

Tamedia – Verlagsbeilage SeniorInnen (15. Oktober, 2022). Über Depressionen reden.

2021

ZüPP (2021). ICD-11 – Wichtigste Neuerungen und ein Überblick zu den spezifisch belastungsbezogenen psychischen Störungen.

<https://www.zuepp.ch/aktuelles/berufspraxis/nl23-icd-11/>

Limitless Harmonies (2021). 5 ways music can help us through grief and loss.

<https://www.limitlessharmonies.com/blog/music-and-grief>

2020

inFranken.de (2020). Was Corona, Musik und Social Media mit uns macht.

<https://www.infranken.de/lk/bamberg/was-corona-musik-und-social-media-mit-uns-macht-art-5095548>

Sleepopolis (2020). 7 Tips for Catching Zzz's While Stuck at the Airport.

<https://sleepopolis.com/news/sleep-tips-stuck-at-airport/>

Thüringer Allgemeine (2020). «Wir spielen jetzt Mann und Frau».

<https://www.pressreader.com/similar/281694027037171>

Writing and Wellness (2020). Healthy activities proven to help you relax.

<http://writingandwellness.com/2020/06/08/healthy-activities-proven-to-help-you-relax/>

Woman's World (2020). Tune into calm! <https://www.pressreader.com>

Northwest LIFE MEDICINE Clinic (2020). Boost immune health with compassion.

<https://nwlifemedicine.com/blog/2020/3/27/compassion-covid-19-and-immune-system-health>

Any Free Papers (2020). Effects of music on human behavior research paper.

<https://anyfreepapers.com/free-research-papers/effects-of-music-on-human-behavior.html>

Mindful Life Training (2020). Ancient Brain – Modern Stress: How to switch off your stress response.

<https://www.mindfullife.com.au/blog/ancient-brain--modern-stress-how-to-switch-off-your-stress-response>

2019

Seniorweb (2019). Schwierige Kindheit – und dann? <https://seniorweb.ch/2019/12/05/schwierige-kindheit-und-dann/>

Thrive Global (2019). Ancient Brain – Modern Stress: How to switch off your stress response.

<https://thriveglobal.com/stories/ancient-brain-modern-stress-how-to-switch-off-your-stress-response/>

Blick (2019). Trotz administrativer Versorgung und Heimkind gesund.
<https://www.blick.ch/news/politik/sergio-devecchi-erlebte-in-einem-tessiner-erziehungsheim-die-hoelle-und-ist-heute-trotzdem-gluecklich-ich-hatte-die-faehigkeit-mich-selber-zu-troesten-id15335297.html>

SisterMAG (2019). Warum uns Naturgeräusche guttun. <https://www.sistermag.com/magazin/sistermag-no-47-april-2019/warum-uns-naturgeraeusche-guttun/>

UZH-Magazin (2019). Die Wissenschaftszeitschrift. Gestählte Psyche.
<https://www.magazin.uzh.ch/de/current.html#0-0>. 1/19, 18-20. Also published on:
<https://germanroadraces.de/?p=123705>

Fokus.Swiss. (2019). Durch Bewegung Depressionen bekämpfen.
<https://fokus.swiss/2019/02/25/durch-bewegung-depressionen-bekaempfen/>

Good Company Project (2019). Why you should listen to music when you're working.
<https://ingoodcompanyproject.org/listen-music-working/>

2017

Spectrio (2017). How Music Can Affect Shoppers. <https://blogs.spectrio.com/how-music-can-affect-shoppers>

SRF Kultur – Gesellschaft und Religion (2017). Sexueller Missbrauch: Die Erinnerung kommt in Fetzen zurück. <http://www.srf.ch/kultur/gesellschaft-religion/sexueller-missbrauch-die-erinnerung-kommt-in-fetzen-zurueck>

Landbote (2017). Viele ehemalige Verdingkinder fühlen sich durch das Erlebte wie abgestempelt.
<http://www.landbote.ch/front/aktuellethemen/viele-ehemalige-verdingkinder-fuehlen-sich-durch-das-erlebte-wie-abgestempelt/story/24394854>

2016

NZZ (2016). Resilienz: Wann ist Stress gesund? <http://www.nzz.ch/wissenschaft/medizin/resilienz-wann-ist-stress-gesund-ld.110418>

Chillin'Out (2016). The Science & Practice of Stress Management. Does Listening to Music Reduce Stress. <https://sites.utexas.edu/stressmanagment2016/expressive/progressive-expressiveness/musical-expressions/>

Atlas of Science (2016). Differential courses of delay discounting in mild cognitive impairment and Alzheimer's disease. <http://atlasofscience.org/differential-courses-of-delay-discounting-in-mild-cognitive-impairment-and-alzheimers-disease/>

2015

Tagesanzeiger (2015). Ein Stück aufblasbare Freiheit.
<https://www.tagesanzeiger.ch/zuerich/bellevue/ein-stueck-aufblasbare-freiheit/story/19360582>

2014

Medical Press (2014). Researchers explore the relationship between self-compassion and health.

Retrieved from: medicalxpress.com/pdf315814925.pdf

Science Daily (2014). Obesity and stress pack a double hit for health. Retrieved from:

<http://www.sciencedaily.com/releases/2014/09/140922130747.htm>

Brandeis University. (2014). Obesity and stress pack a double hit for health. Retrieved from:

<http://www.brandeis.edu/now/2014/september/stress-and-obesity.html>.

CBS News (2014). For obese, stress may be even more deadly. Retrieved from:

<http://www.cbsnews.com/news/for-obese-stress-may-be-even-more-deadly/>

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