

## Program Overview

	<b>Tuesday, 08.03.22 (online)</b>	<b>Wednesday, 09.03.22 (K02-F-152)</b>	<b>Thursday, 10.03.22 (K02-F-152)</b>	<b>Friday, 11.03.22 (K02-F-152)</b>	
<b>TIME</b>	<b>Pre-Conference workshops</b>	<b>DAY 1: Cultural clinical psychology</b>	<b>DAY 2: Growing up in science &amp; women in science</b>	<b>DAY 3: Hands-on research (11.03.22)</b>	
08:30–09:00					
09:00–10:00	Interactive workshop 1: Immigration, trauma, & disaster mental health (09:00–10:30)	Registration (9:00–9:30; K02-G-275)	Women in science: Panel discussion (9:00–10:30)	Qualitative workshop (9:00–10:30)	Quantitative workshop (9:00–10:30)
10:00–11:00		Kick-off talk (9:30–9:45)			
		Expert-led talk 1 (09:45–10:45)			
		Coffee & Toilet Break (10:30–10:45)			
	Panel: Own experiences: Open dialogue on successes and failures (10:45–12:00)	Coffee & Toilet Break (10:45–11:00; K02-G-275)	Growing up in science: Human libraries (10:45–12:00)	Writing workshop (10:45–12:00)	
11:00–12:00		Mindfulness session (11:00–12:00)			
12:00–13:00	Lunch Break	Lunch Break (Lichthof Süd)	Lunch Break (Lichthof Nord)	Lunch Break (Lichthof Nord)	
13:00–14:00	Research integrity workshop (13:00–14:30)	Interactive workshop 2: Psychedelic therapy development (13:00–14:30)	Stress management workshop (13:00–14:30)	Grant writing workshop: Part 1 (13:00–14:30)	
14:00–15:00		Coffee & Toilet Break (14:30–14:45; K02-G-275)	Coffee & Toilet Break (14:30–14:45; K02-G-275)	Coffee & Toilet Break (14:30–14:45; K02-G-275)	
15:00–16:00		Expert-led talk 2 (14:45–15:45)	Mindfulness session (14:45–15:30)	Grant writing workshop: Part 2 (14:45–16:00)	
16:00–17:00		Networking & poster session (15:45–16:30)	Poster session (15:30–17:00)	Closing remarks and open networking session (16:00–open)	

## Detailed Program<sup>1</sup>

### PRE-CONFERENCE WORKSHOPS (ONLINE)

9:00 – 10:30 *Cultural Clinical Psychology – Interactive Workshop 1: Beste Boduroglu & Murat Can Birand Apaydin*

- Focus: Immigration, trauma, and disaster mental health

10:30 – 10:45 *Coffee and Toilet Break*

10:45 – 12:00 *Panel Discussion: Our Own Experiences (Junior Researchers)*

- Open dialogue on our own successes and failures in our research and academic life – Peer-advice, tips, and support.

12:00 – 13:00 *Lunch Break*

13:00 – 14:30 *Interactive Research Integrity Workshop: PD Dr. iur. Roberto Andorno*

- Introduction to research integrity, presentation, and discussion of real/fictional cases, discuss student's own experiences in the field of academia and research.

*(End of Pre-Conference workshops)*

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<sup>1</sup> Detailed information on the experts listed in the program can be found at the end of this document.

## **DAY 1: CULTURAL CLINICAL PSYCHOLOGY**

*9:00 – 9:30 Registration*

*9:30 – 9:45 Kick-off Talk: Dr. Shauna Rohner*

- General welcoming talk, introduction to program.

*9:45 – 10:45 Expert-led Talk on Cultural Clinical Psychology: M.Sc. Imer Pnishi (online)*

- Research in cultural clinical psychology – Focus: Cultural Identity, Cultural self-concepts and parentification: Insights from a qualitative study in second generation migrants. Q&A session.

*10:45 – 11:00 Coffee and Toilet Break*

*11:00 – 12:00 Mindfulness Session: Franziska Zumsteg*

*12:00 – 13:00 Lunch Break*

*13:00 – 14:30 Cultural Clinical Psychology – Interactive Workshop 2: Helena Aicher & Robin von Rotz*

- Focus: Psychedelic therapy development

*14:30 – 14:45 Coffee and Toilet Break*

*14:45 – 15:45 Expert-led Talk on Cultural Clinical Psychology: Dr. Gail Womersley*

- Research in cultural clinical psychology – Focus: Research and practice – Trauma-focussed counselling for refugee populations and internally displaced persons affected by conflict, torture, and violence. Q&A session.

*15:45 – 16:30 Networking and Poster Session*

*(End of day 1)*

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## **DAY 2: GROWING UP IN SCIENCE & WOMEN IN SCIENCE**

*9:00 – 10:30 Women in Science: Panel Discussion: Prof. Dr. Birgit Kleim, Dr. Leila Tarokh, Prof. Dr. Johanna Böttcher, & moderator*

- Panel discussion about their experiences as a woman in the field of cultural and clinical psychology, addressing the issue of overcoming the “leaky pipeline”, providing advice and inspiration from leading women in this field.

*10:30 – 10:45 Coffee and Toilet Break*

*10:45 – 12:00 Growing up in Science: Human Libraries: Prof. Dr. Moritz Daum, Prof. Dr. Amber Gayle Thalmayer, Prof. Dr. Birgit Kleim, Dr. Leila Tarokh, Prof. Dr. Johanna Böttcher, Dr. Sebastian Horn*

- “Human libraries” format, using small-group settings to give junior researchers the opportunity to ask career and research-related questions from key figures in the field of cultural and clinical psychology.

*12:00 – 13:00 Lunch Break*

*13:00 – 14:30 Stress Management Workshop: Dr. Aurélie Lattion; Nightline Zürich: Anna Reichart & Jessica Uebersax*

- Expert-led talk and open dialogue discussion about stress, its causes and effects, and stress management. Q&A session.
- Stress-management resources (Nightline)

*14:30 – 14:45 Coffee and Toilet Break*

*14:45 – 15:30 Mindfulness Session: Franziska Zumsteg*

*15:30 – 16:30 Poster Session*

*(End of day 2)*

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### **DAY 3: HANDS-ON RESEARCH**

*9:00 – 10:30 Interactive Methods Workshops*

- *Parallel track 1 – Qualitative Workshop: Dr. Emily Reeves*
  - E.g., thematic coding and analysis, but focus adapted to needs of registered attendees.
- *Parallel track 2 – Quantitative Workshop on Multilevel Modelling: Prof. Dr. Claudia Crayen (online)*

*10:30 – 10:45 Coffee and Toilet Break*

*10:45 – 12:00 Interactive Writing Workshop: Dr. Simon Milligan*

- Scientific and academic writing for theses or manuscripts (focus adapted to needs of registered attendees).

*12:00 – 13:00 Lunch Break*

*13:00 – 14:30 Interactive Grant Writing Workshop – Part 1 (Fundraising): Dr. med. Andrea Degen*

- Introduction to fundraising for research and academia, Swiss and international funding procedures and guidelines, tips and advice.

*14:30 – 14:45 Coffee and Toilet Break*

*14:45 – 16:00 Interactive Grant Writing Workshop – Part 2 (Proposal Writing): Dr. med. Andrea Degen*

- Writing a good grant proposal, tips and advice, Swiss and international examples.

*16:00 – open Closing Remarks and Open Networking Session*

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*(End of day 3/conference)*

**Prof. Dr. Birgit Kleim, University of Zurich:** Professor Kleim is a professor of experimental psychopathology and psychotherapy at the University of Zurich. Her research investigates key features of anxiety disorders and posttraumatic stress disorder in order to translate these findings into innovative clinical applications and optimize current psychotherapy. She is also interested in examining what makes individuals resilient in the face of stress and traumatic events and, in turn, in how such findings can be translated in developing evidence-based and just-in-time prevention and intervention programs. Professor Kleim will share her experience in the 'women in science' and 'growing up in science' discussions.

**Prof. Dr. Johanna Böttcher, Psychologische Hochschule Berlin:** Professor Böttcher is a professor of clinical psychology and psychotherapy at the Psychologische Hochschule Berlin. Her research focuses on innovative internet-based interventions for the treatment of mental disorders, as well as on transdiagnostic psychotherapy. Professor Böttcher will share her experience in the 'women in science' and 'growing up in science' discussions.

**Prof. Dr. Moritz Daum, University of Zurich:** Professor Daum is a professor of developmental psychology at the University of Zurich. His research focuses on cognitive development in infants and children, including the interaction of cognitive and sensorimotor processes in development, mechanisms of selective imitation, as well as neurophysiological bases of early cognitive development. Professor Daum will share his experience in the 'growing up in science' discussion.

**Leila Tarokh, PhD, University of Bern:** Leilah Tarokh received her PhD in Cognitive Neuroscience from the University of California, Irvine in 2006. From 2006-2009 she was a NIAAA postdoctoral fellow at Brown University and subsequently a visiting scholar and fellow at the University of Zurich. She is now a group leader at the university psychiatric services (universitäre psychiatrische Dienste) at the University of Bern. Her research aims to understand the role of sleep in child and adolescent mental health using a multimodal approach. Leila Tarokh will share her experience in the "women in science" and "growing up in science" discussions.

**Prof. Dr. Amber Gayle Thalmayer, University of Zurich:** Professor Thalmayer is a SNF-professor at the University of Zurich. Her research focuses on longitudinal quantitative studies and qualitative studies on mental health, cultural values, and personality development among emerging adults in Africa (Namibia, Kenya, Nigeria). Professor Thalmayer will share her experience in the 'growing up in science' discussion.

**Prof. Dr. Claudia Crayen, University of Zurich:** Professor Crayen is a visiting professor at the University of Zurich. Her research examines different ways to measure and model change, with a focus on categorical measurements, consideration of measurement error by using latent variables, and heterogeneity in change. Her teaching covers multiple areas of statistical methods, including multilevel analysis, structural equation models, and the particularities longitudinal data. Professor Crayen will lead the interactive quantitative workshop.

**PD Dr. iur. Roberto Andorno, University of Zurich:** Dr. Andorno is a Privatdozent of biomedical law and bioethics at the Faculty of Law of the University of Zurich. He is also a Research Fellow at the Institute of Biomedical Ethics and Medical History, where he also coordinates the PhD Program in biomedical ethics and law. He has taught research integrity courses for several years, including courses for PhD candidates at the University of Zurich. He also conducted research for the EU Project "INTEGRITY" on the teaching of scientific integrity in Europe. Dr. Andorno will lead the interactive workshop on research integrity.

**Dr. Sebastian Horn, University of Zurich:** Dr. Horn is an independent research group leader at the University of Zurich, in the research group of developmental psychology (with a focus on adulthood). His research focuses on the development and interplay between memory and decision making across the lifespan, as well as the role of motivation in preferential and economic decisions. Dr. Horn will share his experience in the 'growing up in science' discussion.

**Dr. Simon Milligan, ETH Zürich:** Dr. Milligan works at the ETH Zürich in the Sprachenzentrum UZH und ETH Zürich, as well as at the Department of Management, Technology, and Economics. Since 2007, he has taught scientific writing at the University of Bern, University of Zurich, and the ETH Zürich. He also has more than 10 years of experience as an academic editor in a range of social and natural sciences. He has developed a number of writing courses tailored to the needs of particular fields, including psychology. Dr. Milligan will lead the interactive workshop on scientific writing.

**Dr. med. Andrea Degen, University of Bern:** Dr. Degen is a grant writing expert who works at the University of Bern and also independently. She regularly teaches young researchers about writing successful grants and is familiar with Swiss as well as international funding procedures and guidelines. Dr. Degen will lead the interactive workshop on fundraising and writing grant proposals.

**Dr. Aurélie Lattion, École Polytechnique Fédérale de Lausanne:** Dr. Lattion obtained her PhD in neuroscience at the École Polytechnique Fédérale de Lausanne. She is currently the project manager of the Agora “Stress” project and coordinator of “Stress Network”, a national network of researchers working in the field of stress and its effects (<https://www.stressnetwork.ch/>). Dr. Lattion will lead the interactive workshop on stress and ways of managing it.

**Dr. Emily Reeves, Swiss School of Public Health, Zurich:** Dr. Reeves obtained her PhD in psychology from the University of Basel, with a focus on qualitative research in the context of the NRP 74 “Smarter Healthcare” project entitled *Coordination and collaboration in palliative care: Palliative Care Networks in Switzerland* (NRP 74, Project ID: 407440\_167345, [www.nrp74.ch](http://www.nrp74.ch)). In addition to her work as a research associate on the NRP 74 project, she was also a guest lecturer at the department of psychology, University of Zurich, providing workshops on qualitative research methods. She currently works at the Swiss School of Public Health (SSPH+) as the project manager for a public health project that will feature at the upcoming world Expo in Dubai in January 2022. Dr. Reeves will lead the interactive qualitative workshop.

**Dr. Gail Womersley, UNHCR, Geneva:** Dr. Womersley obtained her PhD in psychology from the University of Neuchâtel, with her research exploring PTSD among refugee victims of torture from a sociocultural and systemic perspective of mental health. She also has a postgraduate certificate in refugee trauma from Harvard University. She is currently a clinical psychologist and senior staff counsellor for the United Nations High Commissioner for Refugees (UNHCR) in Geneva. She has developed and implemented mental health programmes with international associations in Iraq, Greece, the Philippines, South Sudan, the Central African Republic, Ukraine, Zimbabwe, Israel, and the Democratic Republic of Congo. This clinical experience includes conducting individual and group trauma-focussed counselling for refugee populations and internally displaced persons affected by conflict, torture, and violence. Her experience also includes counselling and training staff working in crisis environments; and she has also worked as a clinical psychologist for the South African Department of Health and the Department of Defence. Dr. Womersley will share her experience in an expert-led talk.

**Imer Pnishi, M.Sc., Sanatorium Kilchberg:** Imer Pnishi obtained his Masters in psychology from the University of Zurich, under the supervision of Dr. Mirë Linda Shala, with a research focus on the cultural adaptation of “Hap-pas-Hapi”, an internet and smartphone-based self-help intervention for the treatment of psychological stress for Albanian-speaking migrants in Switzerland and Germany. He is currently working as a psychologist at the Sanatorium Kilchberg for stress-related disorders, and is also engaged in clinical training in cognitive behavioural therapy and behavioral medicine. Imer Pnishi will share his research experience in an expert-led talk.

**Franziska Zumsteg, 8samkeit:** Franziska Zumsteg is a MBSR (mindfulness-based-stress-reduction) teacher and certified Yoga instructor. She has completed different additional trainings, e.g., CAS in coaching, CAS in counseling, and mindful self-compassion, as well as having many years of experience teaching and practicing mindfulness and yoga (see her full profile on the 8samkeit website: <https://www.8samkeit.ch/ueber-uns>). Franziska Zumsteg will lead the participatory mindfulness sessions.

**Beste Boduroglu, M.Sc., Istanbul Bilgi University:** Ms. Boduroglu is a psychologist specialising in trauma and disaster mental health. She has previously worked in the Women and Girls Safe Space project funded by the United Nations Population Fund (UNFPA); as well as in the Trauma Informed Schools (TIS) Program, conducted trainings for target groups of school counsellors, teachers, and parents. Her various work and voluntary experiences with sensitive groups include a focus on human rights, silenced communities, and traumatized populations. Ms. Boduroglu will co-lead the interactive workshop on immigration, trauma, and disaster mental health.

**Murat Can Birand Apaydın, Hacettepe University:** Murat Can Birand Apaydın is a mental health and psychosocial support (MHPSS) professional with 6 years of experience, including both field work and project developing/management in the humanitarian sector. He holds a BA degree in psychology and is certified as a MHPSS/Conflict Transformation Professional by IOM- UN Migration. In addition, he is certified as a PM+ master trainer by the WHO. He has working experience with International Medical Corps, Save the Children, IOM- UN Migration, and Medecins du Monde – France (MdM-F) as a MHPSS Professional in the Middle East and South Asia. He is currently working as a MHPSS Coordinator for MdM-F, based in Cox's Bazar, Bangladesh. Murat Can Birand Apaydın will co-lead the interactive workshop on immigration, trauma, and disaster mental health.

**Helena Aicher, M.Sc., University of Zurich:** Ms. Aicher is a researcher in psychology and is currently completing her PhD on an EEG study on out-of-body-experiences and mood. She also works on the global ayahuasca project, and investigates pharmahuasca in interventional studies focusing on empathy and prosociality; including neurophysiological, psychometric, and phenomenological methods. She has worked as research assistant at the Department of Personality Psychology focusing on positive psychology, and has also tutored at the Department of Psychological Methods, Evaluation, and Statistics. She previously conducted a clinical internship at the Psychiatric University Hospital Zurich, and also worked with the Department of Neuropsychopharmacology and Brain Imaging to study the effects of psychedelics and meditation. Ms. Aicher will co-lead the interactive workshop on psychedelic therapy development.

**Robin von Rotz, M.Sc., University of Zürich:** Mr. von Rotz is psychologist and researcher with his main expertise in the field of psychopharmacology. During the last decade, he worked in four different research groups and has accumulated expertise and knowledge from the fields of clinical pathology (schizophrenia and depression), different neuroimaging modalities (EEG, fMRI), neurobiology and sleep research, as well as mathematical model predictions using machine-learning algorithms. His current research focuses on a proof-of-concept study, investigating the effects of psilocybin on emotion-regulation and self-related processes in depressed patients. Mr. von Rotz will co-lead the interactive workshop on psychedelic therapy development.

**Nightline, Zürich:** Nightline Zürich is an independent helpline provided by students for students of UZH, ETH, and other academic institutions in Zurich. They are available by phone every evening of the week and listen to any kind of concern and provide information about study-related matters or refer to specialists if required. Two representatives from Nightline Zürich (Anna Reichart & Jessica Uebersax) will lead an interactive talk in the stress session, providing information and resources on their service.