



**PD DR. PHIL. MYRIAM VERENA THOMA**

University of Zürich

Department of Psychology

Division of Psychopathology and Clinical Intervention

Phone: +41 44 635 73 06

Email: [m.thoma@psychologie.uzh.ch](mailto:m.thoma@psychologie.uzh.ch)

Date of birth: 29.10.1979

Nationality: Swiss

---

Researcher ID (ORCID):	<a href="http://orcid.org/0000-0003-4316-522X">http://orcid.org/0000-0003-4316-522X</a>
ResearchGate Profile:	<a href="#">Myriam Verena Thoma - ResearchGate</a>
Google Scholar ID:	<a href="#">Myriam Verena Thoma - Google Scholar ID</a>
Linkedin Profile:	<a href="#">Myriam Verena Thoma - LinkedIn</a>
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 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)
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) <i>Lectureship (lecture):</i> Introduction into Clinical Psychology and Psychopathology (3/14 lectures; 2 hours per lecture, 4 ECTS credits, , due to COVID-19: “Podcasts”)
Spring 2020	<i>E-learning course:</i> Selected topics of psychopathology / Psychopathology taught online (E-learning course, 4 ECTS credits)
Fall 2019	<i>Lectureship (lecture):</i> Clinical gerontopsychology and psychotherapy in old age (2 hours every 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 (3/14 lectures; 2 hours per lecture, 4 ECTS credits)

- Spring 2019      *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).*
- 
- Spring 2010 *Lectureship(seminar)*: Experimental methods in clinical psychology (2 hours per week)  
*Project Group / Journal Club*: Stress-dependent disorders (2 hours per week)
- Fall 2009 *Lectureship (seminar)*: Cognitive-behavioral methods of behavioral medicine (2 hours per week)  
*Project Group / Journal Club*: Music psychology (2 hours per week)
- Spring 2009 *Lectureship (seminar)*: Experimental methods in clinical psychology (2 hours per week)  
*Project Group / Journal Club*: Stress-dependent disorders (2 hours per week)
- Fall 2008 *Lectureship (seminar)*: Evaluation of clinical interventions (2 hours per week)  
*Project Group / Journal Club*: Stress-dependent disorders (2 hours per week)  
*Project Group / Journal Club*: Music psychology (2 hours per week)
- Spring 2008 *Project Group / Journal Club*: Music psychology (2 hours per week)
- Fall 2007 *Project Group / Journal Club*: Stress-dependent disorders (2 hours per week)

---

**SUPERVISION OF JUNIOR RESEARCHERS AT GRADUATE AND POSTGRADUATE LEVEL**

---

- Since 2019:        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. Pflugger (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 23 Master students and 13 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'), *71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America*, Boston, USA (CHF 1000).
- 2016 Swiss Academy of Humanities and Social Sciences ('SAGW'), *69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*, New Orleans, USA (CHF 600).
- 2009 Swiss Academy of Humanities and Social Sciences ('SAGW'), *49<sup>th</sup> Annual Meeting of Psychophysiological Research ('SPR')*, Berlin, Germany (CHF 700)
- 2009 Travel Award, Centre for Neuroscience Zürich ('ZNZ'), *30<sup>th</sup> Annual Meeting & Scientific Sessions ('SBM')*, Montréal, Canada (CHF 1000).
- 2008 Travel Award, Swiss Academy of Humanities and Social Sciences ('SAGW'), *10<sup>th</sup> International Congress of Behavioral Medicine*, Tokyo, Japan (CHF 600).
- 2008 Travel Award, Centre for Neuroscience Zürich ('ZNZ'), *10<sup>th</sup> International Congress of Behavioral Medicine*, Tokyo, Japan (CHF 1000).
- 2006 Travel Award, Swiss Academy of Humanities and Social Sciences ('SAGW'), *9<sup>th</sup> 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.\***, 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.*

**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 (EACLPT), Warsaw, Poland.*

---

\* Indicates the presenting author

- 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.*
- Höltge, 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.\*, Voelkle, M.C., Rohner, S.L., Pfluger, V., Maercker, A., **Thoma, M.V.** (2021). Der Einfluss von kontextuellen Faktoren während und nach fürsorgerischen 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.**, Voelkle, 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., Hölte, 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. *35<sup>th</sup> Annual Meeting of the International Society of Traumatic Stress Studies, ISTSS*, Boston, USA.

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

**Thoma, M.V.**, Mc Gee, S.L.\*<sup>1</sup>, 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. *1<sup>st</sup> European Congress on Clinical Psychology and Psychological Treatment of EACLIPT*, Dresden, Germany.

Eising, C.M.\*<sup>1</sup>, Hölzge, J., Mc Gee, S.L., Maercker, A., & **Thoma, M.V.** (2019). Resilience and stress sensitivity following childhood trauma in aged individuals. *16<sup>th</sup> SPS SGP SSP Conference: Psychology's Contribution to Society*, Bern, Switzerland.

Mc Gee, S.L.\*<sup>1</sup>, Maercker, A., & **Thoma, M.V.** (2019). Resilience in Irish adult survivors of childhood institutional abuse: The cross-cultural application of a resilience model. *16<sup>th</sup> SPS SGP SSP Conference: Psychology's Contribution to Society*, Bern, Switzerland.

Hölzge, J.\*<sup>1</sup>, 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. *6<sup>th</sup> World Congress on Positive Psychology*, Melbourne, Australia.

Adams, P.\*<sup>1</sup>, **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.\*<sup>1</sup>, 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. *9<sup>th</sup> 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. *69<sup>th</sup> 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. *73<sup>rd</sup> 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. *71<sup>st</sup> 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. *11<sup>th</sup> 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. *11<sup>th</sup> 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. *9<sup>th</sup> 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. *9<sup>th</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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. *1<sup>st</sup> 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. *16<sup>th</sup> 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. *16<sup>th</sup> 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. *7<sup>th</sup> 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. *5<sup>th</sup> 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? *5<sup>th</sup> 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. *5<sup>th</sup> 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. *5<sup>th</sup> 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. *5<sup>th</sup> 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. *7<sup>th</sup> “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. *68<sup>th</sup> 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. *45<sup>th</sup> 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. *73<sup>rd</sup> 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. *72<sup>nd</sup> 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. *72<sup>nd</sup> 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. *44<sup>th</sup> 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. *44<sup>th</sup> 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. *22<sup>nd</sup> 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. *71<sup>st</sup> 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. *71<sup>st</sup> 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. *53<sup>th</sup> 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. *52<sup>nd</sup> 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. *52<sup>nd</sup> 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. *42<sup>nd</sup> 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. *52<sup>nd</sup> 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. *70<sup>th</sup> 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. *70<sup>th</sup> 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. *41<sup>st</sup> 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. *51<sup>st</sup> 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. *51<sup>st</sup> 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. *51<sup>st</sup> 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. *51<sup>st</sup> 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. *51<sup>th</sup> 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. *51<sup>th</sup> Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- Gianferante, D.\* , **Thoma, M.V.**, Bashina, A., Frempomaa, C., Lerman, M.H., Polito, M.J. & Rohleder, N. (2011). Preliminary findings on rumination and HPA axis responses to repeated psychosocial stress. *51<sup>th</sup> 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. *51<sup>th</sup> Annual Meeting of the Society for Psychophysiological Research, SPR*, Boston, MA, USA.
- 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. *41<sup>th</sup> 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. *69<sup>th</sup> 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. *69<sup>th</sup> 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. *68<sup>th</sup> 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. *49<sup>th</sup> 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. *9<sup>th</sup> Congress of Health Psychology DGPs*, Zürich, Switzerland.

**Thoma, M.V.\***, Ehlert, U. & Nater, U.M. (2009). Effekte des Musikhörens auf akute physiologische Stressreaktionen. *6<sup>th</sup> 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. *7<sup>th</sup> 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. *7<sup>th</sup> 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. *30<sup>th</sup> 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. *6<sup>th</sup> 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. *10<sup>th</sup> 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

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.

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.

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

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

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

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.

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

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

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.

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.

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.

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.

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.

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.

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] (May, 2023). Online further education conducted for the IBP Institute, Switzerland. for the IBP Institute, 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] (July, 2023). 2.5h workshop (presence mode) given for psychologists/psychotherapists working at the KaPo Bern, 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](http://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/>

DailyMail.co.uk. (2014). Could chilling out save your life? Researchers say 'cutting yourself some slack' could help people live longer. Retrieved from:  
<http://www.dailymail.co.uk/sciencetech/article-2600004/Could-chilling-save-life-Researchers-say-cutting-slack-help-people-live-longer.html>

## 2013

Blick (2013). Wasserrauschen löst Stress laut Studie besser als Musik. Retrieved from:  
<http://www.blick.ch/news/schweiz/entspannung-wasserrauschen-loest-stress-laut-studie-besser-als-musik-id2420885.html>

Limmattaler Zeitung (2013). Plätscherndes Wasser löst Stress besser als Musik. Retrieved from:  
<http://www.limmattalerzeitung.ch/limmattal/zuerich/plaetscherndes-wasser-loest-den-stress-besser-als-musik-127111791>

24 hours (2013). Pour évacuer le stress, rien ne vaut le clapotis de l'eau. Retrieved from:  
<http://mobile2.24heures.ch/articles/521cbee987da8b9d1f0000c8>

Le Centre d'information de l'eau (2013). L'eau adoucit les moeurs. Retrieved from:  
<http://www.cieau.com/on-craque-pour-l-eau/446-l-eau-adoucit-les-moeurs>

Gentside (2013). Pour lutter contre le stress, écoutez le bruit de l'eau. Retrieved from:  
[http://www.gentside.com/eau/pour-lutter-contre-le-stress-ecoutez-le-bruit-de-l-039-eau\\_art54143.html](http://www.gentside.com/eau/pour-lutter-contre-le-stress-ecoutez-le-bruit-de-l-039-eau_art54143.html)

Le soir (2013). Retrieved from: <http://www.lesoir.be/306671/article/actualite/fil-info/fil-info-styles/2013-08-28/femmes-suissees-prefereraient-clapotis-l-eau-musique-pour-diluer-leu>

Femme actuelle (2013). Le bruit de l'eau: un anti-stress naturel. Retrieved from:  
<http://www.femmeactuelle.fr/bien-etre/news-bien-etre/bruit-eau-stress-15868>