

# CURRICULUM VITAE

Rahel Christina Bachem, PhD

## 1. PERSONAL INFORMATION

---

Contact	University of Zurich, Department of Psychology, 8050 Zurich, Switzerland <a href="mailto:r.bachem@psychologie.uzh.ch">r.bachem@psychologie.uzh.ch</a> ; +41 (0)44 635 7305
Date of birth	24th January 1985, Winterthur, Switzerland
Nationality	Swiss
Family	Married, one child: date of birth (2021)
OrcID	<a href="https://orcid.org/0000-0002-9586-6020">https://orcid.org/0000-0002-9586-6020</a>
ResearchGate Profile	Rahel Bachem – ResearchGate
Research interests	Trauma; Stress Response Syndromes; (Complex) Posttraumatic stress disorder; Adjustment disorder; Intergenerational trauma transmission; Prevention and clinical intervention.

## 2. EDUCATION AND ACADEMIC DEGREES

---

01/2023	<b>Professional License as Psychotherapist</b> [Berufsausübungsbewilligung im Kanton Zürich]
12/2019 – 01/2020	<b>Good Clinical Practice Certification</b> Clinical Trials Center, University Hospital Zurich License acknowledged by Swissethics, Swissmedic (Modules 1-3)
04/2014 – 04/2022	<b>Master of Advanced Studies in Cognitive-Behavioral and Interpersonal Psychotherapy</b> Klaus-Grawe-Institute for Psychological Therapy, Zurich [Eidgenössischer Weiterbildungstitel Psychotherapie]
05/2012 – 10/2015	<b>Ph.D. in Psychology (<i>summa cum laude</i>)</b> University of Zurich, Institute of Psychology, Division of Psychopathology and Clinical Intervention Title: Contributions to research into stress response syndromes: The intrapersonal resource sense of coherence and an intervention for adjustment disorders Committee: Prof. Dr. Dr. Andreas Maercker and Prof. Dr. Simon Forstmeier Defense: 02/10/2015
09/2012 – 08/2015	<b>Certificate in Teaching Skills</b> University of Zurich: Faculty of Arts and Social Sciences
09/2006 – 08/2011	<b>Master of Science in Psychology</b> University of Zurich: Division of Psychopathology and Clinical Intervention Title: Aversive and potentially traumatic experiences during the childhood of former Swiss indentured child laborers
09/2005 – 09/2006	<b>Year Abroad: Language Study</b> St. Giles International: London, England Certificate of Proficiency in English and Certificate in Teaching English to Speakers of other Languages (CELTA)
09/2001 – 08/2005	<b>Graduation, Matura</b> Gymnasium Im Lee: Winterthur, Switzerland

### 3. EMPLOYMENT HISTORY

---

01/2025 – present	<b>Professor</b> Eastern Switzerland University of Applied Science, Competence Center for Mental Health, division of Psychopathology and Psychotherapy
01/2025 – present	<b>Psychotherapist in private practice</b> Dr. Rahel Bachem, Praxis für Psychotherapie. Winterthur.
01/2022 – present	<b>Senior Research Associate and Psychotherapist</b> University of Zurich, Institute of Psychology, Division of Psychopathology and Clinical Intervention: Prof. Andreas Maercker
10/2020 – present	<b>Diagnostician for disability assessments</b> (periodic) Private practice, Dr. med. Andreas Linde, certified appraiser SIM
12/2019 – 12/2021	<b>Post-doctoral Researcher and Psychotherapist</b> University of Zurich, Institute of Psychology, Division of Psychopathology and Clinical Intervention: Prof. Andreas Maercker
12/2016 – 11/2019	<b>Post-doctoral Researcher</b> Tel Aviv University, Bob Shappell School of Social Work: Prof. Zahava Solomon
12/2019 – 11/2022	<b>Online Therapist</b> University of Zurich, Institute of Psychology, Division of Psychopathology and Clinical Intervention: Prof. Andreas Maercker
07/2015 – 06/2016	<b>Psychotherapist</b> Integrierte Psychiatrie Winterthur, Special unit for the treatment of post-traumatic stress disorders
01/2014 – 06/2015	<b>Psychotherapist</b> Center for Psychotherapy of the University of Zurich
01/2013 – 12/2013	<b>Online Therapist</b> University of Zurich, Institute of Psychology, Division of Psychopathology and Clinical Intervention: Prof. Andreas Maercker
06/2010 – 09/2010	<b>Clinical Internship</b> Vivantes Auguste-Viktoria-Klinikum, Berlin, Germany

### 4. INSTITUTIONAL RESPONSABILITIES

---

01/2025 – present	Consultant at the psychosocial intervention center, Eastern Switzerland University of Applied Science
10/2022 – 12/2024	Agent for the academic staff at the institute of psychology
10/2021 – 11/2024	Member of the Faculty of Arts and Social Sciences ethics commission (University of Zurich)
10/2022 – 01/2024	Representing junior researchers in the appointment committee for an assistant professorship with tenure track on quantitative methods
11/2021 – 12/2021	Jury member of the University of Zurich Mentoring Awards
11/2020 – present	Providing expert ratings for Bachelor- and Master theses at Zurich University of Applied Sciences (ZHAW)

### 5. APPROVED RESEARCH PROJECTS

---

01/2025 – 12/2027	Project title: The new stress- and trauma diagnoses: Consequences for clinical practice. SNSF professorship (PT0041_222855)
01/2020 – 12/2020	Project title: Forced migration and the family system: A cross-cultural investigation of social-interpersonal mechanisms of trauma transmission. Postdoc.Mobility return grant (P4P4PS_186641)
06/2018 – 11/2019	Project title: Forced migration and the family system: A social-interpersonal perspective on posttraumatic stress in refugee families.

11/2016 – 05/2018      Advanced Postdoc.Mobility SNF Fellowship (P300P1\_177751, P400PS\_183831)  
Project title: From the front line to the home front: A social-interpersonal perspective on war traumatization.  
Early Postdoc.Mobility SNF Fellowship (P2ZHP1\_168377)

## 6. SUPERVISION OF JUNIOR RESEARCHERS

**Supervision of graduated research associates:** lic. phil. Beatrice Bea Costa (08/2020 - 08/2022)

**Supervision of master theses:** Tanya Inglin (University of Zurich, 02/2025 – present), Gerome Hüsler (University of Zurich, 09/2024 – present), Corinne Bircher (University of Zurich, 02/2024 – present), Joelle Schenkel (University of Zurich, 02/2024 – present), Karin Schraner (University of Zurich 02/23 – present), Mara Brunold (University of Zurich 02/23 – 01/2024), Noëlle König (University of Zurich, 02/2022 – 06/2023), Amelie Mazza (University of Zurich 02/2022 – 06/2023), Cansu Akkaya (University of Zurich, 02/2021 – 06/2023), Dino Semaeni (University of Zurich, 09/2020 – 06/2022), Bella Hanzhang Xie, Olivia Gabban, Tina Blumer, Maria Schabel (University of Zurich, 02/2020 – 02/2021); Nina Kagan, Jimena Diaz-Lozano (Tel Aviv University, 02/2017 – 09/2018); Johanna Sophie Scherf (University of Potsdam and Tel Aviv University, 06/2017 – 07/2018); Jennifer Hüsler, Louisa Lorenz (University of Zurich, 02/2014 – 02/2015)

**Supervision of bachelor theses:** Jasmina Brunner (2025); Nadine Roos, Jasmin Bouzas da Costa (2024); Andreas Schmidheiny, Chiara Staub, Cheyenne Wirthner (2023), Laura Harms; Jessica Fervença (2022); Ramos Eliane Marti, Amelie Mazza (2021); Lukas Flach, Sarah Moser (2020); Samira Avduli (2015); Marco Stocker, Karin Brennwald (2014); Fabienne Moser, Luzia Möhrle (2013)

**Supervision of research interns and project assistants:** Tanya Inglin (2024 – present); Joelle Schenkel (2023 – present); Annik Sauer (2022); Mara Brunold (2022); Anne Marie Eigenmann (2021), Amelie Mazza (2021), Jocelyn Waser (2021); Senait Tekle (2020); Haben Kiflemariam (2020); Tsega Bisrat (2019); Yodit Tekleab (2019)

## 7. TEACHING ACTIVITIES

01/2025 – present	<b>Eastern Switzerland University of Applied Science, Competence Center for Mental Health</b> BSc in Nursing Science: Personality disorders and anxiety disorders. (4 lectures) MSc in Nursing Science: Communication skills in clinical settings (12 lectures)
10/2019 – 12/2024	<b>University of Zurich, Psychopathology and Clinical Intervention</b> 2023 – present: Experimental Psychological Internship [ExPra: Experimentalpsychologisches Praktikum]. Bachelor-level seminar (2 hours weekly teaching, supervision of group-based research projects, 8 ECTS credits) 2019 – present: Stress-Response Syndromes. Bachelor-level seminar (2 hours weekly, 4 ECTS credits) 2019-2022: Case-related Learning in Psychopathology. Master-level seminar (2 hours weekly, 4 ECTS credits)
03/2017 – 12/2018	<b>Tel Aviv University, Bob Shapell School of Social Work</b> International MA for Crisis and Trauma Studies: Co-teaching of course “Master Thesis Colloquium” (1 hour weekly, 4 ECTS credits)  <b>University of Zurich, Psychopathology and Clinical Intervention</b>
02/2013 – 07/2015	Course: E-mental Health. Master-level seminar (7/14, 2 hours weekly, 4 ECTS credits)
09/2012 – 07/2015	Course: Psychopathology Taught Online. Bachelor-level online course (3 ECTS credits)
09/2012 – 09/2014	Course: Case-related Learning in Psychopathology. Master-level seminar (2 hours weekly, 4 ECTS credits)

## 8. MEMBERSHIPS IN PANELS AND BOARDS / INDIVIDUAL REVIEWING ACTIVITIES

09/2023 – present	Member of the committee revising the S3-guidelines for trauma treatment published by the German speaking Association for Psychotraumatology (DeGPT)
09/2020 – present	Board member of Vivo International Switzerland, an NGO aimed at organizing trauma-focused aid projects and accompanying them scientifically

09/2020 – present	Global Collaboration on Traumatic Stress: Project “Socio-emotional development across cultures”
06/2023 – 06/2024	Member of the Federation of Swiss Psychologists’ working group on developing guidelines regarding the issue of “satanic panic and mind control”
12/2020 – 12/2023	Interdisciplinary research group “Bridging the gap: Towards a trauma-informed legal process for maltreated children”

**Ad-hoc reviewer:** Applied Psychology: Health and Wellbeing (2023); Culture, Medicine & Psychiatry (2021); Journal of Affective Disorders (2021); Journal of Clinical Psychology (2021); The Journal of Gerontopsychology and Geriatric Psychiatry (2020); Development & Psychopathology (2020); European Psychiatry (2020); Personality & Individual Differences (2020); Frontiers Psychology (2020); Journal of Personality Assessment (2020); Family Process (2020), Rehabilitation Medicine (2020), Journal of Happiness Studies (2020), Social Psychiatry & Psychiatric Epidemiology (2020), Personality & Individual Differences (2020). Aging & Mental Health (2019); Development & Psychopathology (2019); Journal of Psychiatry Research (2019); BMC Psychiatry (2019); Psychological Trauma: Theory, Research, Practice, & Policy (2019); Attachment & Human Development (2019); Cognitive Behavioral Therapy (2018); Fortschritte der Neurologie Psychiatrie (2018); Clinical Psychology & Psychotherapy; Anxiety, Stress, & Coping (2018); Journal of Traumatic Stress (2017); European Journal of Psychotraumatology (2017); Edorium Journal of Psychology (2016).

## 9. MEMBERSHIPS IN SCIENTIFIC SOCIETIES

04/2023 – present	Membership Deutschsprachige Gesellschaft für Psychotraumatologie (DeGPT)
06/2022 – 05/2023	International Association of Cross-Cultural Psychology (IACCP)
Intermittently since 2017	Member of the International Society for Traumatic Stress Studies (ISTSS)
Intermittently since 2015	Member of the European Society for Traumatic Stress Studies (ESTSS)

## 10. ORGANIZATION OF CONFERENCES

12/2021	Follow-up to Winter Workshop on Perinatal Loss and Grief at the University of Zurich
02/2021	Co-hosting a Winter Workshop on Perinatal Loss and Grief at the University of Zurich, involving research presentations from six universities
05/2015	Co-organizing a poster congress at the Institute of Psychology at the University of Zurich (LiMaDoKo)

## 11. PRIZES, AWARDS, FELLOWSHIPS

12/2020	<b>Co-applicant for GRC Workshop Grant</b> , Graduate Campus, University of Zürich, Switzerland. (CHF 2’430).
08/2012 – 10/2015	<b>Fellow of the International Max Planck Research School LIFE</b> LIFE is a joint doctoral program of the University of Michigan, University of Virginia, Free University in Berlin, Humboldt-University Berlin, Max Planck Institute for Human Development Berlin, and the University of Zurich. The main focus is the study of systematic changes in human behavior over evolutionary and ontogenetic time.
05/2011	<b>Congress for master students and Ph.D. students of the Institute of Psychology of the University of Zurich</b> Title: Aversive und potentiell traumatische Erlebnisse in der Kindheit ehemaliger Verdingkinder. Poster award 2nd rank.
08/2005	<b>Lilo Goldstein Price for outstanding Matura thesis in social sciences</b> Title: Tibet Gestern und Heute: Das Dach der Welt im Wandel der Zeit

## 12. CAREER BREAK

04/2021 – 10/2021	Pregnancy- and maternity leave
-------------------	--------------------------------