

24. Nationale Gesundheitsförderungs-Konferenz | 10. Netzwerktagung Psychische Gesundheit Schweiz

Dienstag, 07. März 2023, Kursaal Bern

Prof. Dr. Stefanie J. Schmidt



Education

10/2019	Habilitation (“Venia Docendi”) at the Faculty of Human Sciences, University of Bern, CH.
06/2015 – 09/2018	Advanced postgraduate psychotherapy training for children/adolescents, Institute for Child and Adolescent Psychotherapy (Fakip), Albert-Ludwigs-University of Freiburg i.Br., DE.
06/2009 – 01/2013	Ph.D. in Clinical Psychology and Psychotherapy. Faculty of Human Sciences, University of Bern, CH (Defense Date: 03/2014).
09/2010 – 06/2014	Postgraduate training at the ‘Academy for Cognitive-Behavioral Therapy and Integrative Methods’ (AIM), Bern/Basel/Zurich, CH.
09/2003 – 04/2009	Diploma (equivalent to Master) in Psychology, Otto-Friedrich-University of Bamberg, DE.
03/2006 – 09/2007	Studies of Psychiatry (Minor subject), Friedrich-Alexander-University Erlangen, DE.
08/2005 – 02/2006	Studies of Clinical, Health, and Forensic Psychology (Erasmus), University of Leeds, GB.

Employment history

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Since 01/2022	Professor and Head of the Department of Clinical Child and Adolescent Psychology and the outpatient clinic for children and adolescents, University of Bern, CH.
08/2018 – 12/2021	Assistant Professor with tenure track for Clinical Psychology in Children and Adolescents, Department of Clinical Psychology and Psychotherapy, University of Bern, CH.
03/2016 – 06/2018	Senior researcher, group leader of section for psychotherapy research, deputy-head (10/2017–07/2018) and interim vice-head (03/2016–09/2017) of the research department, University Hospital of Child & Adolescent Psychiatry and Psychotherapy, Bern, CH.
03/2016 – 06/2018	Visiting researcher at the Department of Psychiatry and Psychotherapy, University of Cologne, Cologne, DE (Head: Prof. S. Ruhrmann).
08/2016 – 02/2017	Lectureship, Department of Developmental Psychology, University of Bern, CH. (Prof. C.M. Roebbers).
06 – 07/2016	International short visit funded by Swiss National Science Foundation at Orygen, The National Centre of Excellence in Youth Mental Health, University of Melbourne, AUS (Prof. B. Nelson).
01/2015 – present	Lecturer, Postgraduate Training Institute for Psychotherapy in Children and Adolescents of the Universities Basel, Bern, Zurich (IPKJ), CH (1-2 seminars per year).
02/2013 – 02/2016	Postdoctoral researcher, University Hospital of Child & Adolescent Psychiatry and Psychotherapy, Bern, CH (Prof. B.G. Schimmelmann).
06/2011 – 07/2018	Clinical psychologist at the “Early Recognition and Intervention Center for mental crisis” (FETZ Bern), Bern, CH.
08/2010 – 06/2011	Clinical psychologist at the in- and outpatient wards for psychotic and affective disorders, University Hospital of Psychiatry and Psychotherapy, Bern, CH.
03 – 04/2010	Visiting researcher at the University of San Antonio, USA (Prof. D. Velligan), University of San Diego, USA (Prof. E. Twamley), University of Los Angeles, USA (Prof. M.F. Green & Prof. R. Kern), University of San Francisco, USA (Prof. S. Vinogradov), and Yale University School of Medicine, USA (Prof. M. Bell).
06/2009 – 01/2013	Research fellow, University Hospital of Psychiatry and Psychotherapy Bern, CH (Working group: Therapy Research, Prof. V. Roder).
03/2005 – 08/2007	Research assistant, Department of Applied Psychology and Methodology, Otto-Friedrich University of Bamberg, DE (Prof. D. Dörner).

Institutional responsibilities (ongoing only)

12/2021 – present	Member of the Central Library Commission of the University of Bern (ZEBU).
02/2020 – present	Expert committee member panel I, Graduate School for Health Sciences, University of Bern.

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09/2019 – present	Member of the Advisory Service of the Faculty of Human Sciences for early-stage career researchers/Ph.D. students (Fakultäre Beratungsstelle), University of Bern.
05/2019 – present	Program Committee Chair, Certificate of Advanced Studies (CAS) for Psychotherapy in Children and Adolescents, University of Bern.
01/2019 – present	Program Committee Member, Postgraduate Psychotherapy Training (MAS) of the German Association for Behavior Therapy Modification (DGVT) in cooperation with the University of Bern.
01/2019 – present	Program Committee Member, Postgraduate Psychotherapy Training (MAS), University of Bern.
12/2018 – present	Representative of Assistant Professors, Institute of Psychology, University of Bern.

Approved research projects

01/2022-12/2024	Innofonds-Grant as “Konsortialpartner” („Computer-assistierte Risiko-Evaluation in der Früherkennung psychotischer Erkrankungen“, PI: University of Düsseldorf), 01/2022-12/2024.
11/2020-10/2025	Eccellenza-Grant for Assistant Professors with TT funded by the Swiss National Science Foundation («Understanding emerging psychopathology in adolescence: Towards a transdiagnostic indicated prevention approach»), 11/2020-10/2025.
05/2019	Grant for the development and first administration of the “Certificate of Advanced Studies (CAS) for Psychotherapy in Children and Adolescents, University of Bern.
05/2017-09/2021	Horizon 2020 COST action (no. 16102): “European network on individualized psychotherapy treatment of young people with mental disorders” (TREATme, www.treat-me.eu; PI: Dr. R. Ulberg); working-group leader and member.
06 – 07/2016	International Short Visit at Orygen funded by the Swiss National Science Foundation, University of Melbourne, AUS. “Suicidality in patients at risk for psychosis”.

Supervision of junior researchers at graduate and postgraduate levels

Main advisor of ongoing PhD theses: X. Häfeli, A. Hirsig, N. Walder (University of Bern); F. Baumann, V. Bergamaschi, C. Fontanellaz Castiglione, D. Graf, N. Hediger, G. Rinaldi, F. Rockstroh, S. Schär, N. Seiffert (external PhD-students).

Completed PhD theses: C. Sigrist (06/2021; University of Bern); O. Santesteban (University Rovira i Vergili, Tarragona, ES, international expert), V. Grunert (University of Bern).

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Mentorship of PhD theses: R. Ghibellini, L. Makowski, A. Skoko (University of Bern).

Master theses completed: M. Adam (2020), A. Arumaithurai (2020), A. Baschung (2022), A. Behar (2017), L. Bollardini (2020), J. Borer (2021), K. Bosch (2012), A. Brigger (2020), V. Brogini (2020), N. Bugge (2018), C. Cattilaz (2021), A. Clavadetscher (2019), L. Dasen (2022), Dietrich (2016), S. Dubach (2019), A. Fässler (2020), L. Flury (2021), A. Frei (2021), N. Geiser (2020), E. Gurini (2020), M. Hager (2020), N. Heeb (2020), A. Hirsig (2020), C. Hofstetter (2020), N. Inderbitzin (2017), G. Itten (2021), L. Kottmann (2020), C. Leuenberger (2019), I. Lory (2021), E. Martin (2021), Y. Martorelli (2021), N. Meichtry (2019), C. Messerli (2021), S. Nafzger (2020), C. Obrecht (2020), A. Peter (2021), N. Pflanzler (2021), J. Ritzmann (2020), E. Roeren (2021), J. Rogic (2021), V. Salvatore (2021), S. Schaufler (2019), S. Schmid (2020), S. Schmidt (2021), B. Schmutz (2015), L. Schmutz (2019), L. Soldini (2021), J. Schwander (2020), C. Spycher (2020), V. Steffen (2021), A.-So. Thut (2021), L. Wallimann (2021), J. Wieczorek (2020), S. Wild (2020), A. Wolf (2020).

Bachelor theses completed: C. Banz (2019), L. Brunner (2020), C. Cassese (2020), F. Glasl (2019), N. Grosjean (2021), R. Haller (2019), D. Hürzeler (2021), A. Kobau (2020), P. Loosli (2020), V. Mayere (2020), C. Messerli (2019), A. Steiner (2020), T. Thees (2019), M. Tober (2020), C. Villiger (2020), S. Zurbrügg (2021).

Teaching activities

Master and Bachelor: Basiswissen der Klinischen Psychologie des Kindes- und Jugendalters (Vorlesung Master); Klinische Psychologie und Psychotherapie im Kindes- und Jugendalter (Vorlesung Master), Früherkennung und Frühintervention psychischer Störungen im Kindes- und Jugendalter (Seminar, Master), Medizinisch-Psychologische Grundlagen der Klinischen Psychologie des Kindes- und Jugendalters (mit A. Manske, Seminar, Master), Einführung in die Psychologie (Tutorium, Bachelor); Prävention und Resilienzförderung im Kindes- und Jugendalter (Seminar, Master); Prävention und Förderung der psychischen Gesundheit bei Kindern, Jugendlichen und Familien (Proseminar, Bachelor); Psychotherapie im Kindes- und Jugendalter (Seminar, Master); Blockkurs zur Psychopathologie im Kindes- und Jugendalter (Master); Entwicklungspsychopathologie A (Seminar, Master); Früherkennung und Frühintervention bei Personen mit erhöhtem Psychoserisiko (Seminar, Master).

Postgraduate: Annual seminars, Postgraduate Training Institute for Children and Adolescents of the Universities of Fribourg and Zurich, CH (since 03/2017); and the Postgraduate Training Institute for Psychotherapy in Children and Adolescents of the Universities Basel, Bern, Zurich (IPKJ, since 03/2015); Einführung in die Versuchsplanung und Datenanalyse (FS16, HS14, FS14, PhD candidates in Medicine and Psychology).

Membership in boards and scientific reviewing activities

Editorial board: Mental Health and Prevention

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Scientific reviewer for research funding: Swiss National Science Foundation (SNSF, Switzerland); The Netherlands Organisation for Health Research and Development (ZonMw, Netherlands).

Member of Regional Scientific Support Group, World Congress of Behavioural and Cognitive Therapies, June 2019, Berlin, DE.

Ad hoc reviewer for scientific journals: Archives of General Psychiatry/JAMA Psychiatry, BMC Psychiatry, British Journal of Psychiatry, Early Intervention in Psychiatry, European Journal of Child and Adolescent Psychiatry, European Psychiatry, Frontiers in Psychiatry/Psychology, Health Expectations, International Journal of Methods in Psychiatric Research, Journal of Adolescent Health, Journal of Child Sexual Abuse, Journal of Nervous and Mental Disease, Journal of the Royal Statistical Society, Journal of Trauma and Treatment, Journal of Traumatic Stress Disorders, Lancet Psychiatry, Neuropsychiatric Disease and Treatment, PLOS ONE, Psychiatric Rehabilitation, Psychiatry Research, Psychology Research and Behavior Management, Psychological Medicine, Psychopathology, Psychotherapy Research, Scientific Reports, Schizophrenia Bulletin, Schizophrenia Research, Schizophrenia Research and Treatment, Social Psychiatry and Psychiatric Epidemiology, The Social Science Journal, Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie.

Active memberships in scientific societies

- Swiss Early Psychosis Project (SWEPP, board member)
- Association of Behavioural Modification, Switzerland (AVM; board member)
- European Association of European Clinical Psychology and Psychological Treatment (EACLIPT, delegate for Clinical Psychology in Children and Adolescents)
- Swiss Federation of Psychologists (FSP, delegate)
- Society for Psychotherapy Research (SPR, member)
- European Association for Behavioural and Cognitive Therapies (EABCT, delegate)
- International Early Psychosis Association (IEPA, member)
- International Association for Youth Mental Health (IAYMH, member)

Organization of conferences

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| 01/2019 | Workshop of Working Group 5 of the European network on individualized psychotherapy treatment of young people with mental disorders (Treatme), 04.-05. January 2019, University of Bern, CH. |
| 03/2018 | Training school for grant-writing for young researchers, University of Oslo, NO. |

Prizes, awards, fellowships

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Gesundheitsförderung Schweiz
Promotion Santé Suisse
Promozione Salute Svizzera



Konferenz der kantonalen Gesundheits-
direktorinnen und -direktoren
Conférence des directrices et directeurs
cantonaux de la santé
Conferenza delle direttrici e dei direttori
cantionali della sanità

- 06/2021 Poster-award: Walder, N., Berger, T., & Schmidt, S.J. (2021). Dynamic modeling of mediators of change during an online-intervention for social anxiety in adolescents. Conference of the Society for Ambulatory Assessment (SAA), 30.06.-02.07.2021, Zürich/Online-Conference, CH.
- 09/2019 Poster-award: Sigrist, C., Mürner-Lavanchy, I., Peschel, S. K. V., Schmidt, S. J., Kaess, M., & Koenig, J. (2019). Auswirkungen frühkindlicher Traumatisierung auf die Herzratenvariabilität: eine systematische Übersichtsarbeit und Meta-Analyse. PSY-Conference, 04.-06.09.2019, Bern, CH.
- 03/2015 EPA Section Symposia Award: Can psychiatric disorders be predicted and prevented? European Congress of Psychiatry, 28.03.2015, Vienna, AUT.

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