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**Posttraumatic stress disorder and resilience in the aftermath of disaster**

The clinical course and development of stress responses after exposure to traumatic events can be categorized into resistance, resilience, recovery, relapse-remission, delayed dysfunction, and chronic dysfunction such as posttraumatic stress disorder (PTSD). More than half of trauma survivors can be referred to as resistant or resilient. However, our understanding of the psychological and neurobiological characteristics of resilience is still very limited. Most longitudinal studies in the field did not include neuroendocrine and neurophysiological assessments, nor did they use experimental designs. We conducted two longitudinal studies of the psychosocial consequences of severe accidental injuries, and a series of pilot studies into resilience. Less than 5% of patients suffering from PTSD were found. This was replicated in a second and much larger study, including patients with pre-traumatic psychiatric morbidity, and subjects who did not sufficiently speak the local language. A comprehensive approach, linking the psychological process after trauma with neurobiological investigations over time, should be chosen to clarify under which circumstances resilience develops. We are currently planning a study looking into various predictors of resilience in survivors of physical violence. Multiple assessments will include discriminative conditioning tasks, cortisol and DHEA-S assays, psychophysiological measures of stress reactivity, and neuroimaging.

**CV****Professional training**

- 1971 - 1978 Medical training Fribourg and Bern, Switzerland  
1978 Final medical exams in Bern  
1979 M.D. degree at the University of Bern.  
1978 - 1983 Further education as a general practitioner:
- Institute of Pathology, Inselspital Bern
  - Department of Gynecology and Obstetrics, Cantonal Hospital Olten
  - Acupuncture Clinic Colombo, Sri Lanka
  - Department of Internal Medicine, Cantonal Hospital Olten
  - Department of Surgery, Tiefenauspital Bern
  - Residencies in ten private practices

**Further education in psychiatry, professional career**

- 1983 - 1988 Further education as a psychiatrist and psychotherapist:
- Department of Social Psychiatry, University of Bern (Prof. L. Ciompi)
  - Psychiatric Department, University Hospital, Bern (Prof. E. Heim)
  - Psychiatric University Hospital, Bern (Prof. W. Böker)
- 1988 Licenced as a psychiatrist and psychotherapist  
1988 Senior consultant, Psychiatric University Hospital, Bern (Prof. W. Böker)  
1988 - 1994 Senior consultant, Psychiatric Outpatient Department, University of Bern (Prof. E. Heim)

1995 - 1999 Senior consultant, Department of Psychiatry, University Hospital Zürich (Prof. J. Willi)

1999 „Habilitation“ in Psychiatry, University Zürich.  
Title of the thesis: „Psychosocial consequences of severe accidental injuries“

1999 - 2001 Head physician, Department of Psychiatry, University Hospital Zürich

2001 Associate professor of psychiatry and psychotherapy, University Zürich

2002 Head, Department of Psychiatry and Psychotherapy, University Hospital Zürich

2008 Full professor of psychiatry and psychotherapy, University Zürich

2010 Specialty subtitle „Consultation-Liaison Psychiatry“

2010 Head „Medical Division Neuro-Head“, University Hospital Zürich

### **Psychotherapy training**

1983 - 1989 Psychotherapy training in Integrative Therapy, Fritz Perls Institut, Düsseldorf / Germany (Prof. H. Petzold)

1989 Graduation from the Fritz Perls Institut. Title of the thesis: „Family based crisis intervention“

1986 - 1989 Teaching analysis according to C.G. Jung

1985 -1987 Training in family therapy: Contextual Therapy according to Boszormenyi-Nagy

1990 Introduction in Behaviour Therapy, Bern

1992 - 1994 Training as a trainer in Integrative Therapy, Fritz Perls Institut

1999 Level 1 Training in Eye Movement Desensitization and Reprocessing EMDR

### **Teaching duties**

1996 - University of Zurich:

- Group instruction „Psychosocial Medicine“
- Lecture „Neurology and Psychiatry for dentists“
- Interdisciplinary Colloquium on pain, Department of Dentistry
- Lecture „Emergency Psychiatry“ (Emergency Medicine)
- Lecture „Basics of Psychosocial Medicine II“
- Lecture „Psychiatry I“
- Lecture „Psychiatry II“

1997 - 2001 Examiner in the final medical exams, part 1: Psychosocial Medicine

1999 - 2001 Examiner in the final exams for specialists in psychiatry and psychotherapy

2000 - Examiner in the final medical exams, part 2/3: Psychiatry