psyKo 2016

13th swiss psychology students’ congress
01.–03.04.2016 hasliberg-reuti (BE)

> psyko.ch
> psychologystudents.ch

psychology students

psyCH: psychologe studierende schweiz
psychologie étudiant-e-s suisses en psychologie
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Dear students, speakers and guests

We are pleased to welcome you to the 13th congress for psychology students!

Together with our dedicated team, we prepared a varied program for you, with icons and experts from different psychological fields. You will get the chance to gain an insight into their working area and even to experience different psychological methods. Additional, numerous student lectures will enrich the programme by talking about their research work. On top of that, Dear Antarktika will rock our Saturday evening by giving a live concert, followed by the after-party.

We hope that this psyKo will offer you the opportunity to broaden your horizons. Not only by getting to know new points of view in the field psychology but also by getting in touch with other participants from all over Switzerland.

We wish you an exciting psyKo ’16!

Vanessa & Heike
Heads of organisation
about psyCH

psyCH psychology students switzerland

your organisation

psyCH psychology students switzerland is the national organisation for psychology students. As your organisation psyCH has a lot to offer: We organise annual events, represent you politically and provide a lot of information about your studies. Behind psyCH, is a group of motivated psychology students who work on a voluntary basis – to make all that happen. Furthermore, psyCH is a non-profit organisation helping you to make the best out of your university years.

our vision

psyCH is a student organisation, dynamic and professional. We represent a continuous network of Switzerland’s psychology students. As an independent non-profit organisation, our activity is based on the voluntarily work of our psyCH board, that is an assembly of motivated and creative psychology students from all over Switzerland. With our projects we try to improve the present and future of psychology students. Therefore psyCH creates a base for you to help you to evolve, and to learn. That is why we provide a framework for you, in which developmental, learning and implementing visions can take place.

psyCH counts all psychological local organisations of Switzerland as their members, who participate actively. We really appreciate the work of active and former committee. Psych opts for flexibility in the implementation and continuity of our values.

our mission

PsyCh is committed on a social and political level for the interests of psychology students. We bring psychology students together and support their network with different projects. Furthermore psyCH establishes a national and international level between the different student organizations. By our connections to other psychological organisations and via psyPra we enable networking and cooperation between psychology students and professionals. To offer you interesting activities beside university studies we are committed to existing and new projects, supporting their implementation and adapting them to your current needs. psyCH offers students the opportunity to gain new knowledge and experience outside the university context. Moreover we create a motivating work environment for our board, and the opportunity to develop yourself. psyCH supports the transition between studies and professional work. Knowledge transfer and active exchange is important to us. Therefore we use all our available resources to promote this mission. Last but not least, psyCH pursues a transparent communication within and outside the organization.

our projects

psyPra is your leap into the working world! With internship providers presenting their vacancies it gives you the opportunity to apply for internships and job vacancies. Furthermore psyPra gives you a glance on possible fields of work for psychologists.

psyKo is the annual national psychology congress, where interesting lectures, trainings and workshops are presented. The psyKo also gives you the possibility to present your own research to other students by giving a student lecture. At the same time there is always a lot of fun, for example at the psyKo-party.

psyCH trainers’ school is a 4 days seminar, where psychology students learn how to give workshops, lead team building sessions, improve in speaking in public and facilitating group discussions. We help them to gain knowledge, skills and experience for their future training deliveries.

Do you have a great idea for another project? Or do you want to help us keeping up with the ongoing projects and provide a interesting, funny and diversified leisure programme for Switzerland’s psychology students? psyCH supports you when you are organizing the students party of the year, arrange an interesting lectures or plan a hike in the mountains. Make your project come true– Join us for the psyCH-Board!

> psychologiestudierende.ch
> info@psychologiestudierende.ch
The Federation of Swiss Psychologists (FSP) is Switzerland’s largest professional association for psychologists and psychotherapists. Psychological services of its 7,200 members have the highest standards of quality. Psychologists with an FSP standard must have a degree in psychology of a Swiss University or of a University of applied sciences. This is equal to the requirements of the «Psychologieberufgesetz (PsyG)» (Psychology Act): Until 2013, the professional title «psychologist» was not protected at all. The FSP has been engaged for many years to settle up this law for legal recognition and to protect our profession.

The FSP is an umbrella organization. There are 46 affiliated associations – either regional or cantonal associations or associations representing a certain specialization. There are associations for organizational psychologists, for sport psychologists, for coaches, for neuropsychologists, for clinical psychologists, several associations for psychotherapists, one for traffic psychologists and many more. The FSP unites the disciplines of psychology.

As an acknowledged professional body, the FSP insists on improving its members’ legal and financial position. As a PR platform, the FSP informs about the nature and qualities of psychological services. The association keeps its members up to date on all professional developments, it also publishes the journal «Psychoscope». And as a supplier of services, the FSP offers its members free (legal) advice, training courses, benefits and other support.

> psychologie.ch
Friday

16:00–17:30  infotables

17:45–19:15  opening lecture

Red  Prof. Dr. Markus Hackenfort
Why we don’t do what we should do – examples of applied research in the fields of traffic and environmental psychology

19:30–20:25  dinner

20:30–21:45  psyCH & FSP presentation

Red  Mara Milena Suter
psyCH psychology students switzerland

Red  Sébastien Simonet
Die Föderation der Schweizer Psychologen und Psychologinnen (FSP) – La Fédération Suisse des Psychologues (FSP)

22:00–open end  games & lounge
Saturday

08:00–09:00  breakfast

09:00–09:30  student lectures

Green  Florine Bachmann  Neurofeedback Working Memory Training in Healthy Older Adults

Blue  Theresa Thaler  Comparing intuitive and culturally mediated Geometry in context of spatial and mathematical Ability

Yellow  Eva Eggemann  Mindfulness meets psychotherapy

Red  Sandra Gloor  Divorce and new partnership in the middle-age group

09:45–11:45  workshops

Green  Dr. Dirk Hanebuth  Does a swimming pool on the company’s roof make a Great Place to Work?

Blue  Monika Egli-Alge  CSI in Psychology – what’s that? Legal Psychology – Forensic Psychology

Yellow  Caroline Maroni  Hypnosis – a serious therapeutic tool?

Red  Najma C. Corridori (until 12:15)  Rebirthing – bewusstes, verbundenes Atmen

12:00–13:00  lunch

13:00–13:45  walking trip

14:00–15:00  lectures

Green  Dr. Peter Lude  Spinal Cord Injury: The Subtle Process of Coping

Blue  Dr. Anne Herrmann  Couponing, Freemium, Pay What You Want: How pricing influences our behaviour

Yellow  Prof. Dr. Willibald Ruch  Using signature strengths: Positive psychology’s new look on character

Red  Dr. Almut Schweikert  The Individual in the Tension Between Cain and Abel, Snowmanship and Shame

15:00–15:45  coffee & cake

15:45–17:45  workshops

Green  Robert Buchli  Reflecting on four years applied sport psychology in professional team sport

Blue  Dr. Myshelle Baeriswyl  Geschlechtervarianz

Yellow  Christine Albrecht and Thomas Lempert  Buddhistische Psychologie

Red  Babs Schmidt  Here and Now’ How does GESTALTHERAPY interfere to your problems of yesterday and tomorrow

18:00–19:15  dinner

19:30–21:00  evening lecture

Red  Prof. Dr. Martin Meyer  Neuroplasticity and Learning in the Healthy Aging Brain

21:30–open end  concert & party

Yellow  Dear Antarktika
Sunday

09:00-09:45  breakfast

10:00-12:00  psyCH trainer school workshops

Green  Isabel Cardenas Castro and Elena Pauli
Purposeful living – create your own path to fulfillment

Blue  Samuel Felder and Michèle Hediger
The Practice of Personal Integrity – Our duty to be strong

Yellow  Lina Brakemeier and Nike Schaefer
Self-acceptance – the basis for self improvement

Red  Luc Wiesmüller and Jyll Duschinger
Studying Consciously – Are you ready for super-white teeth and some input?

12:15-13:15  lunch

13:30-14:00  student lectures

Green  Laura Gomez
Cultural differences in expressing emotions through emoticons in computer-mediated communication

Blue  Jeanette Villanueva
Magnetic Resonance Spectroscopy in Migraine: The Role of Excitation and Inhibition

Yellow  Antonia Kreibich
I wonder HOW, I wonder WHY – Self-reflection and its impact on the experience of an action crisis

Red  Anna Babl
Automatically detected synchrony of nonverbal behavior in therapeutic dyads with Kinect and its predictive value for session-outcome

14:30-16:00  closing lecture

Red  Dr. Dania Schiftan
Sexuality – an easy thing?

16:00-16:15  Red  Thank You & Goodbye

Interessante Jobs in der Verkehrspsychologie  Emplois intéressants dans la psychologie de la circulation

Tätigkeitsgebiete
Verkehrspsychologinnen und -psychologen sind hauptsächlich in der Diagnostik und in der Intervention tätig.

Diagnostik
Verkehrspsychologinnen führen verkehrspsychologische Eignungsuntersuchungen durch. Ziel dieser Fahreignungsdiagnostik ist eine Aussage in Bezug auf die künftige Verkehrsbewährung der untersuchten Personen.

Intervention / Therapie
Die VfV bildet Fachpsychologinnen und -psychologen in Psychotherapie zu Verkehrstherapeuten aus. Diese bieten Verkehrstherapien an, welche auf die Wiederherstellung der charakterlichen Eignung abzielen.

Unser Verband

Sind Sie interessiert, einen Einblick zu erhalten? Melden Sie sich bei uns!

Domaines d’activité
Les psychologues de la circulation sont essentiellement actifs dans le domaine du diagnostic et de l’intervention.

Diagnostic
Les psychologues de la circulation procèdent à des expertises d’aptitude psychologique à la circulation. Ce diagnostic d’aptitude sert de base à la future mise à l’épreuve, en matière de conduite, des personnes examinées.

Intervention / Thérapie
La SPC propose aux psychologues spécialistes en psychothérapie une formation en qualité de thérapeutes de la circulation. Leur tâche est de rétablir l’aptitude caractéristique à la conduite à l’aide de conseils délivrés lors de séances individuelles.

Notre association
Fondée en 1986, la Société Suisse de Psychologie de la Circulation (SPC) est affiliée à la Fédération suisse des Psychologues (FSP) depuis 1987. L’objectif principal de la Société est de veiller à ce que les connaissances actuelles en matière de psychologie soient prises en compte dans les efforts fournis en matière de transports (routiers, ferroviaires, aquatiques, aériens). A l’heure actuelle, la SPC compte 100 membres.

Etes-vous intéressé(e) à en apprendre plus? Contactez-nous!
In several areas we know that road users don’t heed the existing rules, so it’s no surprise that at several crossings, in Zurich for instance, roughly 50% of cyclists are going through a red light. In the same way albeit most people may know much about the need of energy savings obviously it sometimes seems to be impossible to reduce the consumption of energy use. Apparently, even some of the best technical (safety) inventions, like assistant systems, don’t reach their full benefit – because of the «Human Factor»?

What keep us away from a behavior that is well known to be appropriate to reach energy efficiency or safety goals? This talk will give an insight into some theories and their practical application, which could explain the possible causes of the gab between desirability and reality. Furthermore, some approaches are given on how to promote a change towards a more energy efficient and safe behavior.

Markus Hackenfort is professor of traffic, safety and environment psychology at the ZHAW, Dept. Applied Psychology. He is the head of the research unit «Traffic and Safety Psychology» and co-head of the competence group «Human Factors». His further work and research interests refers to cognitive causes of unsafe behavior.
psyCH offers a wide range of services and events for all psychology students of Switzerland. In order to make these services more usable and accessible for you we have been working on a completely new website throughout the last year. The new webpage will offer a great lot of improvements. From now on, you will find all psyCH projects on one page, namely psychologystudents.ch. Furthermore, you will find psyPra.ch and psyKo.ch in a completely new look and to top it off there is a brand new project to be introduced!

In this short presentation I would not only like to welcome all of you warmly to the psyKo 2016 but would furthermore like you guys to be the first to be introduced to the new website of psyCH!

> psychologystudents.ch
There is always need for a professional organization. Although we have reached one of the most important gains – the protection of our title “psychologist” in the national law – there are further challenges for psychologists in Switzerland. The Federation of Swiss Psychologists (FSP) insists on improving its members legal and financial position.

With a project called “Berufsbilder”, the FSP is working on the perception of our profession. The association is promoting the variety of psychologists in presenting special job profiles. Psychological health is an asset worth protecting, and it needs qualified experts to promote, maintain and restore it – in all areas of life. Currently, the FSP is working on a program to empower psychologists fighting for better terms of employment in their institutions. With trainings, information sheets and job descriptions its members should become fit for negotiations with their employers.

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Sébastien Simonet
about FSP – Federation of Swiss Psychologists
Room Red

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Wenn Sie Interesse an Traumdeutung, Typologie, der Arbeit mit Bildern aus dem Unbewussten, dem Sandspiel, Mythen und Märchen oder Imaginationstechniken haben, wenn Sie offen sind für Sinnfragen, Spiritualität sowie einer ressourcenorientierten Psychotherapiemethode, die individuelle schöpferische Möglichkeiten berücksichtigt, dann können Sie am C.G. Jung-Institut Zürich, Küsnacht berufsbegleitend den Fachtitel **eidgenössisch anerkannte/r Psychotherapeut/in** erwerben.


Jeweils zum Sommer- oder Wintersemester können Sie diese und andere Weiterbildungen beginnen.

Interessierten empfehlen wir den **Drei-Tages Pass „Lernen Sie uns kennen“**, mit dem Sie drei Tage am regulären Semesterprogramm teilnehmen können.

Näheres dazu und Hinweise zu anderen Weiterbildungs- und Fortbildungsangeboten unter: [www.junginstitut.ch](http://www.junginstitut.ch)
Limitations and possibilities of neurofeedback for cognitive working memory training in healthy older adults are examined. Summarizing cognitive and underlying neuronal age-related changes, working memory is identified as a key ability declining with age. Therefore, its decline influences a broad range of cognition. There is already a great amount of cognitive training studies targeting healthy older adults’ working memory. A more recent approach is neurofeedback training. This method is a powerful tool that, amongst other applications, aims at modelling brain activity to enhance cognitive performance. Neurofeedback training shows huge potential in terms of training durability and transfer effects. Reviewing working memory neurofeedback training and neurofeedback training studies with healthy older adults, neurofeedback working memory training in older adults is discussed. Results reveal that neurofeedback has been successfully applied and is an eligible method to train working memory in older adults. Implications for future research are discussed.

Florine Bachmann
Neurofeedback Working Memory Training in Healthy Older Adults
Room Green
Geometry is one of the most important fields in mathematics. It is also a complex construct, and functions as the connecting piece between mathematics and spatial reasoning making it an important subject of study. It is assumed, that different core concepts of geometry exist. Two of those concepts are the intuitive geometry shared across different cultures and the culturally mediated geometry based on education and learning. The goal of my thesis was to compare those two concepts. It was assumed that the culturally mediated geometry would actually have a closer relation to mathematical ability and mental rotation skills than to the intuitive aspects of geometry. This assumption was in fact supported by the results of the study and moreover, the results also indicated that they are in fact two related but separate geometric principles.

Theresa Thaler
Comparing intuitive and culturally mediated Geometry in context of spatial and mathematical Ability
Room Blue

Mindfulness and meditation in the context of psychotherapy and medicine became very popular during the last decades. Mindfulness exercises are used in therapeutic setting for the treatment of different mental health problems. Also whole manuals, like mindfulness based cognitive therapy are based on this concept. What does it mean to integrate an originally Buddhism concept into psychology? What are the benefits of this fusion and are there risks as well? This presentation will introduce into mindfulness based psychological approaches and give room for the critical discussion about this integration.

Eva Eggemann
Mindfulness meets psychotherapy
Room Yellow

A new relationship after divorce was found to be beneficial for psychological well-being. There is a lot of research focusing this topic, but most of it is based on samples of younger participants with under age children. What about individuals who got divorced in their middle age? Do we find the same effects? If we consider the increasing number of individuals who get divorced in their middle age, future research should turn the spotlight to this age group. Using the data set of NCCR LIVES IP212 study in Switzerland, variables of psychological well-being from people divorced at middle age, were compared under the aspect of being in a new relationship or not. However the focus of this bachelor thesis was not only the role of a new relationship, but also variables that might have a moderating effect, such as age, gender or duration of the marriage.

Sandra Gloor
Divorce and new partnership in the middle-age group
Room Red
Goals
1. Survey of the issues of the legal Psychology
2. Insight in the practical field of al forensic Psychologist
3. FAQ

In this workshop, the common issues of the legal psychology will be presented. Participants will hear about the Diagnostics and the Quality-Standards of legal-psychological reports for the prosecution and the court in Switzerland relating to the adult and juvenile law, plausibility, evidence-interview with young children and in the wide field of custody battle. Beyond, participants will hear about the treatment of perpetrators in inpatient and outpatient-settings and in the prison. Then methods of prevention of sexual child abuse will be presented, especially a darkfield-project for pedophiles. Further on we talk about risk-assessment and prediction and its challenges.

> forio.ch

Monika Egli-Alge has a Master of Science in Psychology, Psychotherapy and Legal Psychology. She is the head of forio – Forensic Institute East-Switzerland – and a board member of the Swiss Legal Psychology Association.
This workshop will start with a brief historic overview and then focus on modern theories of clinical hypnosis and practical interventions.

You will learn about the nature of hypnotic phenomena, discuss possible concepts like hypnotisability and suggestibility and you will be presented with recent neurobiological research findings.

Furthermore, we will debunk the myths of hypnosis and work out the difference between clinical approved hypnotherapy and manipulation like stage entertainment.

The vast clinical applications in the context of goaloriented psychotherapy will be presented and exemplified, from smoking cessations, to anxiety disorders, pain, etc. And of course, there will be time for exercises and controversial discussions.

Caroline Maroni is a professional psychologist for Psychotherapy FSP and is a board member of ghyps, the Society of Clinical Hypnosis Switzerland.

Dr. Dirk Hanebuth
Does a swimming pool on the company's roof make a Great Place to Work?
Room Green

McDonald’s, FedEx, Google and the Stiftung Waldheim are among the Best Companies to Work For 2015’. How is that possible? Why are companies eager about a label or exactly this label? I will explain the background, the measurement approach and the benefits for the employees and the company’s management. Additionally, I will show an example for after-care, personnel and organizational development.

In advance, you have the opportunity to participate in two surveys: the Trust Index® from Great Place to Work® and the HealthScreeningTool® from scientific transfer Lt. USA. Most important is the questions you have. For more information see:
> greatplacetowork.ch

Dirk Hanebuth is Senior Consultant at Great Place to Work. He studied psychology in Berlin and did his PhD at the ETH Zurich in the research field of absenteeism and headed a large burnout project in the petrol industry. He is an experienced researcher and consultant in the fields of Kaizen, employee satisfaction and burnout.
Coping is a very complex process. Over the last decades, research came step by step closer to the subtle processes beginning from disorders such as depression and PTSD, then exploring adaptive and maladaptive coping strategies, then investigating appraisals. Longitudinal studies revealed functional and dysfunctional behaviour, correlations and differences in respect of the outcomes and the rehabilitation process as a whole. One might consider the onset of a spinal cord injury as the beginning process of continuing decision making. What causes the individual with a SCI to survive? The body will react with strong natural survival processes to a vital threatening. It can be assumed that psychological reactions foster the will to survive. How can these processes be influenced and supported in a way that an individual becomes able to live a life with a severe health condition and a strong personality? Some crucial and generally valid aspects will be presented.

Peter Lude is a professional psychologist for Psychotherapy FSP with his own practice. He is also a lecturer for rehabilitation psychology at the ZHAW (Zurich University of Applied Science). He works in national and international research projects for the coping with cross section paralysis. Among other things he is Affiliate Faculty Member of the Swiss Paraplegic Research and the Swiss Paraplegic Centre of Nottwil.

In the 20th century research on individual differences mostly focused on temperament and ability. Gordon Allport (1971) banned character from psychology as an ethical concept but not a psychological one, «character is personality evaluated-personality is character devalued». When Allport and Odbert (1936) extracted trait terms from dictionary definitions, they kept the «social evaluations» separate from the «personal trait terms» The latter eventually lead to the widely known Five-Factor-Model. More recently, Peterson and Seligman (2004) reintroduced character in psychology. Their Values in Action (VIA) classification of strengths and virtues aim at describing the good character as an important instance of optimal human functioning (e.g., at workplace, family, leisure time), and numerous studies verify that character strengths predict fulfillments in life; i.e., desirable life outcomes. Signature strengths are the most central strengths of a person, and their enhanced use increases well-being and calling. This approach will be critically evaluated.

Austria-born Professor Willibald Ruch, a founder of the International Positive Psychology Association (IPPA), is Head of the Section Personality and Assessment at University of Zurich’s Department of Psychology. His research interests concern the definition and measurement of personality and character generally, and in particular positive traits such as character strengths, virtues, humor, and cheerfulness, but also smiling, laughter and positive emotions.
Prices strongly influence consumers’ behavior. This has led not only economists but also psychologists to develop theories about how pricing affects consumers’ behavior. In this lecture, several pricing models are discussed from a psychological perspective. Furthermore, explanations will be provided on how and why these pricing models influence consumers’ perception and behavior. The psychological insights gained from research on pricing have also changed how companies determine prices for their products and services. Instead of simply setting a price that ensures a certain profit, sophisticated pricing strategies are utilized to influence consumers’ behavior. Thus, in this lecture, we will also look at how companies use insights into consumer behavior when setting their prices. Specifically, we will look at couponing, freemium, pay what you want and flatrates. And finally, we will talk about conspicuous consumption, a term first introduced in 1899, but maybe even more relevant now due to social media.

Dr. Anne Herrmann
Couponing, Freemium, Pay What You Want: How pricing influences our behavior
Room Blue

During this presentation, we will make you acquainted with the Psychology of Emotional Needs of Leopold Szondi (1893-1986), the founder of Fate Analysis, a little-known branch of Depth Psychology. Together, we will be on the track of both the coarse and the finer emotions and find out how these emotional needs can cause conflicts and disorders and can at the same time reveal personal interests and aptitudes. Being jealous, envious, and ready to sense injustice and unrighteousness can be understood as one specific group of emotional needs together with the opposing need to be kind, to regret, to remorse, and to make reparations. The finer emotions include the desire to attract attention, to be seen and recognized on the one hand, and to hide, to conceal, to shame oneself on the other hand. To visualize the emotional needs more clearly, they will be illustrated with dance performances.

Dr. Almut Schweikert & Sylvia Steven
The individual in the Tension Between Cain and Abel, Showmanship and Shame
Room Red

Anne Herrmann studied business psychology at the University of Applied Sciences in Lüneburg, Germany. After different employments as a researcher and consultant she completed her PhD. She teaches courses on Business Psychology and on Behavioral Economics at the University of Applied Sciences Northwestern Switzerland.

Almut Schweikert is a professional psychologist for Clinical psychology and Psychotherapy. She is also a fate analyst. Sylvia Steven is a certified movement analyst.
Gestalttherapy was developed in the 40ies by jewish psychoanalysts, Lore und Fritz Perls – first in South Africa, later in the US-american exile – together with the sociologist Paul Goodman. The basic impulses for Gestalttherapy come from Freuds Psychoanalyse, Lewins Feldtheorie, the Gestaltpsychology and the Existentialism from Sartre and Zen Bud-dhism. The founders brought in an experience-oriented concept to work in therapy. Their personal practice taught them, that profound change only can take place when people/clients first find the attitude of acceptance toward their problems/symptoms – accept it in the «here and now» – and then work on their subject (theme-behavior/symptom) in self-experience as well as in contact with the therapist.

This way of working helps to differentiate actual problems from old activated situations and biographic acquired patterns – so called unfinished business. Important is here, that they can emotionally be identified by the client himself. This form of emotional recognition can lead to sustainable change or at least to more integration. Different experience oriented therapeutic interventions will be shown and can be self-explored in the workshop.

> gestalttherapie-praxis.ch

Babs Schmidt is professional psychotherapist for Gestalt therapy with her own practice. She is the delegate of FSP, as the president of psychologists section at Swiss Association for Gestalt Therapy (svg).

Babs Schmidt «Here and Now» – How does GESTALTHERAPY interfere to your problems of yesterday and tomorrow? Room Red


Die Fähigkeit des Menschen, den eigenen Geist z.B. in der Meditation, mittels Visualisierungen oder körperlich-taktiler Übungen zu steuern, ist die Basis der Interventions in der buddhistischen Psychologie. Dabei geht es darum, die Kraft des Positiven zu entwickeln und das vermeintlich Negative transformiert und unterstützend einzubeziehen.


Im interaktiven Workshop werden wir neben theoretischen Inputs und Präsentationen von Praxisbeispielen einfache, bewährte Tools üben.

This workshop will be held in German.

> albrecht-coaching.ch
> kunstpsychotherapie.ch

Christine Albrecht is a couple therapist and body-centered coach. Thomas Lempert works as a therapist and organizational consultant.

Christine Albrecht & Thomas Lempert Buddhistische Psychologie Room Yellow
Die biologische Variabilität kennt mehr als nur zwei Geschlechter. In der modernen Biologie werden die Geschlechter nicht mehr als klar geschiedene Alternativen gesehen, sondern in ihrer reinsten Ausprägung als zwei Pole begriffen, zwischen denen sich eine Variationsreihe mit fließenden Übergängen entspannt.


Parts of the workshop will be held in German. Discussion in the end can be held in every student’s own mother tongue.

Myshelle Baeriswyl is a professional psychologist and the manager of the Fachstelle for Aids and Sexual Questions.

In this workshop we will discuss challenges and obstacles of the mental work in team sports. The workshop will focus on the following topics: How the setting and the levels of intervention developed during the project? What are the do’s and don’t’s of my own role as a sport psychologist? Which concrete methods were effective in the field?

After a 30 minute presentation small groups gather to evaluate the effectiveness of the presented interventions. These interventions are based on theoretical models derived from evidence-based research. The participants develop the awareness of different levels of intervention in team sports, get in touch with intervention methods in practical experience with teams, have the possibility to discuss about more and less effective interventions of a presented project with colleagues and discuss other ways to solve those situations.

Robert Buchli is a trained primary school teacher and sport psychologist. Since 2007, he works at Sport Psychologie Wetzel GmbH. He is also a member of the Swiss Association of Sport Psychology (SASP) and the Föderation der Schweizer Psychologinnen und Psychologen (FSP).
Still to the recent past, scientists took it for granted that brain function and structure steadily decay after a peak in middle adulthood has been reached. Meanwhile compelling evidence has demonstrated that cognitive training and learning is able to stabilize and advance an individual’s performance in controlled lab environment or in daily life despite of progressing brain atrophy during late adulthood. Presently, a theoretical framework promoting the view of a dedifferentiating brain that immolates specified neural circuits in favor of universal large-scale networks is hotly debated. By means of this reorganization the brain compensates the breakdown of local processing nodes and consolidates its function by forming novel associative large distance tracks.

The talk will introduce present findings that corroborate the dedifferentiation hypothesis with a particular focus on speech and hearing. Furthermore the pros and cons of current cognitive trainings and related approaches to maximize brain functioning during middle and old adulthood will be comprehensively discussed.

Martin Meyer is the head of research unit Neuroplasticity and Learning in Healthy Aging at the University of Zurich.
Bilden Sie sich gezielt weiter in Schicksalspsychologie und Allgemeiner Tiefenpsychologie


Schicksalsanalytisches Selbstmanagement – eine Online-Einführung ins Thema in sechs Kapiteln
Unser Fernkurs zeigt Ihnen den Weg zur Selbsteinschätzung, Selbstbeurteilung und Selbstfindung. Nach Durcharbeiten des Kurses sind Sie in der Lage, Ihre eigenen Reaktionen, Verhaltensweisen, Vorlieben und Ablehnungen besser zu verstehen und zu korrigieren. Sie sind gegebenenfalls in der Lage, Ihrer Mitwelt und Ihrer Umgebung mit grössterem Verständnis zu begegnen; sie sehen aber auch, wo und in welchem Ausmass Neupositionierungen, Umdenken und anderes Handeln nötig sein könnten. (6 Kapitel, Fernkurs, berufsbegleitend)

Lehrgang „Angewandte schicksalsanalytische Beratung“

Studium „Dipl. Schicksalsanalytischer Psychotherapeut/in“
Im Studium eignen Sie sich in internen und externen Lehrveranstaltungen sowie via Fernstudium umfassendes Wissen in den Bereichen Schicksalsanalyse, Tiefenpsychologie, Krankheitslehre und therapeutische Arbeit an. Nebst der Wissensvermittlung durchs Institut runden Ihre Selbsterfah rung (Lehranalyse) die persönliche Supervision sowie ein klinisches Praktikum von mind. 2 Jahren Ihr Studium ab. Angesprochen sind Interessent/innen mit einem Hochschulabschluss in Psychologie oder Medizin. Kontaktieren Sie uns für Ihre persönliche Studienberatung. (Dauer ca. 4 Jahre, berufsbegleitend; das Ausbildungsprogramm ist auf www.szondi.ch als Download oder als Printversion erhältlich.)

Weitere Informationen und Anmeldung online unter www.szondi.ch; kontaktieren Sie uns bei Fragen und zur persönlichen Studienberatung telefonisch via 044 252 46 55 oder senden Sie uns eine E-Mail an info@szondi.ch

Der Szondi-Bilderwahltest – tiefenpsychologische Diagnostik

Ausbildung „Dipl. Diagnostiker/in des Szondi-Bilderwahltests“
Der Szondi-Test bietet eine wissenschaftlich abge- sicherte, experimentelle und tiefenpsychologische Erfassung der individuellen Bedürfnisstruktur. Er zeigt die Qualität und Quantität der Triebbedürfnisse die alles Tun, Verhalten, Streben und Vermeiden umfassen und damit den Charakter und das Erscheinungsbild eines Menschen bedingen.
Der Test ist ein diagnostisches Verfahren mit Mehrfach-Niveau. Das heisst: Den Test können Sie auf vielen Ebenen einsetzen – unabhängig von Alter, Herkunft oder Bildungsniveau Ihrer Klienten. Der Test eignet sich zudem vorzüglich als Einstieg in Beratungen, Therapien und Abklärungen im beruflichen Bereich. (Dauer ca. 8 Monate, 80 Lektionen, berufsbegleitend)

Weitere Informationen und Anmeldung online unter www.szondi.ch

„Wahl macht Schicksal.“ (Leopold Szondi)
Sunday 10:00 – 12:00
psyCH trainer school workshops

Isabel Cardenas Castro and Elena Pauli
Purposeful living – create your own path to fulfillment
Room Green

Luc Wiesmüller and Jyll Duschinger
Studying Consciously – Are you ready for super-white teeth and some input?
Room Blue

Samuel Felder and Michèle Hediger
The Practice of Personal Integrity – Our duty to be strong
Room Yellow

Lina Brakemeier and Nike Schaefer
Self-acceptance – the basis for self improvement
Room Red
Emoticons represent one of the non-verbal channels in computer-mediated communication. They are representative of facial expressions due to their similarity. This thesis examined and discussed evidence favouring universal equality and cultural differences in expressing emotions through emoticons in computer-mediated communication. Current research indicates that cultural differences in emoticon styles and usage exist. This is due to varying focus and importance of different face regions to display emotions. Seeing how the Internet and social media have a global reach and impact, it is crucial to understand the cultural differences in verbal and non-verbal channels in the computer-mediated setting to enhance technology development and cross-cultural exchange of information.
In this study we investigated whether there are any differences in the concentration of metabolites between migraine patients and healthy controls. Moreover, if such a difference was evident, it was also assessed whether a prediction of a migraine attack was possible on the basis of metabolite concentrations. We used magnetic resonance spectroscopy (MRS) to assess the concentrations of the most important inhibitory metabolite (GABA) and the most important excitatory metabolite (Glutamate) in three distinct brain regions known to be important in pain and migraine (the anterior cingulate cortex, the occipital cortex and the right insula). The group of migraine patients was further divided into the four most common subtypes of migraine with respect to the presence of aura (migraine with aura or without aura) and with respect to the frequency of migraine attacks (chronic and episodic migraine). This lecture will give an overview over the study and the results.

Jeanette Villanueva
Magnetic Resonance Spectroscopy in Migraine: The Role of Excitation and Inhibition
Room Blue

Sunday 14:30–16:00
closing lecture

Sexual behaviour of women and men is very different; nevertheless, they have similar dreams and desires. Playing with these differences leads to mutual inspiration. The key to erotic lies in seeing women and men in their own attractive way. Most people say they know how it works. And yet many people are unsure if they do it right. Actually, sex is an easy thing we do not have to learn at school. But online portals and magazines are full with uncertainties around sexuality. That’s why, in this lecture, questions you always wanted to have an answer to will be answered. You have the possibility to turn in questions that pop up in your mind anonymously during the whole event and Mrs. Schiftan will give you the solution in her lecture.

Dr. Dania Schiftan
Sexuality – an easy thing?
Room Green

With a PhD in Clinical Sexology, Dania Schiftan works as licensed psychotherapist and sexual therapist at ZISMed in Zürich (Switzerland). She is also known as an expert in questions around sexuality and relationships at «TV Joiz» and «Radio 1».
Thank you!
psyKo team