



21. Nationale Gesundheitsförderungs-Konferenz

Donnerstag, 30. Januar 2020, Kursaal Bern

Thomas Berger, Prof. Dr.

University of Bern

Head of the Department of Clinical Psychology and Psychotherapy

EDUCATION AND DEGREES

2006-2010 PD Dr. (Habilitation), Department of Psychology, University of Bern (Topic: „New technologies in psychotherapy and psychotherapy training“)

2000-2005 PhD (Dr. phil.), Department of Psychology, University of Freiburg, Germany (Summa Cum Laude; Topic: "Dynamics of mental disorders. Structures and processes from a perspective of connectionist models")

1994-2000 Master (lic. phil.), Department of Psychology, University of Bern, Switzerland

ACADEMIC POSITIONS

08/2018 - Head of the Department of Clinical Psychology and Psychotherapy, University of Bern, Switzerland

2017-2018 Professor at the Institute of Consulting, Coaching and Social Management, University of Applied Sciences and Arts Northwestern Switzerland & Lecturer at the Institute of Psychology, University of Bern

2013-2018 Professorship of the SNSF in Clinical Psychology (E-Mental-Health), Institute of Psychology, University of Bern

2012-2013 Adjunct Professor (Oberassistent) at the Department of Clinical Psychology and Psychotherapy, University of Bern, Switzerland

2010-2012 Ambizione Fellowship by the SNSF, University of Bern, Switzerland.

2008-2010 Fellowship for advanced researchers by the SNSF, University of Linköping, Sweden (Prof. Gerhard Andersson)

2007-2008 Adjunct Professor (Oberassistent) at the Department of Clinical Psychology and Psychotherapy, University of Bern, Switzerland

2005-2007 Adjunct Professor (Oberassistent) at the Department of Clinical Psychology, University of Geneva, Switzerland

2000-2005 Research Associate at the Department of Clinical Psychology and Psychotherapy, University of Freiburg, Germany

AWARDS

2014 Outstanding Early Research Award Society for Psychotherapy Research (SPR)

2010 Young Researchers Award Society for the Exploration of Psychotherapy Integration (SEPI)





FELLOWSHIPS AND GRANTS

- 08/2008- Fellowship for advanced researchers by the Swiss National Science Foundation
08/2010 (SNSF), University of Linköping, Sweden
- 11/2010- Personal grant (SNSF Ambizione) from the Swiss National Science Foundation:
10/2012 „Internet-based treatments of anxiety disorders“, University of Bern (approx.
200'000 Euro)
- 05/2011-
10/2013 Co-Applicant (PI PD Dr. Judith Alder, University of Basel): „Stress and anxiety
reduction in women with preterm labour to improve outcome: A randomized
controlled Internet-based intervention study“. Grant from the Swiss National
Science Foundation (SNSF; approx. 350'000 Euro; University of Basel)
- 04/2012-
03/2015 Co-Applicant (PI Prof. Hohagen, University of Lübeck): „EVIDENT – EffectiVeness
of Internet-based DEpressioN Treatment“. Grant from the German Ministry of
Health (BMG; approx. 500'000 Euro)
- 05/2013-
04/2017 SNSF professorship: "Internet-based treatments/EMental-Health" (approx. 1 mio.
Euro; University of Bern)
- 01/2014-
12/2017 Principal Investigator Swiss team: "ECompared - Effectiveness of blended
Internet-based treatments for depression". Grant from the European Commission
(FP7; Health innovation; approx. 5 mio. Euro; University of Bern: 500'000 Euro)
- 01/2014-
12/2016 Co-Applicant (PI Prof. Viviane Hess, University of Basel): "Stream - Web-based
psychological stress management for newly diagnosed cancer patients". Grant by
the Swiss Cancer League (approx. 200'000 Euro; University of Basel)
- 2015 Host-Mentor PhD-Student Amalia Ciuca (Romania). Scientific Exchange
Programme between Switzerland and the New Member States of the EU (approx.
50'000 Euro; University of Bern)
- 09/2015-
08/2019 Co-Applicant (PI Prof. Franz Caspar, University of Bern): "The Impact of
Integrating Emotion Focused Components into Psychological Therapy" (SNSF;
University of Bern; approx. 470'000 Euro)
- 07/2015-
08/2018 Co-Applicant (PI Dr. Stefan Westermann, University of Bern & Prof. Steffen Moritz,
University of Hamburg) : "Evaluation of Internet-based self-help treatments for
persecutory ideation and auditory verbal hallucinations" (SNSF & DFG; University
of Bern & University of Hamburg; approx. 250'000 Euro)
- 01/2016-
09/2016 Host-Mentor: "Research on an Internet intervention for Cancer patients in
Lithuania" (Lithuanian-Swiss cooperation programme Swiss Agency of
Development and Cooperation)
- 09/2015-
08/2019 Principal Investigator Swiss team: " ICare - Integrating Technology into Mental
Health Care in Europe". Grant from the European Commission (Horizon 2020;
approx. 5 mio. Euro; University of Bern: approx. 650'000 Euro)
- 2017-
2019 Principal Investigator (together with Hansjörg Znoj): Internetbasierte Selbsthilfe für
Menschen mit Anpassungsproblemen nach einem Unfallereignis. Grant from the
Swiss Accident Insurance (SUVA).





TEACHING ACTIVITIES

Bachelor and Master: Introduction into Clinical Psychology (lecture), Psychological Therapy I & II (lectures), Research Methods in Clinical Psychology and Psychotherapy (lecture), Psychopathology Taught Online (online lecture), Psychotherapeutic Approaches (lecture), Psychotherapeutic Processes (Lecture), Several Seminars (e.g. E-Mental Health)

Postgraduate Workshops (Training for Psychotherapists): University of Bern, Geneva, Zürich, Freiburg, Freiburg i.Br., Dresden, Ulm, Munich

SUPERVISION OF GRADUATE STUDENTS AND POSTDOCTORAL FELLOWS

Supervision of 7 Postdocs (University of Bern), 21 PhD students (University of Bern, Geneva, Berlin, Salzburg, Bamberg), approx. 100 Master thesis (University of Bern and Geneva)

CLINICAL TRAINING & CLINICAL WORK

2001-2005 Post-graduate Training in Cognitive-Behavioral Therapy at the FAVT-Institute in Freiburg i.Br. (Freiburger Ausbildungsinstitut für Verhaltenstherapie)

2002-2004 Psychotherapist and Responsible Quality Manager at the Psychiatric Clinic in Kilchberg/Zurich

Since 2002 Psychotherapist at the Outpatient Clinics of the Universities of Freiburg i.Br., Geneva and Bern

INSTITUTIONAL RESPONSIBILITIES

2013- President of the Ethics Committee of the Faculty of Human Sciences, University of Bern

2010- Faculty member, Faculty of Human Sciences, University of Bern, Switzerland

2010 Organization of the Colloquium of the Institute of Psychology, University of Bern

COMMISSIONS OF TRUST / EDITORIAL & REVIEWER DUTIES / MEMBERSHIPS

Founding Board Member of the European Society for Research on Internet Interventions (ESRII); Board Member of the International Society for Research on Internet Interventions (ISRII); Member of Editorial Boards: Internet Interventions, Psychotherapy Research, Administration and Policy in Mental Health; Member of the Advisory Board: Psychosomatik, Psychotherapie und Medizinische Psychologie

Reviewer: Swiss National Science Foundation, Journal of Consulting and Clinical Psychology, Psychotherapy and Psychosomatics, Behavior Therapy, Behaviour Research and Therapy, Journal of Affective Disorders, Clinical Psychology and Psychotherapy, Journal of Medical Internet Research, Psychotherapy Research, Plos ONE, Cognitive Behaviour Therapy, Journal of Clinical Psychology & others

Membership: International Society for Research on Internet Interventions (ISRII); European Society for Research on Internet Interventions (ESRII); Society for Psychotherapy Research (SPR); Society for the Exploration of Psychotherapy Integration (SEPI); Swiss Psychological Society (SGP) & others





FIVE MOST IMPORTANT RECENT PUBLICATIONS

Full List: Google Scholar: <https://scholar.google.com/citations?user=85ebk-wAAAAJ&hl=en>

- Berger, T.**, Urech, A., Krieger, T., Stolz, T., Schulz, A., Vincent, A., Moser, C., Moritz, S., & Meyer, B. (2017) Effects of a transdiagnostic unguided Internet intervention ('velibra') for anxiety disorders in primary care: results of a randomized controlled trial. *Psychological Medicine*, 47(1), 67-80.
- Berger, T.**, Krieger, T., Sude, K., Meyer, B., & Maercker, A. (2018). Evaluating an e-mental health program ("deprexis") as adjunctive treatment tool in psychotherapy for depression: Results of a pragmatic randomized controlled trial. *Journal of Affective Disorders*, 227, 455-462.
- Schulz, A., Stolz, T., Vincent, A., Krieger, T., Andersson, G., & **Berger, T.** (2016). A sorrow shared is a sorrow halved? A three-arm randomized controlled trial comparing internet-based clinician-guided individual versus group treatment for social anxiety disorder. *Behaviour Research and Therapy*, 84, 14-26.
- Stolz, T., Schulz, A., Krieger, T., Vincent, A., Urech, A., Moser, C., Westermann, S., & **Berger, T.** (2018). A mobile app for social anxiety disorder: A three-arm randomized controlled trial comparing mobile and PC-based guided self-help interventions. *Journal of Consulting and Clinical Psychology*, 86(6), 493-504.
- Krieger, T., Urech, A., Duss, S.B., Blättler, L., Schmitt, W., Gast, H., Bassetti, C., & **Berger, T.** (in press). A randomized controlled trial comparing guided internet-based multi-component treatment and guided sleep restriction treatment to care as usual in insomnia. *Sleep Medicine*.

