



Berliner

09. - 11. September

Psychotraumakolloquium 2026

#MentalStark in der Zeitenwende - voneinander lernen, vernetzt handeln.

Berlin Psychotrauma Colloquium 2026

9-11 September 2026 · Berlin · Kaiserin-Friedrich-Gesellschaft für Ärztliche Fortbildung
Programme (as of 12 July 2026 V2 · work in progress)

#MentalStark in the turning point (Zeitenwende) - learning together, acting in networks.

Opening, health-policy impulse and networking

9 September 2026 · 17:30-21:00

ab 17:30 | Admission and registration
from 17:30

18:00-18:30 Opening and welcome

Welcome by the organising team, introduction to the congress motto and an overview of the thematic focal points.

Dr. Gerd-Dieter Willmund — Oberstarzt and Clinical Director; scientific lead of the congress, Bundeswehr Centre for Psychotraumatology, Bundeswehr Hospital Berlin.

18:30-19:15 Health-policy impulse

"The state of the healthcare system and the relevance of civil-military cooperation in medicine"
Keynote impulse by the Federal Ministry of Health (planned).

19:15-20:00 Panel discussion

With representatives from the Bundeswehr, civilian clinics and the Medical Service.

ab 20:00 | Get-together
from 20:00

Science, innovation and practical in-depth sessions

10 September 2026 · 08:30-20:00

08:30-09:00 Congress opening

09:00-10:30 Main Lectures I

• **Mental health in the war context of Ukraine - a GIZ update**

Inga Niere, Project Lead "Gender-responsive Approaches for Mental Health and Psychosocial Support (MHPSS) in Ukraine", GIZ GmbH, DE

• **Psychosocial situation in Ukraine and coping strategies**

Oksana Zbitnieva, Head of the Coordination Centre for Mental Health, Initiative of the First Lady, UA

Partners: GIZ GmbH - Germany's globally active development agency (Bonn/Eschborn). · Coordination Centre for Mental Health (UA) - central body of the nationwide programme "How Are You?" / "Ти як?", launched by First Lady Olena Zelenska.

10:30-11:00 Coffee break

11:00-12:30 Main Lectures II

Venue: Lecture Hall, 1st floor (central)

• **"Strengthening groups using insights from Narrative Exposure Therapy" (Prof. Dr. Schalinski)**

Scientific insights from Narrative Exposure Therapy and their relevance for dealing with traumatic experiences; resources, protective factors and group-oriented perspectives to stabilise those affected.

• **"Artificial intelligence in the military from an ethical perspective - opportunity or threat?" (Prof. Dr. Schreiber)**

AI in the military context from a social- and technology-ethics perspective: responsibility, decision-making, opportunities, risks and the normative limits of AI-supported systems in the security and defence domain.

Prof. Dr. Inga Schalinski — Professor of Clinical Psychology and Trauma Therapy, Universität der Bundeswehr München.

Prof. Dr. habil. Gerhard Schreiber — Chair of Protestant Theology, Helmut Schmidt University / University of the Bundeswehr Hamburg.



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12:30-13:30 Lunch break

13:30-15:00 Panels - Session I

Psychosocial support in Ukraine in the military and civil society - learning for Germany from GIZ's Ukraine projects

Venue: Lecture Hall, 1st floor (central)

Chair: Alena Mehlau (GIZ Lebanon) / OFArzt Heinrich Rau (Bundeswehr Hospital Berlin)

A1 Kseniia Voznitsyna - Director of the Forest Glade Rehabilitation Centre for Veterans (UA)

A2 N.N. - veteran and former patient of the St. Leo the Great Mental Health Center (UA)

A3 Olha Kukharukh - PhD Psychology, clinical psychotherapist, EMDR, BT (UA)

A4 possibly one further person

13:30-15:30 Workshop 1 | High-frequency EMDR therapy in an inpatient setting (Part 1)

Venue: Seminar Room, 2nd floor (left)

Early studies on intensive EMDR therapy point to positive effects such as rapid symptom reduction and a low drop-out rate during treatment. Part 1 of the workshop presents the theoretical background, the concrete implementation at the Bundeswehr Hospital Hamburg and experiences from this work - covering EMDR both in individual sessions and in groups. (A full-afternoon format; Part 2 in the 15:30-17:00 slot. Booking a further workshop the same afternoon is therefore not possible.)

Dr. Inga Kröger — Oberregierungsrätin and licensed psychotherapist (behavioural therapy), supervisor and self-experience trainer (BT) under the German PsychTh-APrV.

Dipl.-Psych. Johannes Müller — Oberregierungsrat and licensed psychotherapist (behavioural therapy), supervisor and self-experience trainer (BT) under the German PsychTh-APrV.

13:30-15:00 Workshop 2 | MentalStark in basic military training

Venue: Terrace Room, 3rd floor (left)

Danny Nowak — Regierungsdirektor and military psychologist, Army Command (Kommando Heer).

13:30-15:00 Workshop 3 | Multimodal trauma therapy

Venue: Library, 2nd floor (right)

Military-specific multimodal concept drawing on Cognitive Processing Therapy (CPT), emotion regulation and cognitive reappraisal. Exercises and case examples on embitterment, moral injury and dealing with fear, guilt and shame.

PD Dr. Christina Alliger-Horn — Regierungsdirektorin and Head Clinical Psychologist, Bundeswehr Hospital Berlin.

15:00-15:30 Coffee break

15:30-17:00 Panels - Session II

Future Forum: AI, ethics and digital therapy support

Venue: Lecture Hall, 1st floor (central)

Chair: Prof. Schreiber, RDir Dr. Dr. Fischer

On A4: the talk asks how touch between social robots and patients in trauma-related contexts can be designed to respect individual needs for distance, control and safety. It presents an engineering approach to trauma-informed touch interactions that integrates direct and technologically mediated forms of touch - with a framework for robot-smart-textile touch interactions in which indirect touch is developed as a flexible, person-centred means of self-regulation.

A1 Scaling therapy - virtual reality and EMDR in groups (Lesia Sak, Bogomolets National Medical University)

A2 Effectiveness of digital aftercare (Judith Dittmer)

A3 Telemedicine in the context of war (Valentyna Mazhbiz, Charité)

A4 How close may the robot come? Distance, control and safety in trauma-informed touch interactions (Madeleine Rischer, Chair of Protestant Theology, esp. social and technology ethics, Helmut Schmidt University / University of the Bundeswehr Hamburg)



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15:30-17:00 Workshop 1 | High-frequency EMDR therapy in an inpatient setting (Part 2)

Venue: Seminar Room, 2nd floor (left)

In Part 2, an EMDR group session is facilitated as a role-play. Participants can experience such a session from the patients' perspective; afterwards the experiences are reflected on together. (Continuation of the full-afternoon format; Part 1: 13:30-15:30.)

Dr. Inga Kröger — Oberregierungsärztin and licensed psychotherapist (behavioural therapy), supervisor and self-experience trainer (BT) under the German PsychTh-APrV.

Dipl.-Psych. Johannes Müller — Oberregierungsrat and licensed psychotherapist (behavioural therapy), supervisor and self-experience trainer (BT) under the German PsychTh-APrV.

15:30-17:00 Workshop 4 | Psychoeducation, communication and partnership quality

Venue: Terrace Room, 3rd floor (left)

"Understanding instead of escalating" – effects of psychoeducational and communicative approaches on partnership and interaction, illustrated through a couples' seminar involving relatives of soldiers affected by deployment.

Sonja Heinrich — Regierungsamtsärztin and social worker, Centre for Psychotraumatology, Bundeswehr Hospital Berlin.

Geraldine Dörholt — Stabsarzt and resident physician (psychiatry), Bundeswehr Hospital Berlin.

15:30-17:00 Workshop 5 | Assessment course in social medicine

Venue: Library, 2nd floor (right)

Procedures for recognising a service-related injury; identifying and assessing eligible circumstances ("conditions specific to military service"); particularities of the social-medicine assessment of mental disorders (latency, causality, participation impairment); discussion of specific assessor questions.

Tony Krause — Oberstarzt, deputy section head and psychiatric assessing physician, Soldiers' Compensation, BAPersBw (VII 2.5).

Patrick Collier — Regierungsdirektor, section head for basic decisions and benefits for active soldiers, BAPersBw (VII 2.2).

17:15-18:00 Highlight Panel

"Prisoner-of-war captivity: long-term psychotraumatological consequences, resilience and care perspectives – encounter with those affected"

Wilhelm Vityuk — Veteran and former prisoner of war (POW) as well as former patient of Forest Glade (UA).

18:00-20:00 Presentation of the Innovation Prize - Psychosocial Research & Application

Presentation and kick-off of the call for the Science and Innovation Prize "Psychosocial Research & Application" of the Working Group on Psychosocial Medicine and Networks. Informal exchange & And Soul.

Professional perspectives and conclusion - keynotes

11 September 2026 · 08:30-14:00

08:30-09:15 Keynote I | Psychological support in overseas deployments - the example of UNIFIL

Venue: Lecture Hall, 1st floor (central)

Structures, measures and requirements of psychological deployment support in the Austrian Armed Forces before, during and after a mission: theatre-specific preparation, on-site support and closing psychological interviews; special check-out scenarios for returnees on UNIFIL.

Mag. Dr. Georg Ebner — Oberst (senior specialist service), Hofrat; support psychologist at the Götzensdorf overseas deployment base of the Austrian Armed Forces.



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09:15-10:00 Keynote II | PREVENTS - suicide prevention for at-risk groups

Venue: Lecture Hall, 1st floor (central)

The importance of suicide-specific interventions after a suicide attempt; presentation of the brief psychotherapeutic programme RISE to strengthen crisis competence. The focus is the RCT project PREVENTS, which examines the implementation and effectiveness of RISE in routine psychiatric care.

PD Dr. phil. med. habil. Gerd Wagner — Head of the Suicidology Research Group, Dept. of Psychiatry and Psychotherapy, Jena University Hospital; Managing Director of the German Association for Suicide Prevention (DGS).

Sensitive topic: if you are personally affected, support is available (e.g. in Germany, Telefonseelsorge 0800 111 0 111).

10:00-10:30 Coffee break

10:30-12:00 Panels - Session III

Best practice from general medicine and rehabilitation

Venue: Lecture Hall, 1st floor (central)

Chair: OTA Dr. Emser

Best-practice approaches related to regional medical-service care of soldiers: hands-on experience, care pathways and interfaces between general-practice care, rehabilitation and follow-on treatment. Individual contributions to follow.

Dr. Thomas Emser — Oberstarzt and Head of the Medical Support Centre Stetten a. K. M.; specialist in general medicine (additional qualifications in manual medicine and acupuncture).

10:30-12:00 Workshop 6 | Narrative Exposure Therapy in groups

Venue: Terrace Room, 3rd floor (left)

Narrative Exposure Therapy (NETfacts) as a stabilising, resource-oriented, deployment-near group method for acute psychological care after combat exposure – not trauma-confrontative but aimed at collective processing and group cohesion. Fundamentals and a practical group example.

Dr. Isabell Schönsee — Korvettenkapitän, science officer in the Medical Service and clinical psychotherapist, Bundeswehr Hospital Berlin.

10:30-12:00 Workshop 7 | Innovation in specialist nursing: NADA acupuncture, relaxation techniques / aroma care

Venue: Library, 2nd floor (right)

Hands-on insight into complementary nursing methods – NADA acupuncture, relaxation techniques and aroma care – for stabilisation, resource activation and wellbeing; applications, limits and experiences.

Marek Giese — Specialist nurse and head of psychiatric nursing, Bundeswehr Hospital Berlin.

Tina Schmiedgen — Oberstabsfeldwebel, specialist psychiatric nurse, deputy ward manager, Bundeswehr Hospital Berlin.

Janine Neumann — Stabsfeldwebel, specialist psychiatric nurse, Bundeswehr Hospital Berlin.

10:30-12:00 Workshop 8 | Psychopharmacotherapy and interactions

Venue: Seminar Room, 2nd floor (left)

Key questions of psychopharmacotherapy and relevant drug interactions in psychiatric care, including particular requirements for soldiers and emergency personnel; expert input, practical questions and interdisciplinary exchange.

Prof. Dr. Dr. Niels Bergemann — Honorary Professor, University of Trier; head of the DGPPN section on psychiatry and psychotherapy for emergency personnel.

Prof. Dr. Kai Wohlfarth — Head of the Dept. of Neurology and interdisciplinary early rehabilitation; Professor of Pharmacology and Toxicology, HMU Erfurt.

12:00-12:30 Coffee break



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12:30-14:00 Conclusion | Civil-military closing lecture

Venue: Lecture Hall, 1st floor (central)

Bringing together the colloquium's central perspectives with a view to future developments at the interface of research, clinical care and civil-military cooperation; impulses for professional exchange, sustainable care structures and lasting networking.

Prof. Dr. Hubertus Himmerich — Specialist in psychiatry and psychotherapy, consultant and researcher (eating disorders), King's College London; Oberfeldarzt (reserve).

German/Austrian ranks and official titles (e.g. OTA, ORR, RDir, OFArzt, PD, Oberstarzt, Stabsarzt, Korvettenkapitän) and institutional proper names are kept in the original. Third-party graphics/logos are not included. Abbrev.: GIZ = German development agency; MHPSS = Mental Health and Psychosocial Support; EMDR = Eye Movement Desensitization and Reprocessing; NET = Narrative Exposure Therapy; BAPersBw = Federal Office for Bundeswehr Personnel Management; BwKrhs = Bundeswehr Hospital; ÖBH = Austrian Armed Forces.