#resilience2020
6th International Symposium on Resilience Research
Mainz, Sept 23-25 2020

All times are Central European Time (CET). CET is 8 hours behind Sydney and 9 hours ahead of San Francisco. Sessions start at 1 pm CET (SY: 9 pm, SF: 4 am) and end at 5 pm CET (SY: 1 am, SF: 8 am).

Wednesday, Sept 23

**Intresa business meeting**
11:00 internal

**Scientific program**
13:00 Welcome

**Session 1: Resilience – a gut feeling?**
13:05 *Scott Russo*, Mount Sinai Medical School, New York
*Immune mechanisms of depression: At the interface between mind and body*
13:50 *Thomas Larrieu*, Center for Psychiatric Neurosciences, Lausanne University Hospital
*Do adult neural stem cells listen to the heart? A new Blood-Brain-Axis in vitro assay for exploring emotional brain health status*
14:35 Break
14:50 *Amparo Acker-Palmer*, Goethe University, Frankfurt
*Signaling at the neurovascular interface*

**Young investigator short talks**
15:35 Selected poster abstracts

**Spotlight on stress inoculation**
16:00 *David Lyons*, Stanford University
*Stress inoculation in humans and animals*

End
17:00

Thursday, Sept 24

**Session 2: Mechanisms of inoculation**
13:00 *Richard Bryant*, University of New South Wales, Sydney
*Impact of controllability and self-efficacy on stress reactions*
13:45 *Catherine Hartley*, New York University
*Control and the calibration of motivated behavior*
14:30 Break
14:45  **Michèle Wessa**, Leibniz Institute for Resilience Research, Mainz  
*Behavioral control and resilience*

**Session 3: An upside to adversity?**

15:30  **Anthony Mancini**, Pace University, NY  
*How acute adversity improves psychological health*

**Young investigator short talks**

16:15  Selected poster abstracts

**End**

17:00

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**Friday, Sept 25**

**Session 3 cntd.: An upside to adversity?**

13:00  **Willem Frankenhuis**, University of Utrecht  
*Hidden talents in harsh environments*

13:45  **David Fletcher**, Loughborough University  
*The importance of adversity in the development of superior human performance*

14:30  Break

**Session 4: Resilience in the Corona crisis**

14:45  **Klaus Lieb**, Leibniz Institute for Resilience Research, Mainz  
*Mental health consequences of the Corona crisis*

15:00  **Oliver Tüscher**, University Medical Center Mainz  
*The bright side of the lockdown*

15:15  **Simon Forstmeier**, University Siegen  
*Corona-related stress, its consequences on psychopathology and personal growth, and resilience in university students*

15:30  **Christian Waugh**, Wake Forest University, NC  
*Coping with COVID-19: The efficacy of distraction for coping with the chronic stress of a pandemic*

15:45  **Ran Barzilay**, University of Pennsylvania, Philadelphia  
*A multidimensional evaluation of resilience and its contribution to understanding mental health during COVID-19 pandemic outbreak*

16:00  **Henrik Walter**, Charité Berlin & **Erno Hermans**, Radboud University Nijmegen  
*Psycho-social factors associated with mental resilience in the Corona lockdown*

16:15  Discussion: What have we learned from this crisis?

16:45  **Young investigator poster award ceremony**

**General conclusions and farewell**

**End**

17:00
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Registered attendees receive a Microsoft Teams link by mail. Poster abstracts and recorded presentations will be available for six months to registered attendees at the website.

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