

# # RESILIENCE 2025

11TH INTERNATIONAL SYMPOSIUM ON  
RESILIENCE RESEARCH

**NEW CHALLENGES,  
NEW SOLUTIONS**

24 – 26

SEPTEMBER 2025

MAINZ

GERMANY

**SCIENTIFIC PROGRAM**

## WEDNESDAY SEPT 24

### INTRESA BUSINESS MEETING

10:00 intresa business meeting (non-public)

### SCIENTIFIC PROGRAM

13:00 Welcome

### SESSION 1: SOLUTIONS FOR THE OPERATIONAL FORCES – RESILIENCE IN HIGH-STAKES ENVIRONMENTS

13:05 **Haakon Engen**, Institute of Military Psychology, Norwegian Armed Forces Joint Medical Services, Oslo  
*Operational resilience: a shield for the mind in trying times*

13:40 **Cade McCall & Aaron Laycock**<sup>1</sup>, Department of Psychology, University of York  
*Resilience in threatening and unpredictable environments*

14:15 Coffee

14:45 **Floris Klumpers**, Behavioural Science Institute & Donders Institute, Centre for Cognitive Neuroimaging, Radboud University Nijmegen  
*Training stress resilience in police through gamified virtual reality biofeedback*

15:20 **Anders Kjaergaard**, Department of Military Psychology, University of Copenhagen  
*Development, adaptation and implementation perspectives of a military mental health training program*

15:55 Coffee

16:15 **PANEL DISCUSSION**  
What can we do for the most exposed?

16:45 **EARLY-CAREER SCIENTIST SHORT TALKS**  
Selected poster abstracts

17:30–  
19:00 **POSTER SESSION**  
with snacks

20:00 **SPEAKERS' DINNER**  
Speakers' dinner (non-public)

## THURSDAY SEPT 25

### SESSION 2: SOLUTIONS FOR THE TRAUMATIZED – RESILIENCE THROUGH EXTINCTION

09:00 **Maria Bragesjö**, Centre for Psychiatry Research, Department of Clinical Neuroscience, Karolinska Institutet & Stockholm Health Care Services, Region Stockholm  
*The Window of Opportunity: Using Early Exposure to Boost Natural Resilience*

09:45 **Mohammed Milad**, University of Texas Health Science Center, Houston  
*Decoding threat and safety in the human brain: implications for trauma and resilience*

10:30 Coffee

11:00 **Elena Andres**, LIR Mainz  
*Appetitive mechanisms of extinction*

11:30 **Andrew Holmes**, Laboratory of Behavioral and Genomic Neuroscience, NIAAA, NIH  
*Identifying novel neural mechanisms underlying extinction*

12:15 **EARLY-CAREER SCIENTIST SHORT TALKS**  
Selected poster abstracts

13:00 **POSTER SESSION**  
with lunch

### SESSION 3: LAZY SOLUTIONS – RESILIENCE THROUGH SLEEP?

14:30 **Kai Spiegelhalder**, Department of Psychiatry and Psychotherapy, Medical Center – University of Freiburg  
*Is insomnia related to stress resilience and well-being?*

15:15 **Birgit Kleim**, Institute of Psychology, University of Zurich  
*Sleep for good memories*

16:00 Coffee

16:30 **Penny Lewis**, School of Psychology, Cardiff University  
*Engineering sleep to boost health and cognition*

17:15 **Niels Niethard**, Institute of Medical Psychology and Behavioural Neurobiology, University of Tübingen  
*From rest to resilience – sleep as a fundamental process for brain adaptation*

19:00 **SOCIAL**, Citadel Tour

## FRIDAY SEPT 26

### SESSION 4: TECHNOLOGICAL SOLUTIONS FOR RESILIENCE RESEARCH IN ANIMALS

09:30 **Rosemary Bagot**, Department of Psychology, McGill University & Ludmer Centre for Neuroinformatics & Mental Health, Montréal  
*A novel circuit regulator of stress resilience in the prefrontal cortex*

10:15 **Patricia Molina**<sup>1</sup>, Department of Fundamental Neuroscience, University of Lausanne  
*Trajectories of behavior and habenular activity in depression*

11:00 Coffee

11:30 **Albrecht Stroh**, Institute of Physiology I, University Hospital Münster & LIR, Mainz  
*Learning Resilience: on the interplay of neuronal network state transitions and resilience*

### GSRNET PANEL DISCUSSION & DEBATE

12:15 **Dominique de Quervain**, Department of Biomedicine & University Psychiatric Clinics, University of Basel  
*Introducing the Global Stress and Resilience Network (GSRNet)*

12:20 **Dominique de Quervain, Marianne Müller, Joeri Bordes**<sup>1</sup>, **Gina-Isabelle Henze, Raúl Andero Galí**  
*Translating Resilience: Lessons learned, open questions, and next steps*

13:00 **POSTER AWARD CEREMONY & FAREWELL**

13:15 Lunch

### TUESDAY SEPT 23

10:00 – **SATELLITE METHODS WORKSHOP**  
17:00 Resilience Quantification in Humans