#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 businnes 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,** 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 Kjærgaard,** 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,** tba

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,** 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

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, tba**
Solutions for the field: What have we learned? Where do we go?

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

13:15 Lunch

TUESDAY SEPT 23

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