

Dr. Gloria Mittmann

## **Self- and Desired Diagnoses in the Digital Age: Media, Identity, and the Changing Meaning of Diagnosis**

The rise of self- and desired diagnoses (“Wunschdiagnosen”) reflects changing ways of understanding mental health in contemporary media environments. This talk explores how media representations, online content, and digital communication shape symptom perception, identity formation, and expectations toward diagnosis. Implications for clinical practice, mental health literacy, and healthcare systems will be discussed.

Ass.-Prof. Dr. Paul Scheibelhofer

## **Understanding the crises of male adolescence and young adulthood: Insights from Critical Masculinity Studies**

For many young men, *Coming of Age* is a crisis-ridden life phase that poses challenges to them and their surroundings. To understand these dynamics, the talk presents insights from sociological and social-psychological Critical Masculinity Studies. This perspective shows, how troubling phenomena of male adolescence are connected with persisting societal norms of what it means to be a ‘real man’ and the privileges that come with it. The talk discusses, how such a perspective can aid therapists and others who accompany young men in the challenging phase of coming of age.

Dr.in, Prof.in, MSc. Brigitte Schigl

## **Constructed Bodies – Background Assumptions of Eating Disorders in Gender-Sensitive Integrative Perspectives**

This presentation outlines eating disorders in young women from an integrative, biopsychosocial-ecological perspective. Eating disorders can be understood as disorders of the 20th and 21st centuries and viewed at the intersection of gender norms, control, and the pursuit of an idealized femininity. They reflect tensions within coming of age as a girl and are a form of “doing gender.”

Dr. med. univ. Zoe Puschban-Schennach

## **Mind the gap – transitional mental health care**

This lecture examines emerging adulthood as a vulnerable developmental phase marked by discontinuities in medical care. Drawing on the model of Adolescent Psychiatric Day Hospitals, the talk introduces targeted therapeutic approaches designed for this transitional stage—with a particular emphasis on restoring self-efficacy as a key driver of recovery.

We will also consider the shifting landscape of influence: as the nuclear family recedes, new forces - social media, global crises such as climate change and the COVID-19 pandemic - take center stage.

Dorothea Dülberg

### **Workshop 1: An invitation to a sense-based encounter in digital worlds**

Escapist spaces – made possible by digital worlds – highlight the importance of an analog, sense-based connection to the world as a source of psychological stability. In this workshop, we will explore the potential of Integrative-intermedial concepts from a music therapy perspective and discuss the healing and fostering factors of sense-based encounter in the treatment of young adults with psychiatric disorders.

Mia Scheffers

### **Workshop 2: Body experience and depression among emerging adults**

Negative body experience is a well-known risk factor for the development of depressive symptoms. However, little is known about how different aspects of body experience are related to depressive symptoms.

In our study among more than 400 Dutch emerging adults we examined the relationship between body satisfaction, body investment, and depressive symptoms.

We will look into implications for clinical practice, where body-oriented therapy seems to be a very important approach to this population.

**Workshop 3: to be announced**

Brigitte Schigl

### **Workshop A: Constructed Bodies – Treating Eating Disorders in Young Women with Gender-Sensitive Integrative Therapy**

This workshop focuses on therapeutic work with eating disorders while inviting participants to reflect on their own eating histories and embodied experiences. We will explore processes of insecurity, self-validation, and affect regulation in (young) women in western societies, and introduce multimodal, integrative therapeutic approaches for working with these dynamics in treatment.

Tom Ullrich

### **Workshop B: „What to do when the Child is fallen into the well“ A concept for group counseling and drug using adolescents**

I will present a proven concept that was developed for an outpatient drug counseling center in Ulm in cooperation with the juvenile court, the youth service, the police and the probation service. We talk about the challenge of organizing a cooperative and convivial atmosphere to invite young people to talk openly and honestly about their experiences, the good and bad. Together we will reflect on ambiguity tolerance – that of our young patients and our own – on motivations, volitions and different life goals at different ages.

**Workshop C: to be announced**

