

**November 9<sup>th</sup> 2022, 6.00–7.30 pm**

## Performance Psychology through the Eyes of a Psychologist and Olympic Silver Medalist



**Sara Isakovic, MSc**  
Performance Psychologist

Sara is mostly known for winning an Olympic Silver medal for Slovenia in 2008. She graduated from University of California Berkeley with a degree in Psychology, and later pursued brain research at UC San Diego, exploring neurological mechanisms of resilience in U.S. Navy Seals, Marines and Olympic athletes. She then completed her masters degree in Performance Psychology.

As a published researcher, lecturer, speaker and author, Sara now works with various athletes, business men, musicians and airline pilots helping them perform optimally in their highly demanding performance environment. She is also involved in multiple projects- from changing the global education systems (Junior Fellow of World Academy), to advocating anti-doping in sports (WADA ambassador), as well as promoting the combination of mental and physical fitness. She has recently become certified as practitioner in hypnotherapy.

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### Lectures Series

#### Professional Fields and Practice of Psychology

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**Matthias Paulnsteiner, BSc**  
Psychology Graduate, Group HR,  
Alumni of SFU

**December 7<sup>th</sup> 2022**  
**Prof. Francesco Rovetto, MD**  
Professor of Clinical Psychology  
Sigmund Freud University, Milano (Italy)

**January 11<sup>th</sup> 2023**  
**Dr. Markus Fischl**  
Psychiatrist, MD

**January 18<sup>th</sup> 2023**  
**Filipa Krolo, MSc**  
PhD Student at Universität Greifswald,  
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### Registration

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**November 23<sup>rd</sup> 2022, 6.00–7.30 pm**

## Psychology and Strategic HR

Paving your way into  
the corporate world as  
a psychology bachelor



**Matthias Paulnsteiner, BSc**

Psychology Graduate, Group HR, Alumni of SFU

Graduating with a bachelor's degree in psychology opens a world of possibilities. A vast range of possible master's degrees may make it seem difficult to choose your way. Looking into job descriptions across various platforms can seem intimidating; how far could your bachelor's degree get you?

These were the circumstances I found myself in back in 2019 when I finished my bachelor's degree at SFU Vienna. Looking for a job appeared difficult, since most employers put several requirements into their job ads and I did not feel ready for most of them. Thinking »How could I do these jobs without a specialization or the experience they are asking for?«, I found myself applying for jobs I would not be interested in anyways. However, if you are looking to enter work life right after your bachelor's degree, you needn't worry. With the uprising focus of big companies on CSR, ESG and People Sustainability, the possibilities for social scientists broaden each day.

In this presentation I would like to invite the audience to get to know the basics of this modern, corporate environment and introduce you to the various and diverse tasks that you might encounter, should you choose to work in the field of strategic HR.

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**December 7<sup>th</sup> 2022, 6.00–7.30 pm**  
**Psychotherapy and  
Psychopharmacology towards  
a possible integration**



**Prof. Francesco Rovetto, MD**  
Professor of Clinical Psychology  
Sigmund Freud University, Milano (Italy)

Being qualified both, as a clinical psychologist and as a psychiatrist, I have considered with great interest, the possible interaction between psychotherapy and psychopharmacology. In therapy we often happen to meet patients whose symptoms are induced by pharmacological drugs (e.g., Antidepressants may lower libido) or patients who could take advantage from an integrated intervention. Psychotherapists should be aware of this. Most of the pathologies we face are made up of self-perpetuating vicious circles. These are maintained by cognitive, affective, behavioral, biological, and social aspects. The vicious circle can be interrupted, or strongly weakened at each of these levels, if it is possible to maintain a sufficiently global view on the dynamics of the case. If we propose an adequate pharmacological intervention, we induce positive effects not limited to the biological sphere. In clinical practice, many patients we meet take pharmaceutical drugs: for some pathologies the use of drugs is essential, for others, it is an accessory, for still others, the usefulness has not been demonstrated, but the drugs may be useful at symptomatologic level. Even for those who are unable or unwilling to prescribe drugs, it is important to know: – Potentials of treatment (overestimating and underestimating are frequent); – Side effects (not always negative: e.g. Oxybutamine and enuresis, Paroxetine and premature ejaculation); Time necessary to manifest both therapeutic and side effects; Observable indicators of improvement; Patients' experiences, prejudices and expectations about the different forms of treatment proposed and the nature and potential of placebo effect. WHAT CAN WE EXPECT FROM DRUGS? There are drugs capable of reducing depression, delirium anxiety and stabilizing moods. WHAT WE CANNOT EXPECT FROM DRUGS? We do not have drugs capable of giving us abilities that are absent because they have never been learned, of providing motivation, of modifying prejudices, or of giving us missing social skills or to replace personal responsibility in managing our lives. Psychotherapy requires commitment, and effort. Its results are not always generalized but teach missing skills, influence motivation and modify or correct irrational ideas. It is flexible. The presentation will be done taking under consideration practical cases involving the integration of psychopharmacology and psychotherapy.

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## Tasks and practice in psychiatry



**Dr. Markus Fischl**  
Psychiatrist, MD

Dr. Fischl is professionally active in the Social Psychiatric Outpatient Center and in the Psychiatric Outpatient Clinic of the Kepler University Hospital as a specialist in psychiatry. The Neuromed Campus of the Kepler University Hospital is home to the largest psychiatric unit in Austria. In addition to his professional profile, Dr. Fischl will also present figures, data and facts on psychiatric illnesses in Austria and discuss treatment options, both in the outpatient and inpatient areas.

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**January 18 th 2023, 6.00–7.30 pm**  
**Psycho-Oncology**



**Filipa Krolo, MSc**  
PhD Student at Universität Greifswald,  
Alumni of SFU

Roughly half a million people worldwide get diagnosed first time with cancer every year, with the tendency rising due to aging populations. In Germany, every third person is confronted with some type of cancer throughout their life span. Although the disease is one of the leading causes of death worldwide, many types can be cured if detected early and treated effectively. Beyond the medical aspects of cancer, the uprising field of psycho-oncology began to focus interdisciplinary on its psychosocial aspects in both patients and their caregivers. When diagnosed, many cancer patients and their environment are confronted with a life-threatening disease which can evoke emotions like fear, shock and disbelief. Existential questions and confrontation with mortality, worries about the own health and future and psychosocial distress throughout treatment and afterwards can often be accompanied by depressive symptoms and anxiety. Understanding how patients react psychologically to cancer is important to support their overall well-being and maximize quality of life across the cancer trajectory. Psycho-oncologists embedded in hospitals and in outpatient settings can provide such support by helping patients and their environment to cope with the disease, its burden and its consequences.

In this lecture I want to introduce you to the field of psycho-oncology with all its different aspects. You will gain insight on how psycho-oncologists work and what the challenges and positive aspects of this work can be. Also, I will shed some light on current scientific approaches and key questions in the field.

My interest in psycho-oncology grew early in the first semesters of my bachelor studies in psychology at SFU Berlin: through my voluntary work for the NGO »Make-A-Wish e.V.«, whose aim it is to fulfil wishes of persons with life-threatening diseases, I wrote my bachelor thesis about imaginative processes of wish-fulfilment in a little girl suffering from cancer and her family. During my Master's in clinical psychology, still at SFU Berlin, I worked as an intern and wrote my master thesis at the psycho-oncology department of Charité Berlin. I was particularly interested in how therapy severity impacted a cancer patient's prognostic awareness. After graduation, to further intensify my knowledge, I completed psycho-oncology training at ID-Institute in Kassel and attended an observership at Taussig Cancer Centre, Cleveland Clinic, USA. Currently, I am working on my PhD in the field of cancer prevention, i.e. the development of a proactive, automatized lifestyle intervention for general hospital patients, at University Medicine Greifswald.

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