

MENTAL HEALTH | RESILIENCE | SOCIAL COHESION | INTERVENTION

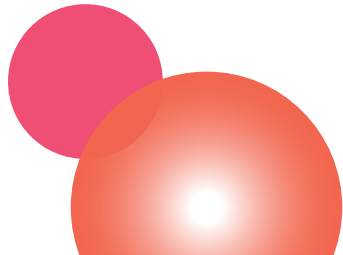
ONLINE
SYMPOSIUM

1.12.—

2.12.22

BERLIN, GERMANY

SUFFERING AND FLOURISHING DURING THE COVID-19 PANDEMIC



SPEAKERS



George Bonanno



Malvika Godara



Marian González-García



Oliver Kirchhoff



Birgit Kleim



Fanny Lalot



Nava Levit-Binnun



Anthony Mancini



Ann Masten



Hannah Matthaeus



Katharina Schacht



Alicia Schowe



Tania Singer



Sarita Silveira




Andrew Steptoe



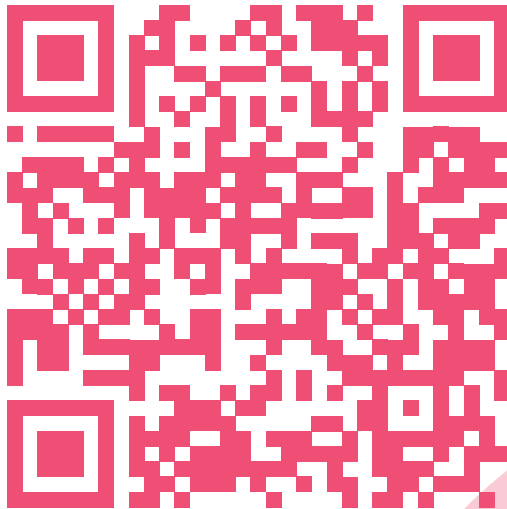
Andero Uusberg





Henrik Walter



For **online participation**
please scan the QR-code
or register [here](#)



For further
questions please
contact
info@social.mpg.de



Schedule of day 1

09:30 – 09:45 Welcome

Session 1: Changes in mental health and resilience during the pandemic

09:45 – 10:00 Tania Singer
Social Neuroscience Lab, Max-Planck-Society
CovSocial project
Mapping mental health, resilience and social cohesion in Berliners

10:00 – 10:20 Malvika Godara
Social Neuroscience Lab, Max-Planck-Society
Resilience-vulnerability in the pandemic:
Insights from the With:Resilience framework

10:20 – 10:30 Alicia Schowe
Max-Planck-Institute of Psychiatry
Genetic predisposition influences resilience-vulnerability trajectories during the pandemic

10:30 – 10:45 Q&A and Discussion

Short Break

11:00 – 11:05 Introduction

11:05 – 11:40 George Bonanno
Teachers College, Columbia University
Trauma, the resilience paradox, and flexible adaptation

11:45 – 12:20 Anthony Mancini
Department of Psychology, Pace University
Heterogeneous outcomes, psychosocial gains, and resilience in response to COVID-19

12:20 – 12:45 Q&A and Discussion

Lunch

13:45 – 13:50 Introduction

13:50 – 14:25 Henrik Walter
Department of Psychology and Psychotherapy, Charité Berlin
DynaMORE study
Resilience in the age of COVID

14:30 – 15:05 Andrew Steptoe
Department of Behavioural Science and Health, University College London
Covid Social Study
Mental and social impact of the COVID-19 pandemic: Insights from longitudinal population studies

15:05 – 15:30 Q&A and Discussion

Short Break

15:45 – 16:15 Round-Table Discussion
Malvika Godara, Anthony Mancini, Andrew Steptoe & Henrik Walter

Session 2: Relationship between social cohesion and resilience during the pandemic

16:15 – 16:20 Introduction

16:20 – 16:55 Ann Masten
Institute of Child Development, University of Minnesota
Multisystem resilience: Reflections on the COVID-19 pandemic

17:00 – 17:20 Fanny Lalot
Faculty of Psychology, University of Basel
Beyond us and them: Societal cohesion in Britain through eighteen months of COVID-19

17:25 – 17:45 Sarita Silveira
Social Neuroscience Lab, Max-Planck-Society
Changes in social cohesion during the pandemic

Short Break

18:00 – 18:30 Round-Table Discussion
George Bonanno, Fanny Lalot, Ann Masten & Sarita Silveira

Schedule of day 2

09:30 – 09:40 Welcome

Session 3: Mindfulness-based and socio-affective interventions

09:40 – 09:50 **Katharina Schacht**
Mindfulness meditation

09:50 – 09:55 **Tania Singer**
Social Neuroscience Lab, Max-Planck-Society
Online interventions during the pandemic:
Introduction to CovSocial project phase 2

09:55 – 10:10 **Hannah Matthaeus**
Social Neuroscience Lab, Max-Planck-Society
Differential effects of socio-emotional
and mindfulness-based interventions on
loneliness

10:10 – 10:30 **Oliver Kirchhof**
Affect Dyad

10:30 – 10:45 **Malvika Godara**
Social Neuroscience Lab, Max-Planck-Society
Contemplative practices for mental
health and resilience

10:45 – 11:00 **Sarita Silveira**
Social Neuroscience Lab, Max-Planck-Society
App-delivered training of
social emotions

11:00 – 11:15 Q&A and Discussion

Short Break

11:30 – 11:35 Introduction

11:35 – 12:05 **Nava Levit-Binnun**
Sagol Center for Brain and Mind,
Reichman University
Effects of mindfulness in the first
waves of the COVID-19 pandemic

12:10 – 12:35 **Marian González-García**
Faculty of Health Sciences, European
University of the Atlantic
Mindfulness and compassion
practices to promote emotion regulation,
mental health and resilience.
Insights from a feasibility study

12:35 – 13:00 Q&A and Discussion

Lunch

Session 4: Cognitive interventions

14:00 – 14:05 Introduction

14:05– 14:40 **Birgit Kleim**
Department of Psychology,
University of Zurich
Selecting and implementing digital
CBT-based intervention to increase resilience

14:45– 15:20 **Andero Uusberg**
Institute of Psychology, University of Tartu
Reappraisal of a pandemic:
Insights from Estonia and evidence
from around the world

15:20 – 15:45 Q&A and Discussion

Short Break

16:00– 17:00 Final Panel Discussion
and Closing