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Bio

BIO

I am a clinical psychologist studying the nature of human well-being and ways to improve it. My current research focus is on dissociation and affect regulation. I am currently a visiting scholar at Stanford University's Psychophysiology Lab, supported by a fellowship from the Deutsche Forschungsgemeinschaft (DFG). Additionally, I am a research fellow at Charité – Universitätsmedizin Berlin. I earned my Ph.D. in psychology from Freie Universität Berlin and am also a German board-certified cognitive-behavioral psychotherapist, having completed my training at the Zentrum für Psychotherapie der Humboldt-Universität zu Berlin.