



IACAPAP

International Association for Child and
Adolescent Psychiatry and Allied Professions



Programme



10th Helmut Remschmidt Research Seminar

*Empowering child and adolescent
mental health through evidence-based
approaches*

7–12 September 2025
Kloster Irsee, Germany



2026
HAMBURG
GERMANY

Luis Augusto Rohde
President IACAPAP

Tobias Banaschewski
Conference Chair



IACAPAP

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Adolescent Psychiatry and Allied Professions

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27th World Congress of

IACAPAP

*Facing challenges in a constantly changing world
Empowering child and adolescent mental health
by evidence-based approaches*

1–4 July 2026

CCH – Congress Center Hamburg
Hamburg, Germany

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CPO HANSER SERVICE GmbH
Paulsborner Straße 44
14193 Berlin

+49 30 300 669-0

iacapap2026@cpo-hanser.de
www.cpo-hanser.de



Welcome from the IACAPAP President

Dr Luis Rohde

It is my pleasure to welcome our young colleagues to the 10th IACAPAP Helmut Remschmidt Research Seminar (HRRS). We are honored to host this meeting in Irsee, Germany, in the year before our 27th World Congress of IACAPAP, which will take place in Hamburg, Germany, in July 2026.

Celebrating the 10th anniversary of the HRRS is already a milestone in itself. However, this edition will feature an extraordinary highlight that makes it even more special. Professor Remschmidt will be part of the faculty. Although the success of the meeting was already guaranteed by the carefully prepared programme by Petrus and Cristina, our leaders for this initiative, Helmut's presence will give an opportunity for our mentees to learn with one of the legendary leaders in our field.

IACAPAP offers a wide portfolio of initiatives, many of which aim to provide training in various aspects of Child and Adolescent Mental Health (CAMH) for young professionals. In this context, we firmly believe that building the capacity to seek evidence-based answers to clinically relevant questions is essential for the comprehensive training of the next generation of CAMH professionals. This goal is, for sure, in the DNA of the HRRS.

The IACAPAP Bureau extends its heartfelt congratulations to the successful applicants and expresses sincere thanks to the mentors who will contribute to this remarkable seminar. We wish you all a wonderful week in the historical Monastery of Kloster Irsee.

Luis Augusto Rohde, MD, PhD



Welcome address

Prof Helmut Remschmidt

This year we are celebrating the 10th anniversary of the HRRS which covers a timespan of 20 years as the seminar is usually organized every second year always 8 – 10 months before the respective IACAPAP World Congress and in the country where the Congress takes place. In 2026 the 27th World Congress of IACAPAP will be held in Hamburg – 22 years after the very successful 16th World Congress of IACAPAP in Berlin in 2004.

When I started this initiative, together with my friend and colleague Martin Schmidt first in 1983 in Germany (altogether 6 seminars in the following years), then since 1998 at the European level (also 6 consecutive seminars, mainly in Italy), and finally – with the support of IACAPAP since 2007 – internationally, (starting with one seminar in Porto Alegre, Brazil, and another one in the same year in Istanbul, Türkiye), I would never have imagined how successful this venture would turn out to be.

Interestingly enough, the basic structure of the seminars has remained the same from the very beginning up to now. So far, more than 250 fellows have attended the seminars and, when adding the previous German and European seminars, the number is closer to 500. The 10th HRRS in Irsee (Bavaria) will be the 25th of all the Research Seminars since their inception in 1983. No formal follow-up study with regard to the careers of the former fellows has been conducted to date, but nevertheless, I know that a large number of them have become well-known researchers and quite a few are now professors at universities in different parts of the world.

I am also very pleased that the HRRS and the Donald J. Cohen Fellowship Program, which I was able to establish in 2004 at the 16th World Congress of IACAPAP in Berlin, are strongly complementary and that the IACAPAP World Congresses offer the possibility to the fellows of both programmes to meet.

I wish all of you – fellows, mentors, and the organizing staff – exciting days, fruitful discussions and personal exchanges in a constructive and friendly atmosphere, which is also a prerequisite for original and high quality research.

I want to thank very cordially Petrus de Vries, Christina Schwenck and the local team for their hard work to make the seminar a success. My thanks also go to the local organization and to IACAPAP for their financial and ideational support.

Finally, I deeply regret that Prof. Per-Anders Rydelius, my dear friend and colleague, who for many years was a co-organizer of the HRRS, is no more among us. He was a wonderful mentor for young child psychiatrists all over the world.

Prof Helmut Remschmidt



Welcome from the IACAPAP Congress President 2026

Prof Tobias Banaschewski

This year, we are celebrating a milestone – the 10th anniversary of the Helmut Remschmidt Research Seminar (HRRS). Thus, I am very pleased to welcome all mentees and mentors attending the 10th HRRS, which will be held in the homeland of its founder, Prof. Dr. Helmut Remschmidt at Kloster Irsee in Bavaria, near Munich.

The former Benedictine Abbey boasts a rich and tumultuous history and stands today as a modern conference, education, and meeting center, committed to confronting its past and creating spaces for remembrance and reflection. In this historically significant place, a selected group of young scientists from 20 different countries will gather to learn from and with each other, forming both professional and personal bonds and will work on projects with the potential to improve mental health care capacity in their respective countries. The 2025 HRRS programme, carefully planned and conducted by world-renowned mentors, will hopefully support them in reaching their goals.

In line with the 27th IACAPAP congress theme the HRRS 2025 will have a particular focus on emerging researchers with the theme “Empowering child and adolescent mental health through evidence-based approaches”.

I wish all participants an enriching and memorable experience. I am sure that you will return home with new insights, motivated by fresh ideas, and equipped with a network of international collaborations and new friendships, ready to advance our shared mission both in your region and around the globe.

I'm also very much looking forward to welcoming you to Hamburg for the 27th World Congress of IACAPAP, taking place from 1–4 July 2026. Under the theme "Facing challenges in a constantly changing world – Empowering child and adolescent mental health through evidence-based approaches", the congress will once again provide a vital platform for global dialogue on current challenges and innovative strategies in child and adolescent mental health.

The unifying mission that brings us all together is the commitment to support children and adolescents with mental health challenges worldwide through research and evidence-based care. In these times marked by wars and severe global crises, our gathering sends a small but powerful message of hope and determination.

Prof Tobias Banaschewski

About the Helmut Remschmidt Research Seminar (HRRS)

The HRRS started as "The European Research Seminar" in 1998 in Heidelberg, following a model that had already been used before in Germany by Martin Schmidt and Helmut Remschmidt. The aim of the seminars was to help young researchers in the field of child and adolescent mental health (CAMH) to pursue a scientific career. When professor Helmut Remschmidt was elected President of IACAPAP in 1998, he transferred the Research Seminars to an international level.

At the 17th IACAPAP Congress in Melbourne 2006, the IACAPAP executive committee agreed to arrange research seminars, named the IACAPAP Helmut Remschmidt Research Seminars (HRRS), in the geographical area where the next IACAPAP Congress will take place. The first of the HRRS took place in Turkey (Istanbul, 2008), followed by China (Beijing, 2010), France (Paris, 2012), South Africa (Stellenbosch, 2013), Canada (Kannanaskis, 2015), Czech Republic (Svata Katerina, 2017), Singapore (2019) and Dubai (2022). The seminars take place approximately 6 – 12 months before the Congress. Given that the next IACAPAP congress will be in Hamburg in July 2026, a decision was therefore made to have the HRRS 2025 at Kloster Irsee in Bavaria, Germany, with a particular focus on the Europe region. The specific theme selected for the 10th HRRS is .

The overarching vision and mission of IACAPAP as set out in the constitution is "to promote the study, treatment, care and prevention of mental and emotional disorders and disabilities of children, adolescents and their families". The purpose of the HRRS is to inspire young colleagues from child & adolescent mental health disciplines to engage in research. The aims of the 5-day seminar are therefore to provide basic knowledge in key aspects of research design in child and adolescent mental health, skills in presenting research to colleagues, skills in commenting on the research of others, and to enable participants to carry out their own research projects under the specific circumstances of their departments, countries and contexts.

Each seminar participant is asked to bring a research plan or an ongoing project to present and work on in small groups supervised by one or two mentors. Mentors are experienced child & adolescent mental health clinician-scientists, supported by research colleagues from local organizing institutions. Mentors typically present papers in the morning and lead small group work in the afternoon. The desired outcome of the HRRS is for participants to have developed and shaped research projects that can be performed in the environment where the participant is based. In addition, participants will be encouraged to prepare abstracts for submission to the IACAPAP congress in 2026.



About the mentors

Dr Anna Ordóñez

MD, MAS

Anna Ordóñez is the Director of the Office of Clinical Research at the National Institute of Mental Health (NIMH) in the United States. She received her MD from the Pontificia Universidad Javeriana, in Bogotá, Colombia and her Adult Psychiatry and Child and Adolescent Psychiatry training at the University of California, San Francisco (UCSF). She has also completed postdoctoral research fellowships both at the NIMH and UCSF, and a Master's degree in Advanced Sciences in Clinical Research (MAS) at UCSF. Prior to returning to NIMH, she held a faculty position at UCSF, where among other duties, she was the Medical Director of the Division of Infant, Child and Adolescent Psychiatry. She has also engaged in research studies of typical and atypical brain development and of evidence-based psychosocial interventions to enhance psychological resilience in the United States, Costa Rica and Colombia. She is an Associate Editor of IACAPAP's official journal, Child and Adolescent Psychiatry and Mental Health and currently serves as liaison between IACAPAP and the journal.



About the mentors

Prof Bruno Falissard

MD, PhD

After some initial training in mathematics and fundamental physics (Ecole Polytechnique, Paris), Bruno Falissard engaged in medical studies and specialized in Child and Adolescent Psychiatry in 1991. His PhD was in biostatistics and his post-doc in psychometrics and exploratory multidimensional methods. He was assistant professor in child and adolescent psychiatry in 1996-1997, associate professor in Public Health in 1997-2002 and full professor in Public Health from 2002. He is at the head of the Master in Public Health of South-Paris University and at the head of the "Center of Epidemiology and Population Health" (400 members). He is co-author of about 400 papers and author of 4 books. He has clinical activity in child and adolescent psychiatry. His personal areas of research are about methodology and epistemology of mental health research. In 2015-2018 he was the President of IACAPAP and was Past-President from 2018-2022. He is also a member of the French Academy of Medicine.



About the mentors

Prof Carmen Schröder

MD, PhD

Carmen Schröder, MD, PhD, is Professor of Child and Adolescent Psychiatry at Strasbourg University and head of the Department of Child and Adolescent Psychiatry at Strasbourg University Hospitals in France, as well as coordinator of the Excellence Centre for Autism and Neurodevelopmental Disorders (STRAS&ND). Prof. Schröder has an international career journey: of German origin, she studied medicine in Germany and France, before specializing first in General Psychiatry and then in Child and Adolescent Psychiatry in France, Switzerland (Basel) and the United States (post-doctorate and junior faculty, Stanford University). She has represented France since 2016 within the European Union of Medical Specialists for CAP (UEMS-CAP) and was elected as president of the CAP section in 2020. More recently, she has also been elected as a board member of IACAPAP since 2022 and of ESCAP (European Society for Child & Adolescent Psychiatry) since 2023.

Prof. Schröder is a European Board-Certified Sleep expert, and her main clinical and research interests (within a CNRS group at the Institute for Cellular and Integrative Neurosciences in Strasbourg) are focused on sleep and circadian rhythm disturbances in children and adolescents, in particular in neurodevelopmental disorders such as autism. She has published more than 100 publications, mostly on implications of sleep disorders and/or circadian rhythm disorders on child's development or child and adolescent psychiatric disorders.



About the mentors

Prof Christina Schwenck

PhD

Christina Schwenck is professor for Clinical Child and Adolescent Psychology at the University of Giessen, Germany. She studied psychology at the Universities of Würzburg and Madrid and completed her PhD in Developmental Psychology at the University of Würzburg. She worked at the Departments of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy of the University Hospitals of Würzburg, Munich and Frankfurt. She is a trained child and adolescent psychotherapist (specification behaviour therapy) and a trained supervisor. Her research interests include selective mutism, conduct disorder and children of parents with mental illness. In her free time, she follows her passion for photography around the globe.

Prof Schwenck was Secretary-General of IACAPAP between 2018-2022 and is currently on the IACAPAP Executive as co-coordinator of the HRRS programme. Her vision is to strengthen training and promotion of child and adolescent mental health professionals, particularly in low- and middle-income countries, including long-term mentorships for early career scientists and clinicians in this important field. Furthermore, she aims to attract more allied professionals into IACAPAP to enhance active collaboration between professions in order to provide optimal care for children and adolescents with mental health problems.



About the mentors

Prof Maretha de Jonge

PhD

Maretha de Jonge is a professor at the Institute of Education and Child Studies of the University Leiden, the Netherlands. She studied child and adolescent psychology and completed her PhD thesis on endophenotypic markers and the broader phenotype of autism spectrum disorders. She completed her clinical training in child and adolescent psychology and psychotherapy at the University Medical Center Utrecht and was trained as a cognitive behavioral therapist specialized in youth. Her clinical expertise and research focuses on two different disorders affecting social-communicative functioning: autism spectrum disorders and selective mutism. She established a specialized clinical team for children and adolescents with selective mutism at the Department of Psychiatry of the University Medical Center Utrecht and developed an innovative blended care cognitive behavioral treatment programme for children with selective mutism aged 4-8 years.

Since 2017 she continued her teaching and research at the University Leiden and recently continued her clinical work at the University Centrum for Diagnosis and Treatment. She has published 55 articles in international peer-reviewed journals, 11 articles in national peer-reviewed journals, several book chapters and is the editor of a book on autism spectrum disorders. She is the course leader and a senior Lecturer in the professional clinical practice postgraduate program for child and adolescent psychologists and for family and educational psychologists. She supports the importance of global collaboration in mental health. As the chair of foundation "Nour" she supports local parents to improving care and education for children with autism in a low resource area in Morocco. As such she considers collaborative research with Moroccan and other international partners enjoyable, instructive and very important.



About the mentors

Prof Petrus J de Vries

MBChB, FRCPsych, PhD

Petrus de Vries is the Struengmann Professor of Child & Adolescent Psychiatry and Founding Director of the Centre for Autism Research in Africa (CARA) at the University of Cape Town. He trained in Medicine at Stellenbosch University in South Africa before moving to the UK where he completed his clinical training in Psychiatry and Child & Adolescent Psychiatry, and a PhD in Developmental Neuropsychiatry at the University of Cambridge. He returned to South Africa in 2012 with the main purpose of building research and research capacity in Child & Adolescent Mental Health in Africa and other low-resource environments. He organized and led the 2013 Helmut Remschmidt Research Seminar in Stellenbosch, South Africa and was vice-chairman of the Scientific Committee for the 2014 IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) congress, held in Durban, South Africa. In 2015, he was elected on the IACAPAP Executive Committee to co-lead future Helmut Remschmidt Research Seminars with Prof Per-Anders Rydelius from the Karolinska Institute in Sweden. Together, they led HRRS seminars in South Africa (2013), Canada (2015), Czech Republic (2017) and Singapore (2019). Prof de Vries led the Dubai HRRS (2022) on his own after the death of Prof Rydelius. He was joined by Prof Christina Schwenck as HRRS co-coordinator in 2023 (Brazil) and 2025 (Germany). He was Treasurer of IACAPAP (2018-2022), co-edited three issues of the IACAPAP Monograph, was President of SA-ACAPAP (South African Association for Child & Adolescent Psychiatry and Allied Professions) from 2017-2022, Secretary of INSAR (International Society for Autism Research) from 2019-2021, President of INSAR from 2023 – 2025 and is the current Past-President of INSAR until 2027. He has a particular research interest in autism and related neurodevelopmental disorders in low-resource contexts, and in Tuberous Sclerosis Complex-Associated Neuropsychiatric Disorders (TAND).

About the HRRS fellows

Alexandra



1	Your first name	Alexandra
2	Your surname	Ntiso
3	What would you like us to call you?	Alex
4	Your professional qualifications	M.Sc. Psychology
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	child and adolescent psychologist
6	At what institute/clinic/hospital/university are you currently employed?	Justus-Liebig-University Giessen
7	In which city and country are you currently working?	Giessen, Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	Study about the similarities and differences between selective mutism and autism spectrum disorder
9	What particular things are you hoping to come and learn at the HRRS 2025?	Complex statistical methods, tips and tricks for papers
10	Do you have any requests for the mentors?	Please be patient and explain new methods in a beginner-friendly way — I really want to learn and apply them.
11	Any dietary requirements?	Vegetarian
12	Any other comments?	Thank you very much for the place – I am very excited!

Bailey



1	Your first name	Bailey
2	Your surname	Driscoll
3	What would you like us to call you?	Bailey
4	Your professional qualifications	BSc Neuroscience
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	3rd-year US medical student, aspiring child/adolescent psychiatrist and pediatrician
6	At what institute/clinic/hospital/university are you currently employed?	Currently: University of Miami Miller School of Medicine During HRRS: Trinity College Dublin
7	In which city and country are you currently working?	Currently: Miami, Florida, USA During HRRS: Dublin, Ireland
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	I am working with Dr. Frédérique Vallières at Trinity College Dublin to understand how to best support survivors of childhood Irish institutional/clerical abuse after receipt of one-on-one psychotherapy. We are currently working on a scoping review to identify interventions that have been helpful in our population and other similar populations, and will be working with our community partner in Ireland to devise research questions and aims for our project this summer.
9	What particular things are you hoping to come and learn at the HRRS 2025?	Refining specific aims and selecting statistical analyses, working with qualitative research, strategies for manuscript preparation, networking with those working in child-adolescent psychiatry.

10	Do you have any requests for the mentors?	I request Dr. Falissard but am, of course, open to anyone.
11	Any dietary requirements?	No
12	Any other comments?	I will be doing research in Ireland for the academic year 2025-2026 to learn more about childhood trauma and its sequelae (particularly in future generations). Other research interests include eating disorders, sleep and circadian science, and functional GI/neurologic disorders.

Camilla



1	Your first name	Camilla
2	Your surname	Parker
3	What would you like us to call you?	Camilla
4	Your professional qualifications	MBBS, MRCPsych, BSc (Hons)
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	East London NHS Foundation Trust & Queen Mary University of London
7	In which city and country are you currently working?	London, United Kingdom
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	<p><i>Current Study</i></p> <p>I am currently leading qualitative research exploring perspectives of school emotional burden in autistic and/or ADHD young people with school attendance problems: a multi-informant qualitative study. This pilot study will inform the PhD fellowship that I am currently developing.</p> <p><i>PhD Fellowship in preparation:</i></p> <p>The overarching goal of this PhD fellowship is to investigate the relationship between school-based emotional burden (common upsetting experiences), depression and school non-attendance in autistic and/or ADHD adolescents. Focus is placed on understanding from a quantitative and qualitative perspectives whether emotional burden, represents a common modifiable risk factor for school non-attendance, and if this relationship is mediated by emotional burden and depression.</p>

9	What particular things are you hoping to come and learn at the HRRS 2025?	I would like to learn from and be inspired by the research of other clinical academics in child and adolescent psychiatry and broaden my perspectives of different research questions and methodologies. I am interested to network with colleagues across Europe, both to enable future research collaborations and to benefit from informal peer support.
10	Do you have any requests for the mentors?	<p>I would be particularly interested to connect with mentors with experience in the following areas:</p> <ul style="list-style-type: none"> • Psychiatric epidemiology and longitudinal studies • Data linkage of health and educational datasets • Neurodevelopmental disorders (ADHD & autism) • Qualitative health research
11	Any dietary requirements?	Nil
12	Any other comments?	n/a

Caro



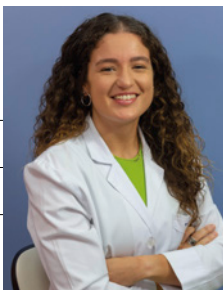
1	Your first name	Carolin
2	Your surname	Röse-Werkmann
3	What would you like us to call you?	Caro
4	Your professional qualifications	Master of Science (MSc)
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Scientific assistant in clinical child and adolescent psychology and child and adolescent psychotherapist in training
6	At what institute/clinic/hospital/university are you currently employed?	Justus-Liebig University Gießen
7	In which city and country are you currently working?	Gießen, Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My current research focuses on freezing behavior in children suffering from selective mutism (SM) vs. social anxiety disorder. SM is an anxiety disorder characterized by silence in specific (social) situations. My research addresses a key question: Does silence in anxiety-provoking contexts represent a learned avoidance strategy in children with SM, or can it be explained as motor inhibition due to freezing? Specifically, my goal is to assess and compare freezing patterns in various anxiety-inducing situations. Further, I aim to examine how freezing patterns differ between children with SM, children with social anxiety disorder and typically developing children.

9	What particular things are you hoping to come and learn at the HRRS 2025?	<ul style="list-style-type: none"> Plan and refine the statistical analyses for the data (body sway, heart rate, eye-tracking) collected in my project Receiving guidance regarding my career development in academia
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	Vegetarian
12	Any other comments?	No

About the HRRS fellows

Cova

1	Your first name	Covadonga
2	Your surname	Canga-Espina
3	What would you like us to call you?	Cova
4	Your professional qualifications	Medicine degree, child and adolescent psychiatrist, masters in Legal and Forensic psychiatry, student of psychology
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Clínica Universidad de Navarra
7	In which city and country are you currently working?	Pamplona, Spain
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	<ul style="list-style-type: none"> Efficacy and tolerability predictors of antidepressant treatment in patients with major depression diagnosis treated with sertraline. Evolution over time of Intelligence quotient (IQ) in an ADHD- diagnosed Spanish-sample.
9	What particular things are you hoping to come and learn at the HRRS 2025?	<ul style="list-style-type: none"> Clarity and rigor when presenting results.
10	Do you have any requests for the mentors?	Create a feasible and realistic itinerary in my specific context, in order to obtain the best results as a child psychiatrist
11	Any dietary requirements?	None
12	Any other comments?	None



About the HRRS fellows

Emely

1	Your first name	Emely
2	Your surname	Reyentanz
3	What would you like us to call you?	Emely
4	Your professional qualifications	M.Sc. Psychology Postgraduate trainee in child and adolescent psychotherapy (behavioral therapy)
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Clinical Psychologist
6	At what institute/clinic/hospital/university are you currently employed?	University Hospital for Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Carl von Ossietzky Universität Oldenburg
7	In which city and country are you currently working?	Oldenburg, Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	I am interested in the role of prenatal risk factors and early adversities in the mental health of children and adolescents. In particular, I am interested in the influence of these factors on the development of self-regulation as a transdiagnostic factor of many psychiatric disorders. At the HRRS, I would like to work on a project investigating the associations between early life stress, parental characteristics such as sensitivity or psychopathology, parent-child interaction and self-regulation in infants and young children.
9	What particular things are you hoping to come and learn at the HRRS 2025?	I would like to improve my scientific communication and presentation skills and would be grateful for advice on improving my scientific writing and grant proposal writing. I am also looking forward to building international networks with other young researchers.



10	Do you have any requests for the mentors?	I would be happy to hear about experiences of how previously neglected groups (e.g. infants) can be brought more into the focus of child and adolescent psychotherapy and how new psychotherapeutic interventions can be successfully implemented specifically for these groups. I would also be grateful for advice on improving my networking skills.
11	Any dietary requirements?	Vegetarian
12	Any other comments?	No

About the HRRS fellows

Javier



1	Your first name	Javier
2	Your surname	Sanchez-Cerezo
3	What would you like us to call you?	Javier
4	Your professional qualifications	Medical Doctor. Currently a PhD candidate.
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Puerta de Hierro University Hospital in Majadahonda
7	In which city and country are you currently working?	Majadahonda, Madrid, Spain
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	<p>I would like to design a project to be conducted in my daily outpatient clinic.</p> <p>I currently work with children and adolescents with ADHD and ASD up until the age of 18. My PhD, which I am currently completing, focuses on the epidemiology of ARFID in children and adolescents, using a sample ascertained through national active surveillance.</p> <p>In line with this, I aim to conduct a project to identify ARFID and other eating disorder (ED) symptoms, food preferences, and nutritional status in a sample of children and adolescents with ADHD and ASD seen in my routine clinical practice. The primary objective is to measure the prevalence of ARFID in children and adolescents with neurodevelopmental disorders who attend a child and adolescent psychiatry outpatient clinic.</p>

		<p>To achieve this, I plan to measure patients' weight, height, and BMI, and ask parents to complete several questionnaires regarding demographics, general psychiatric and neurodevelopmental symptoms, ARFID symptoms (using a screening instrument), ED symptoms, and food preferences.</p> <p>Following this, if possible, I would like to identify individuals with ASD who score very high on the ARFID screening instrument and include their parents in a psychoeducation group to assess the feasibility of this intervention. The study will aim to measure improvement by the end of the psychoeducation sessions and, if feasible, gather qualitative feedback from parents.</p>
9	What particular things are you hoping to come and learn at the HRRS 2025?	<ul style="list-style-type: none"> • Creating a research project from scratch. • Learning how to coordinate a research project; identify bias and flaws before starting a project. • Learning how to measure potential confounders in my project and how to control them. • Improving my dissemination skills (oral presentation but also posters, papers and so on) and making my research attractive. • Grant and funding application. • Creating an international network for collaboration. • Update in current projects in Europe regarding child and adolescent psychiatry. • Advise combining working as both a clinician and a researcher. • Identifying other areas that I should improve
10	Do you have any requests for the mentors?	My area of work is related to neurodevelopmental disorders (mostly ASD, but also ADHD) and eating difficulties in the context of those disorders (ARFID). Therefore, I would appreciate a mentor whose work focuses on these topics. Many thanks.
11	Any dietary requirements?	None
12	Any other comments?	None

About the HRRS fellows

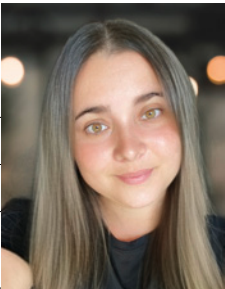
Jie



1	Your first name	Jie
2	Your surname	Luo
3	What would you like us to call you?	Dr. Jie
4	Your professional qualifications	Medical Resident
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Institute of Psychiatry, Psychology and Neurosciences Kings College London
7	In which city and country are you currently working?	London, UK
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	Upgrading a serious game combined with parenting training for ADHD intervention
9	What particular things are you hoping to come and learn at the HRRS 2025?	The Future of child and adolescent psychiatry in the age of AI
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	No

Joana

1	Your first name	Joana
2	Your surname	Reis
3	What would you like us to call you?	Joana
4	Your professional qualifications	MD, PhD candidate
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Université libre de Bruxelles Hôpital Universitaire de Bruxelles
7	In which city and country are you currently working?	Brussels, Belgium
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My PhD project investigates how early environmental and family vulnerabilities impact psychopathology in transitional-age youth, with a particular focus on the mediating role of affective functioning. It is embedded in Transition_psy, a multicenter prospective longitudinal cohort study conducted in French-speaking Belgium. The study includes 254 adolescents recruited at age 17 in both clinical and non-clinical settings, with follow-up at age 19. I aim to identify affective mediators in the development of psychopathology during this critical period, particularly internalizing symptoms, depressivity and suicidality.



9	What particular things are you hoping to come and learn at the HRRS 2025?	At HRRS 2025, I hope to refine my methodological skills, particularly in data analysis and interpretation, to strengthen the rigor of my ongoing PhD work on transitional-age youth psychopathology. I aim to deepen my understanding on how to better translate research findings into clinical practice. I'm also eager to exchange perspectives with peers and mentors from across the world, build lasting collaborations, and contribute to a dynamic network of researchers committed to advancing child and adolescent mental health.
10	Do you have any requests for the mentors?	I would highly value mentors' guidance on how to effectively publish and disseminate research in ways that influence both clinical guidelines and policy. Mentorship on navigating international research collaborations, especially in low-resource settings, would be especially meaningful to me given my ongoing work in Vietnam and Senegal. I would also appreciate guidance on designing impactful research with translational relevance, particularly regarding neurodevelopmental disorders.
11	Any dietary requirements?	None
12	Any other comments?	None

Kasturi

1	Your first name	Kasturi Atmaram
2	Your surname	Sakhardande
3	What would you like us to call you?	Kasturi
4	Your professional qualifications	MD in Psychiatry, Post Doctoral Fellowship in Neuropsychiatry, DM (sub-specialization) in Child and Adolescent Psychiatry (ongoing- final year senior resident)
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India
7	In which city and country are you currently working?	Bengaluru, India
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	I have recently been a part of a feasibility study that looks at the effectiveness of transcranial direct current stimulation (tDCS) as a treatment modality for the restricted and repetitive behavior (RRB) domain of autism spectrum disorder (ASD). This study included 16 autistic adolescents with dysfunctional RRBs, and the protocol involved neuroscience-informed novel stimulation parameters. Although this study has limitations in terms of determining effects of tDCS, I will be presenting important considerations/challenges for conducting further scientific and neuro-affirming research in this area. I seek inputs from the HRRS mentors with regards to the same.



9	What particular things are you hoping to come and learn at the HRRS 2025?	Research in neurodevelopmental disorders- more importantly participatory research and collaborative research in child mental health.
10	Do you have any requests for the mentors?	I wish to gain insights from mentors who are clinician-scientists, regarding how they balance clinical and research activities that are equally fulfilling, yet demanding.
11	Any dietary requirements?	Predominantly vegetarian, allergic to seafood.
12	Any other comments?	No

About the HRRS fellows

Kristýna



1	Your first name	Kristýna
2	Your surname	Študlarová
3	What would you like us to call you?	Kristýna
4	Your professional qualifications	Psychologist
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Clinical psychologist for children and adolescents
6	At what institute/clinic/hospital/university are you currently employed?	Children's psychiatric hospital, Opařany, Czechia
7	In which city and country are you currently working?	Opařany, South Bohemia, Czechia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	Evaluation of the effectiveness of a dialectical behavior therapy programme for adolescents during hospitalization
9	What particular things are you hoping to come and learn at the HRRS 2025?	Data analysis, orientation in articles writing and publishing
10	Do you have any requests for the mentors?	no
11	Any dietary requirements?	no
12	Any other comments?	no

About the HRRS fellows

Laoures



1	Your first name	Samiha Laoures
2	Your surname	Meddouri
3	What would you like us to call you?	Laoures
4	Your professional qualifications	Medical Doctor
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Mongi Slim Hospital Faculty of Medicine of Tunis
7	In which city and country are you currently working?	Tunis, Tunisia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	<p>The project aims to evaluate and compare the effectiveness of different intervention strategies for managing suicidal conducts, including classical in-person interventions, telemedicine, and other innovative approaches (e.g., digital therapeutics, peer support programs, or community-based initiatives). The study will employ a mixed-methods design, combining quantitative data (e.g., clinical outcomes, suicide risk reduction rates) with qualitative insights (e.g., patient and provider experiences, barriers to care).</p> <p>The project seeks to provide evidence-based recommendations for improving suicide prevention strategies and bridging gaps in mental health care delivery. It also aims to inform policymakers and practitioners on optimizing intervention frameworks to reduce suicide rates.</p>

9	What particular things are you hoping to come and learn at the HRRS 2025?	<ul style="list-style-type: none"> • Practical skills for conducting research: Learn how to design and manage a research project from start to finish, including timelines, budgeting, and team coordination. Strategies for conducting research in resource-limited settings • Networking and Collaboration: Opportunities to connect with leading researchers, clinicians, and policymakers in the field. Potential collaborations for future research projects or clinical initiatives.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	No

About the HRRS fellows

Liza



1	Your first name	Yelyzaveta
2	Your surname	Korniiko
3	What would you like us to call you?	Liza
4	Your professional qualifications	MD, EPH
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Pediatrics, child and adolescent psychiatry
6	At what institute/clinic/hospital/university are you currently employed?	Centre Hospitalier Fondation Vallée
7	In which city and country are you currently working?	Paris, France
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	Psychotherapeutic and support group intervention for Ukrainian people who fled from war to France
9	What particular things are you hoping to come and learn at the HRRS 2025?	Low-threshold psychological interventions for people in war which help coping with trauma, stress, anxiety, depression
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	No

About the HRRS fellows

Lucas



1	Your first name	Lucas
2	Your surname	Dellazari
3	What would you like us to call you?	Lucas
4	Your professional qualifications	M.D.
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Federal University of Rio Grande do Sul (UFRGS)
7	In which city and country are you currently working?	Porto Alegre, Brazil
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My project focuses on a global meta-analysis of autism prevalence across four decades, aiming to identify trends, regional disparities, and methodological differences in prevalence estimates. Additionally, I work with the ADOS and ADI-R both in research and clinical practice.
9	What particular things are you hoping to come and learn at the HRRS 2025?	I want to improve my skills in epidemiological analysis, meta-regression, and systematic reviews in autism research. Additionally, I would like to learn more about the use of ADOS and ADI-R in both clinical and research settings. I also look forward to communicating and interacting with colleagues and mentors.
10	Do you have any requests for the mentors?	Nothing in particular.
11	Any dietary requirements?	Shrimp allergy.
12	Any other comments?	None.

About the HRRS fellows

Marc



1	Your first name	Marc D.
2	Your surname	Ferger
3	What would you like us to call you?	Marc
4	Your professional qualifications	Physician
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	University Hospital Ulm & Hotchkiss Brain Institute at the University of Calgary
7	In which city and country are you currently working?	Ulm (Germany) and Calgary (Canada)
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	The project Mechanistic Investigation of Endocannabinoid-HPA Axis Interactions Across Developmental Trajectories of Human Anxiety Disorders: Implications for Fear and Anxiety Psychopathology in Alignment with RDoC Principles aims to elucidate developmental differences in the neurobiological mechanisms underlying fear and anxiety by examining both adolescent and adult cohorts. Employing a transdiagnostic framework consistent with the Research Domain Criteria (RDoC), the study leverages the NPU-threat task—a validated experimental psychopathology paradigm—to probe startle responses associated with the RDoC domains of acute threat (fear) and potential threat (anxiety). Participants with and without current anxiety disorder diagnoses are included to capture symptom-level variation across diagnostic boundaries. Neurobiological mechanisms are examined through the interplay of the endocannabinoid system and the hypothalamic-pituitary-adrenal (HPA) axis.

9	What particular things are you hoping to come and learn at the HRRS 2025?	At HRRS 2025, I hope to broaden my perspective beyond stress-related disorders by learning about research advances in other key areas of child and adolescent psychiatry. I'm particularly interested in developments in neurostimulation and also new advancements in psychotherapy to complement my focus on psychopharmacology. Additionally, I aim to learn from peers and mentors about designing developmentally informed studies and navigating regulatory challenges in bringing innovative therapies to pediatric populations.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	No

About the HRRS fellows

Marisa



1	Your first name	Marisa
2	Your surname	Viljoen
3	What would you like us to call you?	Marisa
4	Your professional qualifications	B. Occupational Therapy; MScMed (Neuroscience); PhD student
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Occupational Therapist
6	At what institute/clinic/hospital/university are you currently employed?	University of Cape Town, South Africa
7	In which city and country are you currently working?	Cape Town, South Africa
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My focus will be on planning next steps in my career as a newly graduated (or almost newly graduated) PhD candidate. This might involve researching new career opportunities, writing applications, and applying for positions/scholarships.
9	What particular things are you hoping to come and learn at the HRRS 2025?	<ul style="list-style-type: none"> • Oral presentation skills • Grant writing skills • Learning how to navigate the career journey (I realize there is no formula, but insight on how others did/do it will be great). <p>Some things that may/may not be appropriate for this seminar:</p> <ul style="list-style-type: none"> • Dissemination of research, specifically to those outside academia (the wider public, policy makers, businesses, start-ups). • How do we make research more digestible – or is it not our responsibility?

10	Do you have any requests for the mentors?	I find hearing mentors' career stories and reflections extremely insightful and helpful. They have navigated the road we are trying to walk, and we can learn a lot from them! How did they get where they are? What do they wish they knew/learnt earlier on in their career? Any advice they would like to give?
11	Any dietary requirements?	None
12	Any other comments?	I am very honoured and excited to be part of HRRS 2025!

About the HRRS fellows

Marta



1	Your first name	Marta
2	Your surname	Berni
3	What would you like us to call you?	Marta Berni
4	Your professional qualifications	Master's Degree in Clinical and Health Psychology – PhD student
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Psychologist
6	At what institute/clinic/hospital/university are you currently employed?	University of Florence, Italy – IRCCS Stella Maris Foundation, Italy
7	In which city and country are you currently working?	Pisa and Florence, Italy
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My research focuses on modeling the relationships between individual and environmental factors that influence the development of self-regulation (SR) and executive functions (EF) from early childhood. The project aims to identify protective and risk factors at both individual and environmental levels that impact SR and EF development in typical and atypical trajectories (neurodevelopmental risk and disorders). By assessing neurofunctional, anamnestic, and environmental profiles, I will compare developmental paths and measure SR and EF skills using innovative scales and tools. This research seeks to contribute to a deeper understanding of the factors shaping SR and EF across the lifespan.

9	What particular things are you hoping to come and learn at the HRRS 2025?	At HRRS 2025, I hope to enhance my research design by learning new methodologies and strategies to improve the rigor and clarity of my work. I am excited to strengthen my ability to structure studies that are not only methodologically sound but also impactful. Additionally, I look forward to connecting with fellow researchers to explore collaborative opportunities. Building a strong professional network will allow me to engage in future interdisciplinary projects. I'm eager to participate in discussions with experts and peers to exchange ideas, receive mentorship, and gain valuable feedback that will help refine my approach and research direction.
10	Do you have any requests for the mentors?	I would appreciate mentorship on understanding neurodevelopmental disorders, particularly how early diagnosis can influence outcomes. Guidance on identifying neurodevelopmental risks and their impact on developmental trajectories would be invaluable. I'm particularly interested in exploring the critical periods for intervention and how early identification of risk factors can shape long-term developmental paths. Insights into the latest research methodologies for studying these disorders, especially in the context of early detection and intervention, would greatly benefit my work. A deeper understanding of the complex interplay between genetics, environment, and development will help me refine my approach and contribute meaningfully to this field.
11	Any dietary requirements?	None
12	Any other comments?	None

About the HRRS fellows

Max



1	Your first name	Maximilian
2	Your surname	Niebler
3	What would you like us to call you?	Max
4	Your professional qualifications	Resident Physician and Clinical Scientist
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Resident for child and adolescent psychiatry
6	At what institute/clinic/hospital/university are you currently employed?	Clinic and Polyclinic for Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (KJPP) of the University of Regensburg at the medbo Bezirksklinikum Regensburg
7	In which city and country are you currently working?	Regensburg, Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	My research project selected for the HRRS 2025 represents a synthesis of preliminary studies from our research department on adolescent depression. In this context, the future focus is going to be set on the longitudinal investigation of intercorrelations between changes in depressive symptom severity, subjectively impaired sleep quality, objectively perturbed sleep as well as metabolic and endocrine biomarkers over the course of the observation period. Objective sleep behaviour is recorded in this context using actigraphy.
9	What particular things are you hoping to come and learn at the HRRS 2025?	The HRRS 2025 grants for me the opportunity to further consolidate theoretical as well as practical knowledge by benefiting from the valuable expertise of outstanding established scientists among the ranks of both mentors and participants. In the same way the active involvement in scientific discourse through attending the seminar as well as the enriching implications of connecting with like-minded colleagues will act as essential drivers of personal, professional, and scientific progress.

10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	No

About the HRRS fellows

Müge



1	Your first name	Müge
2	Your surname	Mutlu
3	What would you like us to call you?	Müge
4	Your professional qualifications	Doctor of Medicine
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Istanbul Silivri State Hospital
7	In which city and country are you currently working?	Istanbul, Turkey
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	I would like to work on a research project that explores how parents' childhood trauma and autistic traits may be related to their children's attachment styles, anxiety levels, and symptoms of depression. Understanding these intergenerational links can help us support at-risk children by improving parenting interventions and promoting healthier parent-child relationships.
9	What particular things are you hoping to come and learn at the HRRS 2025?	The purpose of attending the Helmut Remschmidt Research Seminar is to enhance my research skills and gain international mentorship in the field of child and adolescent psychiatry. It is a valuable opportunity to refine my current project, exchange ideas with peers and contribute to collaborative academic work.

10	Do you have any requests for the mentors?	None
11	Any dietary requirements?	None
12	Any other comments?	None

About the HRRS fellows

Pierre



1	Your first name	Pierre
2	Your surname	Augé
3	What would you like us to call you?	Pierre
4	Your professional qualifications	Clinical Lecturer in Child Psychiatry
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Clinical Lecturer in Child Psychiatry (Child Psychiatrist)
6	At what institute/clinic/hospital/university are you currently employed?	André Mignot Hospital Child Psychiatry Department, Prof. Mario Speranza Specialized Center for ASD (PREVAL-PEDIATED Unit), Université Versailles Saint-Quentin (UVSQ), UFR Simone Veil
7	In which city and country are you currently working?	Versailles, France
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	<p>My current research projects focus on early neuro-development and the developmental and symptomatic heterogeneity within neurodevelopmental disorders (NDD). I study them through clustering and network analyses. In particular, I'd like to compare symptomatic networks described within several subgroups within NDD and the autism spectrum.</p> <p>I currently have 2 studies underway on this project, on a population of children aged 1 to 5. The first is a network study involving developmental data (Mullen Scale of Early Learning - MSEL) and the ADI-R. The second combines a network study with a prior clustering analysis of MSEL data.</p> <p>I would like to improve my methodological skills, and include in my projects new methodological approaches to the study of heterogeneity in ASD. This seminar could also provide an exciting theoretical debate on this topic and the diagnostic boundaries of ASD.</p>

9	What particular things are you hoping to come and learn at the HRRS 2025?	I would like to learn about clustering or network analysis methods applicable to longitudinal cohorts. If possible, I would like to discuss the possibility of having access to international cohorts (e.g. the Simon Simplex cohort) for future projects. Finally, I'd like to use this seminar to discuss the link between research and clinical activity in child psychiatry departments.
10	Do you have any requests for the mentors?	If possible, I would like to discuss the possibility of having access to international/large cohorts (e.g. the Simon Simplex cohort) for future projects.
11	Any dietary requirements?	No
12	Any other comments?	No

About the HRRS fellows

Puthy



1	Your first name	Puthy
2	Your surname	Pat
3	What would you like us to call you?	Puthy
4	Your professional qualifications	MSc (counseling psychology), PhD (public health)
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Counseling psychologist in child and adolescent mental health setting and coordinator for school and prison mental health program.
6	At what institute/clinic/hospital/university are you currently employed?	Center for Child and Adolescent Mental Health (Caritas-CCAMH), a public-private partnership in health system of Cambodia.
7	In which city and country are you currently working?	Takhmau town, Kandal province, Cambodia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	The project/academic work related to the HRRS 2025 will be on early childhood mental health and impacts of parent training intervention, an action research project that is being funded and implemented in collaboration with Department of Epidemiology and Global Health, Umeå University. This action research will provide data on the prevalence of psychosocial challenges among 300 toddlers revealed by uses of Psychia 6-36 questionnaire validated to Cambodian context. Having got ethical clearance and pilot testing has been done, the data collection is to be completed by June/July 2025, which I plan to use for my research at HRRS 2025.

9	What particular things are you hoping to come and learn at the HRRS 2025?	I expect to understand my research design, a pre-post participatory action research involving different levels of healthcare system (primary, secondary, tertiary) in a better perspective in order to integrate CAMH services in the background of the latest application and research practice in the field. Besides, I would like to learn advance methods of data analysis and interpretation especially related to child and adolescent mental health intervention in low- and middle-income countries such as Cambodia. I would like to find tune research dissemination strategies to enable scaling up CAMH services across Cambodia and neighboring countries.
10	Do you have any requests for the mentors?	I expect mentors to guide me to understand the data collected and scientific writing to effectively communicate the research findings. Mentorship on translating research into practice will be especially important for me as a training and research coordinator at Caritas-CCAMH with the mandate on training fellow professionals in the research methodology. Converting research outcomes and scaling up the intervention within the health system is an important component and I hope to get guidance from my mentors on this. This experience will support me in preparing an abstract of high academic standard for the IACAPAP Congress 2026.
11	Any dietary requirements?	N/A
12	Any other comments?	N/A

About the HRRS fellows

Rebecca



1	Your first name	Rebecca
2	Your surname	Mortazavi
3	What would you like us to call you?	Rebecca
4	Your professional qualifications	MD, PhD student
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently employed?	Child and adolescent psychiatric clinic, Region Halland, Sweden. Faculty of Medicine, Department of Clinical Sciences, Child and Adolescent Psychiatry, Lund University, Lund, Sweden.
7	In which city and country are you currently working?	Halmstad, Sweden
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	The PhD-project, a multicenter randomized controlled trial comparing group aerobic exercise versus leisure group activities for adolescents with depression
9	What particular things are you hoping to come and learn at the HRRS 2025?	I hope to learn more about clinical research within the field of child and adolescent psychiatry, such as methodology, writing and reviewing.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	Vegetarian
12	Any other comments?	

Rokas



1	Your first name	Rokas
2	Your surname	Šambaras
3	What would you like us to call you?	Rokas
4	Your professional qualifications	Master's degree in medicine/ Doctor Fellow program in Child and adolescent psychiatry
5	Your professional group (e.g. child and adolescent psychiatrist, clinical psychologist, etc.)	Child and adolescent psychiatrist
6	At what institute/clinic/ hospital/university are you currently employed?	Public institution Karoliniškės Polyclinic, Mental Health Center (Child and adolescent psychiatrist)/ Clinic of Psychiatry, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University (Lecturer and Doctoral student)
7	In which city and country are you currently working?	Vilnius, Lithuania
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS 2025	The project that I want to work on in HRRS 2025 is my PhD research. This research focuses on the well-being of adolescents in Lithuania and how it has changed over the last ten years. In this study, I aim to analyze potential changes in psycho-emotional well-being and the possible factors that may impact these changes.
9	What particular things are you hoping to come and learn at the HRRS 2025?	By participating in HRRS 2025, I aim to improve my understanding of how to conduct scientific research effectively and improve my skills in article writing and the appropriate data processing and presentation methods. I also hope to improve my communication and teamwork skills.

10	Do you have any requests for the mentors?	I don't have any specific requests for mentors at this time.
11	Any dietary requirements?	Vegetarian
12	Any other comments?	No

Programme

Sunday, 7 September 2025

Kloster Irsee

Morning / Afternoon	Arrival in Munich
14:00	Transfer from Airport to Kloster Irsee (HRRS Venue)
16:00–16:30	AFTERNOON TEA
16:30–18:30	Welcome Session Introduction and background to IACAPAP and the HRRS Introduction of HRRS 2025 fellows and mentors
19:30	WELCOME DINNER

Programme

Monday, 8 September 2025

Kloster Irsee

07:30–09:00	BREAKFAST
09:00–10:30	Lecture 1 The academic journey (Maretha de Jonge)
10:30–11:00	MORNING COFFEE
11:00–12:30	Lecture 2 Doing research in resource-limited contexts (Petrus de Vries)
12:30–13:30	LUNCH
13:30–15:30	Small group work (discussion groups of participants’ research plans with mentors)
15:30–16:00	AFTERNOON TEA
16:00–17:00	Feedback to other groups and discussion
17:30–19:00	Group Activity
19:30	DINNER

Programme

Tuesday, 9 September 2025

Kloster Irsee

07:30–09:00	BREAKFAST
09:00–10:30	Lecture 3 The fundamentals of research methodology – Part I (Bruno Falissard)
10:30–11:00	MORNING COFFEE
11:00–12:30	Lecture 4 The fundamentals of research methodology – Part II (Bruno Falissard)
12:30–13:30	LUNCH
13:30–15:30	Small group work (discussion groups of participants' research plans with mentors)
15:30–16:00	AFTERNOON TEA
16:00–17:00	Feedback to other groups and discussion
17:30–19:00	Group Activity
19:30	DINNER

Programme

Wednesday, 10 September 2025

Kloster Irsee

06:30–07:30	BREAKFAST
07:30–13:00	Excursion
13:00–14:00	LUNCH
14:00–15:30	Lecture 5 How to write a good grant (Christina Schwenck)
15:30–16:00	AFTERNOON TEA
16:00–17:30	Lecture 6 On organizing the academic career marathon: a workshop on work-life balance and resilience (Carmen Schröder)
19:30	DINNER

Programme

Thursday, 11 September 2025

Kloster Irsee

07:30–09:00	BREAKFAST
09:00–10:30	Lecture 7 Communicating research – Part I (Anna Ordóñez)
10:30–11:00	MORNING COFFEE
11:00–12:30	Lecture 8 Communicating research – Part II (Anna Ordóñez)
12:30–13:30	LUNCH
14:00–15:30	1:1 mentoring (and abstract writing)
15:30–16:00	AFTERNOON TEA
16:00–17:00	1:1 mentoring (and abstract writing)
17:00–18:00	Feedback and wrap-up
19:00	GALA DINNER

Programme

Friday, 12 September 2025

Kloster Irsee

07:30–09:00	BREAKFAST
09:00–10:30	Lecture 9 'Ask us anything' – Panel discussion between HRRS fellows and mentors
10:30–11:00	MORNING COFFEE
11:00–12:30	Final small group meeting
12:30–13:30	LUNCH
13:30–15:00	General discussion, evaluation and conclusion
15:00	Depart to Munich Airport

Programme Coordinators:

Prof Petrus J de Vries (South Africa) & Prof Christina Schwenck (Germany)

Notes

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Notes

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