



## Curriculum Vitae

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### Univ. Ass. Mag. Birgitta Schiller

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Research Associate at the Department of Psychotherapy Sciences at Sigmund Freud Private University - Institute for Qualitative Psychotherapy Research (Head of Institute: Assoc. Prof. Dr. Kathrin Mörtl) and Institute for Psychosomatics (Head of Institute: Univ.-Prof. Dr. Jutta Fiegl)

Psychotherapist for individual psychology in the group practice

„Psychotherapie Marxergasse“

Marxergasse 25, 1030 Wien

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#### Psychotherapy science education:

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- since 09/2020 PhD studies in the international doctoral program at SFU
- 10/2019 Entry in the list of psychotherapists of the Federal Ministry for Social Affairs, Health, Care and Consumer Protection
- 09/2019 VASOM Vienna Autumn School of Methods
- 06/2019 Master's degree in psychotherapy sciences at SFU
- 09/2016 5th SPR European Chapter Methods Workshop for Early Career Researchers in Krakow

- 2015 - 2019 Master's degree in Psychotherapy Science at SFU
- 2014 - 2019 Individual psychological specialist course in the course of studying the Psychotherapy Science at SFU
- 2012 - 2015 Bachelor's degree in Psychotherapy Science at SFU
- 2012 - 2014 Propaedeutic course in psychotherapy as part of the Psychotherapy Science at SFU

Scientific career:

- 10/2020: Austrian Psychotherapy Research Conference: "Necessity of supply - supply in need". Gap and body - the body in psychotherapeutic training. First results from a qualitative study (Eva Wimmer, Birgitta Schiller, Manfred Reisinger, Isabella Wagner, Jutta Fiegl, Kathrin Mörtl) online presentation with Eva Wimmer
- since 10/2020  
Deep hermeneutic analysis group online - organization and management: Verena Großbötzl, Eva Wimmer and Birgitta Schiller
- 09/2020  
DGAUM 2020: Managers in dealing with mental health at work: A process model (Elena Schwarz, Birgitta Schiller, Isabella Wagner, Kathrin Mörtl, Michael Hölzer, Harald Gündl) Presentation on behalf of Elena Schwarz
- 07/2020  
Co-organization of the XII. Vienna symposium "Psychoanalysis and the body (postponed to 2021 due to the CoVid19 pandemic).
- since 03/2020  
Research project: fit for life! Art in the Green Circle (qualitative empirical study)  
Project management: Prim. I.R. MR Dr. Harald P. David and Kurt Neuhold
- since 03/2020  
AG (Working-group) for qualitative research with Eva Wimmer MA.
- since 11/2019  
Co-organization of the lecture series "studies on addiction" of the Institute for Behavioral Addictions under the direction of Dr. Dominik Batthyány
- 07/2019  
Brief Paper: The body and mind connection in psychotherapy research and theory (Himanshu G., Schiller B., Wimmer E., Wagner I., Tilkidzhieva E., Dragic I., Mörtl K.)  
Brief Paper: The balance between psychotherapeutic awareness at work and professional boundaries between leadership and employees. (Schiller B., Schwarz E., Gündel H., Wagner I., Mörtl K.)  
SPR 50th International Annual Meeting in Buenos Aires
- since 2018  
Research and teaching as a research associate at the Department of Psychotherapy Sciences at Sigmund Freud University - Institute for Qualitative Psychotherapy

Research (Institute management: Assoc. Prof. Dr. Kathrin Mörtl) and Institute for Psychosomatics (Institute management: Univ.-Prof. Dr. Jutta Fiegl )

- since 2018  
Research project: The body at the Sigmund Freud outpatient clinic Project management: Institute for qualitative psychotherapy research - Assoz. Prof. Dr. Kathrin Mörtl and Institute for Psychosomatics Univ.-Prof. Dr. Jutta Fiegl
- 08/2018  
Co-organization of the XI. Vienna Symposium “Psychoanalysis and the Body
- 06/2018  
Open discussion with Eva Wimmer MA., Mag. Himanshu Giri and Mag.a Elitsa Tilkidzhieva: Where did the body get lost?  
SPR 49th International Annual Meeting in Amsterdam
- 04/2018  
Presentation: Mental health at the workplace: Acceptance of a long term intervention to prevent psychosomatic illness. (Schiller B., Schwarz E., Wagner I., Hölzer M., Gündel H., Mörtl K.)  
19th Congress EPA Section of Epidemiology and Social Psychiatry
- 2018  
Research assistant Research project: Evaluation of the training course “Children from families with addiction problems” Research management: Assoz. Prof. Dr. Kathrin Mörtl  
Third-party funded project and cooperation with the Ulm University Hospital  
Project management: Prof. Dr. phil. Ute Ziegenhain
- 2017 - 2019  
Organization of the award ceremony for the Waltraud Wiesinger Research Promotion Prize
- 2016-2018  
Cross-method intervision group with Mag. Lena Zach
- 07/2017  
Workshop with Mag.a Elitsa Tilkidzhieva: Embodied Love  
8th World Congress for Psychotherapy in Paris
- 06/2017  
Panel with Elena Schwarz MSc .: Work-Life-Balance and Mental Health at the work place  
Presentation: Mental health at the workplace and organizational group dynamics - a qualitative study (Schiller B., Mihalits D., Barresch A., Angerer P., Gündel H., Mörtl K.)  
48th International Annual Meeting in Toronto
- 2016 - 2018  
Research assistant Research Project: Mental Health at Work Evaluation of an interdisciplinary health management for the prevention and early detection of mental illness.

Project management: Assoz. Prof. in Dr. Kathrin Mörtl

Third-party funded project and cooperation with the Ulm University Hospital

Project management: Prof. Dr. Harald Gündel

- 06/2016

Structured Discussion with Mag. Himanshu Giri: What`s the best way to triangulate for early career researchers?

SPR Annual International Meeting in Jerusalem

- 2015 - 2016

Scientific assistant Research project: mental health at work

MAN-GO II: Evaluation of a stress prevention intervention in the workplace

Head of Research: Assoz. Prof. Dr. Kathrin Mörtl

Third-party funded project and cooperation with the Ulm University Hospital

Project management: Prof. Dr. Harald Gündel

- 09/2015

Poster presentation: Individual paths of becoming a Psychotherapist (Schiller B., Tóth E., Mörtl K., Fiegl J.)

SPR European Conference of Psychotherapy Research in Klagenfurt

- 2013 - 2015

Research assistant at the Institute for Qualitative Psychotherapy Research

Research project: educational research

Head of Research: Assoz. Prof. Dr. Kathrin Mörtl and Dr. Erzsebet Toth

Project management: Univ.-Prof. Dr.in Jutta Fiegl

#### Research focus:

- Psychosomatics, the body and the corporeality in psychotherapy
- Mental health in work and organizational analysis
- Education research
- qualitative research

#### Publications:

- Schiller, B., Posselt, W., Polz, J., & Salamon, G. (2019). Körperelbsterfahrung. Erfahrungen von tiefenpsychologisch fundierten Therapeutinnen und Therapeuten in Auseinandersetzung mit dem eigenen Körper. Auswirkungen auf die Praxis und mögliche Implikationen für die Psychotherapieausbildung. *Psychoanalyse & Körper*, 18(2), S. 39-51.
- Schwarz, E., Schiller, B., Moertl, K., Weimer, K., Eisele, M., Kauderer, J., . . . Hoelzer, M. (2019). Long-Term Attitude Change After a Single-Day Manager Training Addressing Mental Health at the Workplace. *International Journal of Enviromental Research and Public Health*, 16(24), S. 5105.
- Schiller, B. (2019). Psychische Gesundheit in der Arbeitswelt. Aspekt der intern diversen nicht wahrgenommenen Betriebskulturen in einem metallverarbeiteten Großkonzern.

Abschlussarbeit zur Erlangung des akademischen Grades Magistra der Psychotherapiewissenschaft. Wien.

- Boysen, E., Schiller, B., Mörtl, K., Gündel, H., & Hölzer, M. (2018). Preliminary Analyses Showed Short-Term Mental Health Improvements after a Single-Day Manager Training. *International Journal of Environmental Research and Public Health*, 15(1), S. 108.
- Schiller, B., Mörtl, K., Tóth, E. F., & Fiegl, J. (2017). Individuelle Copingstrategien von Studierenden während des psychotherapeutischen Ausbildungsprozesses. *SFU Forschungsbulletin*, 5(1), S. 1-20.
- Fiegl, J., Mörtl, K., & Schiller, B. (2016). Qualitative Studie: Studierendensicht - Die Entscheidung Psychotherapeut/in zu werden. In J. Fiegl, & B. Rieken (Hrsg.), *Empirische Untersuchung zur Direktausbildung Psychotherapie* (Bd. 14, S. 116-140). Münster: Waxmann.
- Schiller, B. (2015). Differenzielle Stile ressourcenorientierten Copings im psychotherapeutischen Ausbildungsprozess. Abschlussarbeit zur Erlangung des akademischen Grades Bakkalaureat der Psychotherapiewissenschaft. Wien.

#### Psychotherapeutic career:

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- 12/2020  
Foundation of the practice group “Psychotherapie Marxergasse” and the association of psychotherapeutic group practice for individual psychology.
- since 10/2019  
Psychotherapist for individual psychology in private practice
- 02/2017 - 10/2019  
Psychotherapist in training under supervision in an independent practice - Praxisgemeinschaft Löwengasse
- 07/2016 - 04/2018  
Psychotherapist in training under supervision at the Sigmund Freud Outpatient Clinic (Salztorgasse)
- 09/2015 - 11/2016  
Seminar support at ÖHTB - Austrian relief organization for deaf-blind and severely hearing and visually impaired people
- 02/2015 - 07/2015  
Clinical internship at the SMZ-OST at the psychiatric ward for psychotherapy and social therapy
- 03/2014 - 02/2015 Assistance at the Austrian Autistic Aid
- 01/2014 - 09-2014  
Leisure assistant at ÖHTB - Austrian relief organization for deaf-blind and severely hearing and visually impaired people
- 09/2013 - 02/2013 Internship at the Austrian Autism Aid
- 07/2012 - 02/2013  
Ambulance assistance at the Sigmund Freud Ambulance (Schnirchgasse)