

Curriculum Vitae

Prof. Dr. Katharina Förster
Licensed Clinical Psychologist

*07.09.1989, [Homepage](#)

Scientific Career

2021 Extension of Clinical License to Child and Adolescent Psychotherapy
2019 PhD (Dr. rer. nat., summa cum laude) University of Münster, Title: "Cognitive and Neurobiological Mechanisms of Social Dysfunction in Major Depressive Disorder"
Joint Supervision by Pienie Zwitterlood, Udo Dannlowski
2018 Licensed as Clinical Psychologist (in Cognitive Behavioral Therapy)
2014 Master of Science in Psychology (Cognitive Neuroscience) University of Münster
Supervision: Markus Junghöfer
2012 Bachelor of Science in Psychology, University of Münster
Supervision: Pienie Zwitterlood

Professional Career

Since 04/2025 Juniorprofessor of Child and Adolescent Psychotherapy, Universität Hamburg (TT W3)
Since 06/2023 Research Group Leader of the Interpersonal Dynamics in Early Affective Disorders Laboratory (IDEA-Lab), Technische Universität (TU) Dresden
Since 11/2019 Research Associate, Post Doc, Chair of Clinical Psychology and Behavioral Neuroscience, TU Dresden
2021 – 2022 Interim Professor of Clinical Child and Adolescent Psychology, TU Dresden
2018 – 2019 Research Associate, Institute for Translational Psychiatry, University of Münster
2016 – 2017 Research Associate, Institute, Munich University Hospital
2015 – 2016 Research Associate, Department of Psychiatry, University Hospital Münster (UKM)

Appointments and List Placements

03/2024 Offer of a junior professorship (W1) with tenure track (W3) for Child and Adolescent Psychotherapy at Hamburg University (accepted 08/2024)
08/2022 Offer of a junior professorship (W1) with tenure track (W2) for Child and Adolescent Psychotherapy at Technische Universität Chemnitz (rejected 05/2023)
01/2023 Second on the list in the appointment procedure for the junior professorship (W1) with tenure track (W2) for Clinical Psychology and Psychotherapy of Childhood and Adolescence at Technische Universität Braunschweig

Supervision of PhD-candidates (Psychology, Dr. rer. nat.)

Since 2024 Katharina Hierl, Cecile Abati, Leonie Esser
Since 2023 Sophie Gosch, Danilo Calero Sequeira
Since 2022 Dahna Choi (Co-Supervision with Philipp Kanske, TU Dresden)
2019-2024 Annika Chantal Konrad (Co-Supervision with Philipp Kanske, TU Dresden)
2018-2022 Hannah Lemke (Co-Supervision with Udo Dannlowski, Universität Münster)

Teaching Experience

Since 04/2025 Seminars and Lectures in Child and Adolescent Psychotherapy, Bachelor and Master of Science in Psychology, Universität Hamburg
Since 04/2025 Independent Lecturer at the Institut für Verhaltenstherapie Hamburg (IVAH)
Since 11/2019 Seminars and Lectures in Clinical Psychology and Psychotherapy, Bachelor and Master of Science in Psychology, TU Dresden
Since 11/2019 Supervision of more than 50 Bachelor- and Masterthesis at TU Dresden
03/2015 Lectures in Clinical Psychology at the School of Physical Therapy of the UKM
– 11/2019
08/2014 Competence-oriented practical Seminar as part of the Lecture in Psychiatry (for Med. Students, 8th Semester) at the Medical Faculty of the University of Münster
– 11/2019

Clinical Experience

- Since 2025 Reviewer of the Landwirtschaftlichen Versicherungsvereins Münster (LVM), Reviewer of Psychiatric In- and Outpatient-Treatments
- Since 07/2023 Accredited supervisor for cognitive-behavioral therapy of the German Society of Behavioral Therapy (DGVT) as well as the IAP-AvM GmbH Dresden; accredited supervisor for cognitive-behavioral therapy (children, adolescents, adults) of the Ostdeutsche Psychotherapeutenkammer
- 2023 – 2025 Clinical Psychologist at the UFP TU Dresden gGmbH – „Universitätsambulanz und Forschungszentrum für Psychotherapie“ at TU Dresden
- 2020 – 2023 Clinical Practice as part of the extended license to child and adolescent psychotherapy at the outpatient clinic for children and adolescents at IAP-AvM GmbH Dresden
- 2018 – 2019 Licensed clinical psychologist at the outpatient clinic of the University of Münster (PTA Münster) – Diagnostics and initial assessments, supervision of clinical psychologists in training
- 2015 – 2018 Clinical Psychologist in Training, Outpatient Clinic for Psychotherapy at the University of Münster
- 08/2014 Training in Cognitive-behavioral therapy
- 01/2018 „Institut für Psychologische Psychotherapieausbildung“, IPP GmbH, Münster
- 08/2014 Clinical Psychologist in Training, Specialized Ward for Affective Disorders, Prof. Dr. Volker Arolt, Clinic for Mental Health, UKM Münster
- 10/2015

Scholarships and Awards

- 09/2025 Recognition of Emilia Lubowietzki (Master Student of third-party funded project „Social affect and Cognition in Bipolar Disorder“) with the first poster award of the German Society of Bipolar Disorders (3000 €)
- 04/2025 Early Career Supervision Award of the Organization „Clinical Psychology and Psychotherapy“ of the DGPs for PhD-supervision by early career scientists (ranked 3rd)
- 02/2025 Recognition as „Rising Star“ by the Association for Psychological Science (APS)
- 09/2024 Recognition with the Jules-Angst-Research Award of the German Society of Bipolar Disorders (3000 €)
- 02/2024 Recognition with the „Karl- und Charlotte-Bühler Lehrpreis“ for excellent teaching (Winter Term 2022/2023 and Summer Term 2023)
- 09/2023 Recognition of Sophie Gosch (PhD Candidate of the third-party funded project „Social affect and Cognition in Bipolar Disorder“) shared second rank of the poster awards, German Society of Bipolar Disorders (500 €)
- 02/2023 Recognition with the „Karl- und Charlotte-Bühler Lehrpreis“ for excellent teaching (Winter Term 2021/2022 and Summer Term 2022)
- 09/2022 Scholarship for a professional training for appointment procedures for W2- and W3-professorships by the „Deutsche Gesellschaft für Psychologie (DGPs), Biological Psychology and Neuropsychology“ in Würzburg, Germany
- 11/2018 IP@WWU-Scholarship (DAAD, BMBF; ca. 2250€) for a research stay at Trinity College, Dublin, Institute of Neuroscience (Prof. Dr. Veronica O’Keane, Prof. Dr. Thomas Frodl)
- 06/2014 PROMOS-Scholarship (DAAD; ca. 1225 €) for a research stay at the Victoria University of Wellington, New Zealand (Prof. Dr. Maryanne Garry)

Talks and Presentations (Selection)

- 10/2025 Invited talk at the International Conference of Compassion Focused Therapy in Birmingham, England (UK), Title: „Upregulating positive affect through compassion“, Invitation by Prof. Dr. Paul Gilbert
- 10/2025 Invited Chair at the European Congress of Neuropsychopharmacology, Amsterdam, Title of the chaired symposium: „A long way to go – insights from longitudinal studies in bipolar disorders“
- 06/2024 Payed Workshop at the „Deutschen Psychotherapiekongress“, Berlin, jointly with Annelie Mekelburg, TU Dresden (masters' student) and Prof. Dr. James Kirby, University of Queensland, Brisbane, Australia, Title: „Compassion Focused Therapy – Ein Praxisworkshop“
- 06/2023 Talk at the Symposium „Neurobiological Research to Optimize Therapeutic Interventions“, joint chair with Dr. Barbara Schmidt, conference „Psychologie und Gehirn 2024“, Tübingen, Title: „Functional neural plasticity associated with cognitive-behavioral therapy of major depressive disorder – a meta-analysis“
- 06/2023 Invited talk at the research colloquium at the Universitätsklinikum Jena, Klinik für Psychiatrie und Psychotherapie, Title: „Social interaction and disease trajectories in affective disorders“, Invitation by Prof. Dr. Christian Gaser
- 05/2023 Invited talk at the annual congress of the Institute for Translational Psychiatry, University of Münster – Mentoring of Early Career Scientists, Invited by Dr. Janik Goltermann
- 05/2023 Talk at the Symposium „Neuro-bio-behaviorale Forschung und ihr Potential für die Optimierung psychotherapeutischer Interventionen“ at the „Deutschen Psychotherapiekongress“, Joint Chair with Dr. Elisabeth J. Leehr, Title: „Der Zusammenhang zwischen Ruminationstendenz und der impliziten neuronalen Reaktivität auf traurige Gesichter bei depressiven Jugendlichen und jungen Erwachsenen – ein Ansatzpunkt für eine neurobiologisch-informierte Intervention“
- 05/2023 Talk at the Symposium „Kinder- und Jugendlichenpsychotherapie: Grundlagen verstehen – Störungen behandeln – Familien unterstützen“ at the „deutschen Psychotherapiekongress“, Chair: Prof. Dr. Tanja Legenbauer, Title: „Mitgeföhltsbasierte Ansätze in der Elternarbeit: Eine neurobiologische Perspektive auf die möglichen Wirkmechanismen“
- 02/2023 Invited talk at the psychiatric-psychotherapeutic colloquium of the Philipps-Universität Marburg, Title: „Das Zusammenspiel von Krankheitsverläufen und Neurobiologie bei affektiven Störungen“, Invited by Prof. Dr. Benjamin Straube
- 9/2022 Talk at the 52. DGPs congress in Hildesheim, Symposium „Psychopathology, Psychotherapy and the Brain: Longitudinal Perspectives“, Chair: Dr. Kristina Meyer, Dr. Corinne Neukel, Title: „Associations of long-term disease course in patients with affective disorders over nine years“
- 02/2022 Invited Early Career Workshop at the Retreat of the DFG Research Group 2107 about „scientific career development“, Title: „Young Scientists- Viele Wege föhren nach Rom“, upon invitation of Prof. Dr. Tilo Kircher, Dr. Susanne Meinert
- 05/2019 Talk at the workshop congress of the DGPs Organization Clinical Psychology and Psychotherapy in Erlangen, Symposium „Misshandlungserfahrungen in Kindheit und Jugend: Neurobiologische und psychopathologische Folgen sowie klinische Implikationen“, Chair: Prof. Dr. Eva-Lotta Brakemeier and Prof. Dr. Katja Wingenfeld, Title: „Neurobiologische Folgen früher Misshandlungen: Der Zusammenhang von Schutzfaktoren und hirnstrukturellen Veränderungen bei Menschen mit Misshandlungserfahrungen“
- 10/2017 Talk at the annual congress of the World Psychiatry Association (WPA) in Berlin, Title: „The relationship between cognitive abilities and social cognition in Major Depressive Disorder“
- 01/2017 Talk at the bi-annual conference of the Society of Applied Research in Memory and Cognition in Sydney, Australien, Title: „The relationship of general and social cognition in Major Depressive Disorder“

Academic Services

Ad Hoc Reviewer for the following peer-reviewed journals: Acta Psychiatrica Scandinavia, Behavioral Brain Research, Cerebral Cortex, Psychological Medicine, NeuroImage, Social Psychology, Collabra: Psychology, Cognition and Emotion, NeuroImage: Clinical, International Journal of Psychophysiology, Journal of Psychiatry and Neuroscience, International Journal of Bipolar Disorders, Journal of Psychiatric Research, Current Opinion in Behavioral Sciences, Frontiers in Psychology, Frontiers in Psychiatry, BJPsych Open, Nature: Mental Health, Biological Psychology, Biological Psychiatry - Global Open Science, Nature (Co-Reviewer)

Ad Hoc Grant Application Reviewer for the following Institutions: US-Israel Binational Science Foundation, Swiss National Science Foundation

Memberships & Miscellaneous

Since 2025 Member of the "Hamburger Psychotherapeutenkammer"
Since 2025 Member of the Association for Psychological Science
Since 2024 Member of the KJPVT e.V.
Since 2024 Member of the German Society of Bipolar Disorders e.V.
Since 2022 Member of the DGPs interest group for Clinical Child and Adolescent Psychology and Psychotherapy as well as Clinical Biological Psychology
06/2021-22 elected and founding member of the postdoctoral representation, graduate academy, TU Dresden (elected for one year)
Since 2019 Member of the [Open Science Initiative of the Faculty of Psychology](#) (OSIP), TU Dresden
Since 2019 Member of the „Deutsche Gesellschaft für Psychologie“ (DGPs), Organizations: Clinical Psychology and Psychotherapy, Biological Psychology and Neuropsychology
Since 2019 Member of the „Ostdeutschen Psychotherapeutenkammer“

Science communication

04/2025 [News](#)-article about my research program at University of Hamburg
2024/2025 Scientific cooperation with „Theater Junge Generation Dresden“ for the following youth theatre projects „[Chroniken der Weltuntergänge](#)“, „[Dann heul doch!](#)“ and „[Time Out](#)“
01/2025 [Interview](#) in the german magazine „Brigitte“ – „Darf ich es mir gut gehen lassen, wenn es der Welt schlecht geht?“
04/2022 [Interview](#) within the Podcast „Generation Zett – jung und europäisch“ on Euranet Plus: „Welche Rolle spielt die mentale Gesundheit in der Generation Z?“, Episode 4
10/2021 [Interview](#) for the TV production „Wie stark leidet die Psyche an Corona?“ published on Campus 38, Interview by Lisa Matthies
01/2019 [Scientific Curator](#) of the Twitter-Account @RealSci-DE upon invitation by Prof. Dr. Jens Foell for one week

Total Sum of Acquired Research Funding: 609.828 €

Total Sum of Competitive Third-Party Funding, own share: 584.233 €

- 1) *Emotion regulation and depressive course of illness – a reminder-based online reappraisal training*
Funder, Funding Instrument: German Research Foundation (DFG), Subproject C01 of the transregional collaborative research center CRC)TRR 393 „Trajectories of affective disorder – cognitive-emotional mechanisms of symptom change” by the Universities Münster, Marburg and Dresden
Own Role: Principle Investigator with Co-PI Prof. Dr. Stefan G. Hofmann, Philipps-Universität Marburg
Funding Period: 07/2024-06/2028
Total funding volume: **486.662 €**, own share: **335.675 €**
Description: Investigation of a digital online „Reappraisal-Training“ and its impact on the depressive disease course (further information [here](#))
- 2) *Social affect and cognition in bipolar disorder and their contribution to mood swings*
Funder, Funding Instrument: Else Kröner-Fresenius-Stiftung, funding line for first-time and second-time applicants, foundation with peer review, approval rate approx. 30%
Own Role: Principal Investigator
Funding Period: 04/2023-03/2026 (extended to 03/2027)
Total funding volume: **248.558 €**
Description: A study investigating the role of empathy and theory of mind in social interaction as a modulator of mood swings in everyday life in patients with bipolar disorder (further information [here](#)).

Intramural and other funding (e.g. travel grants, early career support): ca. 25.595 €

- 1) *Postdoc Starter Kit*
Funder, Funding Instrument: Personal funding from the Graduate Academy of TU Dresden, funds from the Excellence Initiative of the German Federal Government and the Länder (BMBF)
Own Role: Principal Investigator
Total funding volume: **10.000 €**
Funding period: 01/2022-12/2023
Description: Funds for a student assistant, traveling to give talks and lectures and the initiation of collaborations
- 2) *Alterations of empathy and Theory of Mind in patients with depression*
Funder, Funding Instrument: Start-Up Funding of the Faculty of Psychology, TU Dresden
Own Role: Co-Principal Investigator with M.Sc. Annika Konrad
Total funding volume: **2.350 €**
Funding period: 05/2023-04/2024
Description: Collaborative Project with Dr. Marcus Rütgen, Karolinska Institut, Universität Wien: Participant compensation
- 3) *Promotion of young scientists/initiation of international collaborations*
Funder, Funding Instrument: Project funding from the German Academic Exchange Service (DAAD) with funds from the Federal Ministry of Education and Research (BMBF) in the ‘PROMOS’ funding programme for research stays of my masters’ students with Prof. Dr. James Kirby (University of Queensland), Prof. Dr. Maryanne Garry (Waikato University), Prof. Dr. James Gross (University of Stanford) and to support for a student research project on FOSTER (intramural student project funding from TU Dresden)
Own Role: Collaborative partner, supervisor of the masters’ students
Total funding volume: 13.245 €, Travel grants: **10.170 €**, student project funding: **3075 €**
Description: Support in obtaining scholarships for student research stays on compassion-based interventions, ‘side effects’ of compassion and neural correlates of alexithymia