

# CV Jana Volkert, Psychotherapist, PhD

## PERSONAL INFORMATION

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GOOGLE SCHOLAR   <https://scholar.google.de/citations?user=6xK5v1gAAAAJ&hl=de>

RESEARCH GATE     [https://www.researchgate.net/profile/Jana\\_Volkert](https://www.researchgate.net/profile/Jana_Volkert)

## PROFESSIONAL CAREER

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since Apr. 2016      Research fellow, Department of Psychosocial Prevention, University of Heidelberg (Director: Prof. Dr. S. Taubner), Germany

Jan. 2014-  
Dec. 2016              Research fellow, Endowed chair for Mental Health Care Research (Prof. Dr. Holger Schulz), Department of Medical Psychology, University Medical Centre Hamburg-Eppendorf, Germany

Jan. 2014-  
Apr. 2014              Research fellow, Institute of Psychology, Alpen-Adria University Klagenfurt, Austria (maternity cover Assoz. Prof. Sylke Andreas)

Jan. 2009-  
Dec. 2013              Research fellow, Department of Medical Psychology, University Medical Centre Hamburg-Eppendorf (UKE) (Director until 2008: Prof. Dr. Dr. U. Koch; since 2008: Prof. Dr. Dr. M. Härter), Hamburg, Germany

## ACADEMIC EDUCATION AND DEGREES

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since 2018              Habilitation at the University of Heidelberg, Germany  
*Working title "Epidemiology, diagnostic conceptualization, efficacy and change mechanisms of treatments for personality disorders: focusing on borderline personality disorder and Mentalization-Based Treatment"* (Mentor: Prof. Dr. Svenja Taubner)

2009 - 2014              Ph.D. in Psychology, University of Hamburg, Germany  
*Dissertation thesis: "Mental disorders in old age and the relevance of meaning in life"* (Supervisors: Prof. Dr. Dr. M. Härter; Prof. Dr. B. Dahme; final grade 1)

2005 - 2008              Diploma in Psychology, University of Hamburg, Germany  
*Diploma thesis: „Risk recognition and sensation seeking in revictimization and posttraumatic stress disorder“*

2002 - 2005              Bachelor of Arts in Psychology, University of Sussex, Brighton, England (Degree Bachelor of Arts with Honours)

## PERSONAL/ THIRD PARTY FUNDING/ AWARDS

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2019                      Research Grant (€4,000) for a study on "Exploring mentalizing dimensions and prementalizing modes in personality disorders", German Psychoanalytic Association (Deutsche Psychoanalytische Gesellschaft, DPG).

2018                      Research Grant (\$10,000) for a study on "Projective identification and unresolved/disorganized attachment" with Alessandro Talia, International Psychoanalytic Association.

2018                      Award Hamburg Fellowship Personality Disorders for visiting an interna-

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	tional research institution (€5,000), German Association for Research and Treatment of Personality Disorders (Deutsche Gesellschaft zur Erforschung und Therapie von Persönlichkeitsstörungen, GePs)
2012, 2013, 2017	DAAD-Travel grants to attend the Annual Meetings of the SPR
2010	Travel grant University of Hamburg to attend the 41 <sup>st</sup> Annual Meeting der Society for Psychotherapy Research (SPR) in Asilomar, California, USA

#### CLINICAL TRAINING AND CAREER

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2009- 2019	<p>Training in Psychodynamic Psychotherapy (Ausbildung zur Psychologischen Psychotherapeutin)</p> <ul style="list-style-type: none"> <li>• <i>APH Hamburg (Arbeitsgemeinschaft für integrierte Psychosomatik, Psychotherapie und Psychoanalyse, Hamburg)</i></li> <li>• <i>Heidelberger Institut für Psychotherapie, Universitätsklinikum Heidelberg</i></li> </ul>
Sept 2018	2-day Training Mentalization-based treatment- practitioner course (Prof. A.W. Bateman), Heidelberg, Germany
Oct 2017	5-day Adaptive Mentalization-Based Integrative Treatment (AMBIT) International Train the Trainer training (P. Fuggle, D. Bevington), Anna Freud National Centre for Children and Families, London, England
April 2017	2,5-day Training Transference-focused Psychotherapy for borderline personality disorders (Dr. A. Schneider-Heine), Lindauer Psychotherapy Weeks, Lindau, Germany
Dec 2016	3-day Lighthouse Mentalization-based treatment- parenting programme (Gerry Byrne), Heidelberg, Germany
Dec 2016	3-day Training Mentalization-based treatment- basic training (Prof. P. Fonagy, Prof. A.W. Bateman), Heidelberg, Germany
May 2016	1-day Training Mentalization-based treatment for groups (MBT-G) for patients with borderline personality disorder (Dr. S. Euler), Heidelberg, Germany.
May 2012– Oct. 2013	Clinical work at the ward for personality disorders, Clinic for Psychiatry and Psychotherapy, University Hospital Hamburg-Eppendorf (Director: Prof. Dr. D. Naber), Hamburg, Germany

#### MEMBERSHIP IN RESEARCH ASSOCIATIONS

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since 2018	German Association for Research and Treatment of Personality Disorders (Gesellschaft zur Erforschung und Therapie von Persönlichkeitsstörungen; GePs)
since 2017	German Society for Psychology (Deutsche Gesellschaft für Psychologie (DGP)
since 2017	Chair of the Communication Committee of the SPR
since 2010	Society for Psychotherapy Research (SPR)

#### REVIEWER ACTIVITIES

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Aging & Mental Health, Behavior Modification, British Medical Journal, Canadian Journal of Psychiatry, International Methods in Psychiatric Research, Journal of Personality Assessment, Mental Health & Prevention, Psychopathology, Psychotherapy Research

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## Selected Publications

(total: >25 peer-reviewed publications since 2011, >450 citations; h-index = 11, i10-index = 11)

### RECENT FIRST AUTHORSHIPS (INCL. IN PREPARATION, SUBMITTED, UNDER REVIEW)

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1. **Volkert, J.**, Schroeder, P., Taubner, S. + MentDis\_ICF65+ study group (*in preparation*). Investigating a general psychopathology factor and associations with personality traits in an old age European community sample.
2. Hörz-Sagstetter, S.\*, **Volkert, J.\***, Benecke, C., Rentrop, M., Gremaud-Heitz, D.J., Unter-rainer, H.-F., Schauenburg, H., Seidler, D., Buchheim, A., Doering, S., Feil, M.G., Clarkin, J.F., Zimmermann, J., Dammann, G. (*under review*). Development and Validation of a Bi-factor Model of the Inventory of Personality Organization (IPO). *Journal of Personality Assessment*. (\*These authors contributed equally to this manuscript and share first authorship.)
3. **Volkert, J.**, Hauschild, S. & Taubner, S. (2019). Mentalization-based treatment for personality disorders: efficacy and new developments. *Current Psychiatry Reports*, 21:25, <https://doi.org/10.1007/s11920-019-1012-5>.
4. **Volkert, J.**, Georg, A., Hauschild, S., Herpertz, S.C., Neukel, Byrne, G., C., Taubner, S. (2019). Strengthening attachment competencies in parents with mental illness: adaptation and pilot testing of a mentalization-based Lighthouse parenting program. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 68, 27- 42.
5. **Volkert, J.** Gablonski, T.-C. & Rabung, S. (2018). A systematic review and meta-analysis on the prevalence of personality disorders in the general adult population in Western countries. *British Journal of Psychiatry*, 213 (6), 709-715, <https://doi.org/10.1192/bjp.2018.202>.
6. **Volkert, J.**, Euler, S. (2018). Mentalisierungs-basierte Therapie. Schwerpunkt-heft Persönlichkeitsstörungen, *Zeitschrift für Psychodynamische Psychotherapie*, 3, 138-146.
7. **Volkert, J.**, Härter, M., Dehoust, M.C., Ausìn, B., Canuto, A., Da Ronch, C., Drabik, A., Grassi, L., Muñoz, M., Santos-Olmo, A.-B., Sehner, S., Weber, K., Wegscheider, K., Wittchen H.-U., Schulz, M., Härter, M., Andreas, S. (2017). The role of meaning in life in community-dwelling European elderly with depression and relationship to other risk factors. *Ag-ing & Mental Health*, <http://dx.doi.org/10.1080/13607863.2017.1396576>.
8. **Volkert, J.**, Schulz, H., Brütt, A.L., Andreas, S. (2014). Meaning in life: Relationship to clinical diagnosis and psychotherapy outcome. *Journal of Clinical Psychology*, 7(6), 528-535, <https://doi: 10.1002/jclp.22053>.

### RECENT CO-AUTHORSHIPS (INCL. IN PREPARATION, SUBMITTED, UNDER REVIEW)

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9. Zetl, M., **Volkert, J.**, Vögele, C., Kubera, K. & Taubner, S. (*accepted*). The relationship between DSM-5 level of personality functioning and reflective *functioning*. *Personality Disorders: Theory, Research and Treatment*.
10. Zetl, M., Taubner, S. & **Volkert, J.** (*accepted*). Psychometric evaluation of the German version of the semistructured interview for the assessment of DSM-5 personality functioning (STiP-5.1). *Psychotherapie - Psychosomatik - Medizinische Psychologie*.
11. Taubner, S. & **Volkert, J.** (2019). Current developments in psychodynamic therapies for the treatment of patients with borderline personality disorder. *Clinical Psychology in Europe*, 1(2), Article e30639. <https://doi.org/10.32872/cpe.v1i2.30639>.
12. Schroeder-Pfeifer, P., Talia, A., **Volkert, J.** & Taubner, S. (2018). Developing an Epistemic Trust Assessment. *Research in Psychotherapy: Psychopathology, Process and Outcome*,

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<https://doi:10.4081/ripppo.2018.330>.

13. Kadur, J., Flaig, I., **Volkert, J.**, Sammet, I. Silberschatz, G., Andreas, S. (2018). Pathogenic beliefs and their relevance in psychotherapy: a written case study. *International Journal of Psychology and Psychoanalysis*, 4:032.
14. Taubner, S., Bark, C. & **Volkert, J.** (2018). Die Mentalisierungsbasierte Therapie für Patienten mit Borderline Persönlichkeitsstörung. *Nervenheilkunde*, 7-8, 513- 519.
15. Taubner, S., Byrne, G. & **Volkert, J.** (2018). Die therapeutische Beziehung in der Mentalisierungsbasierten Therapie (MBT). *Verhaltenstherapie & Verhaltensmedizin*, 39(1), 23-38.
16. Taubner, S., **Volkert, J.**, Gablonski, T.-C., Rossouw, T. (2017). Mentalisierungsbasierte Therapie bei Adoleszenten mit Borderline-Persönlichkeitsstörung- Konzept und Wirksamkeit. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 66, 423- 434.

#### BOOKS AND BOOK CHAPTER

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1. Taubner, S., **Volkert, J.** (2018). Die Borderline-Persönlichkeitsstörung aus Sicht der Bindungs- und Mentalisierungstheorie, Chpt. 15, p. 212- 224. In Berberich. Update Persönlichkeitsstörungen. Schattauer.
2. Taubner, S., **Volkert, J.** (2017). Mentalisierungs-Basierte Therapie für Adoleszente (MBT-A). Resch, F., Seiffge-Krenke, I. (Hrsg.). 1. Aufl. Vandenhoeck & Ruprecht.