

# CURRICULUM VITAE

Dr. phil. Leila Soravia

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## Werdegang

1996 - 2002 Studium der Psychologie an der Philosophisch-historischen Fakultät der Universität Bern

1999 - 2000 Forschungspraktikum an der Universitätsklinik für Kinder- und Jugendpsychiatrie und Psychotherapie, Universität Bern

1999 - 2002 Assistenz am Institut für Psychologie, Universität Bern

2003 - 2005 Doktorat: Abteilung für Klinische Psychologie und Psychotherapie, Institut für Psychologie, Universität Zürich

### Projekte:

- Effects of Cortisone Treatment in Social Anxiety Disorder (Swiss National Science Foundation: 3232-05842.99 / Prof. Dr. Dominique de Quervain)
- Psychosocial and neurobiological mechanisms of social phobia (Swiss National Science Foundation: 105311-100653 / Prof. Dr. Markus Heinrichs)

2005 - 2006 Post-doc: Abteilung für Klinische Psychologie und Psychotherapie, Institut für Psychologie, Universität Zürich

Projekt: Psychosocial and neurobiological mechanisms of social phobia: Development and evaluation of a “Psychobiological Group Intervention Program” (Swiss National Science Foundation: 105311-100653 / Prof. Dr. Markus Heinrichs)

2006 Post-doc: Psychiatriezentrum Münsingen

Projekt: “Evaluation of a qualified, outpatient detoxification program for alcohol dependent patients”

2006 - 2007	Post-doc: Abteilung für Psychotherapieforschung, Universitätsklinik und Poliklinik für Psychiatrie und Psychotherapie, Universität Bern Projekt: „Schemazentrierte emotiv-behaviorale Therapie« (SET) für Patienten mit Persönlichkeitsstörungen“ (Swiss National Science Foundation: Nr. 3200-067932.02)
2006 - 2014	Postgraduale Weiterbildung für Psychotherapie, Akademie für Verhaltenstherapie und Methodenintegration (AIM/AVM, Bern/Zürich)
Seit 2006	Post-doc: Abteilung für Psychiatrische Neurophysiologie, Universitätsklinik und Poliklinik für Psychiatrie und Psychotherapie, Universität Bern
2007 - 2011	Psychotherapeutin: Sprechstunde für Angst- und Zwangsstörungen, Universitätsklinik und Poliklinik für Psychiatrie und Psychotherapie, Universität Bern
Seit 2013	Forschungsleitung: Klinik Südhang, Kompetenzzentrum für Mensch und Sucht, Kirchlindach
2014	Psychotherapeutin: Ambulatorium Klinik Südhang, Kompetenzzentrum für Mensch und Sucht, Kirchlindach

## Preise und Drittmittel

2007	Young Scientist's Award of the Swiss Psychological Society
2008	Poster-prize of the „Deutsche Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde (DGPPN)“
2008	Grant from the Medical Faculty of the University of Bern, (Kredit Nr. 520.10)
2009	Grant from Swiss National Science Foundation: Nr. 32003B_124947 (Soravia, de Quervain, Heinrichs, Strik)
2012	Travel Grant from the University of Berne (Boston University)
2012	Grant from the Swiss National Science Foundation for International Short Visits: Nr. IZK0Z1_145286/1
2013	Grant from the Bundesamt für Gesundheit (BAG) over the 'Impuls- und Entwicklungsfonds Suchtbereich' of Infodrog.
2013	Grant from the Medical Faculty of the University of Bern, (Kredit Nr. 520.10)
2013	Grant from the Swiss Society for Alcohol Research (SSA), 2013 (Application NR. 235; Soravia, de Quervain)

## Forschungsprojekte

- 2008 - 2012 The neuronal correlates of glucocorticoid treatment in spider phobia (Grant from the Medical Faculty of the University of Bern)  
Cooperation: Prof. Dr. Dominique de Quervain (University of Basel), Prof. Dr. Markus Heinrichs (University of Freiburg, Germany), Prof. Dr. R. Wiest (University Hospital of Bern), Prof. Dr. Björn Rasch (University of Zürich)
- 2009 - 2013 Glucocorticoid treatment in combination with exposure therapy for the treatment of social phobia (Grant from Swiss National Science Foundation: Nr. 32003B\_124947)  
Cooperation: Prof. Dr. Dominique de Quervain (University of Basel), Prof. Dr. Markus Heinrichs (University of Freiburg, Germany)
- 2011 - 2013 Exposure-based short-term group-therapy for spider phobia  
Cooperation: Prof. Dr. Dominique de Quervain (University of Basel), Prof. Dr. Markus Heinrichs (University of Freiburg, Germany), Prof. Dr. Stefan Hofmann (Boston University, USA)
- 2013 - 2016 KUTEZ: Telephone-Based Continuing Care for Alcohol Dependence (Grant from the BAG)  
Cooperation: atf, Forel Clinic (Zürich)
- 2013 - 2015 Heart Rate Variability as a Predictor for Outcome in Alcohol Dependence (Grant from the Medical Faculty of the University of Bern)  
Cooperation: Prof. Dr. Julian Thayer (University of Ohio, USA), Dr. Maria Stein (University of Bern), Dr. phil. Nadine Messerli (University of Bern)
- 2013 - 2015 Acute effects of Cortisol on Alcohol Craving in alcohol dependence (Grant from Swiss Society for Alcohol Research (SSA))  
Cooperation: Prof. Dr. Dominique de Quervain (University of Basel), Dr. phil. Nadine Messerli (University of Bern)

## Publikationen

- Soravia, L. M., Heinrichs, M., Winzeler, L, Fisler, M., Schmitt, W., Horn, H., Dierks, T., Strik, W., Hofmann, S., de Quervain, D. J.-F. (2014). Glucocorticoids enhance in vivo exposure-based therapy outcome in spider phobia. *Depression and Anxiety*, 31(5):429-35.
- Fisler M, Federspiel A, Horn H, Dierks T, Schmitt W, Wiest R, de Quervain, D. J.-F., Soravia, L.M. (2013). Spider phobia is associated with decreased left amygdala volume: a cross-sectional study. *BMC Psychiatry*, 13(1):70.
- Soravia, L.M., de Quervain, D. J.-F. (2012). Cortisol, p. 109-122. In Stefan Hofmann (Ed.) *'Psychobiological Approaches for Anxiety Disorders: Treatment Combination Strategies'*. Wiley-Blackwell
- Soravia, L. M., de Quervain, D. J.-F., Heinrichs, M. (2009). Glucocorticoids do not exert anxiolytic effects in healthy subjects exposed to social stress. *Biological Psychology*, Vol 81 (3), 184-188.
- Zorn, P., Roder, V., Soravia, L.M., Tschacher, W. (2008). Evaluation of the "Schemafocused

Emotive Behavioural Therapy“ (SET) for patients with personality disorders: Results of a randomised controlled trial. *Psychotherapie, Psychosomatik, medizinische Psychologie*, 58, 371-378.

Soravia, L. M., Barth, J. (2008). Cognitive-behavioural therapy, p. 175-185. In Colin R. Martin (Ed.) *'Identification and treatment of alcohol dependency'*. M&K Update Ltd.

Soravia, L. M., Heinrichs, M., Aerni, A., Maroni, C., Schelling, G., Ehlert, U., Roozendaal, B. & de Quervain, D. J.-F. (2006). Glucocorticoids reduce phobic fear in humans. *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*, 103 (14), 5585-5590.

Heinrichs, M., Soravia, L. M., Neumann, I. D., Stangier, U., De Quervain, D. J., & Ehlert, U. (2006). Effects of oxytocin on social phobia. *Neuropsychopharmacology*, 31, S10-S10.

Heinrichs, M., Wagner, D., Schoch, W., Soravia, L. M., Hellhammer, D. H. & Ehlert, U. (2005). Predicting posttraumatic stress symptoms from pretraumatic risk factors: A 2-year prospective follow-up study in firefighters. *American Journal of Psychiatry*, Vol 162, 2276-2286 .

Soravia, L. M. (2005). *Effects of Cortisone Treatment in Social Anxiety Disorder*. Göttingen: Cuvillier.