

## **Robert Bering, MD, PhD**

### **Centre of Psychotraumatology, Alexianer Krefeld GmbH Faculty of Human Science/ University of Cologne**

Dr. Bering is the Medical Director of the Centre of Psychotraumatology at Alexianer-Hospital in Krefeld and Cologne in Germany. Dr. Bering studied medicine and psychology and graduated in both fields. In 1992 Dr. Bering worked at the Institute of Molecular Neuropathology in Copenhagen/ Denmark and defended his thesis about the regulation of neuropeptides in the hippocampus after cerebral ischemia. Dr. Bering completed his clinical education as a specialist in psychiatry and psychotherapy at the Academic University Hospital of Cologne in Gummersbach. In 2005 he habilitated on his work in psychotraumatology. Today he is professor at the University of Cologne in the field of rehabilitation.

#### **Scientific Career at the University of Cologne**

On behalf of the German Ministry of Defense Dr. Bering was promoted to the position of senior project manager of the workgroup “Prevention and Treatment of Posttraumatic Stress Disorder (PTSD)” at the Institute of Clinical Psychology and Psychotherapy (2000-2003). The project aimed to evaluate and improve the current concept of crisis intervention programs in the German military. For this, the workgroup developed the “Target-Group-Intervention-Program (TGIP)”. The essential component of this program is an intervention schedule designed to prevent PTSD through early identification of risk factors.

Dr. Bering has been senior partner and coordinator of different pan-European projects to develop Multidisciplinary Guidelines (MG) for psychosocial aftercare in the field of terror and disaster. These include PLOT (2005-2006), EUTOPA-(IP) (2007-2011), TENTS and EUNAD-(IP) (2013-2017) have been supported by the European Commission and experts from 23 countries in Europe.

Dr. Bering has published books and more than 80 articles in the field of neuropathology, psychotraumatology, crisis intervention programs, rehabilitation of psychic disorders, and curative care.

#### **Clinical Career at the Centre of Psychotraumatology, Krefeld/ Cologne**

Dr. Bering is the initiator and Medical Director of the Centre for Psychotraumatology (see picture). Originally the centre served as a pilot project of the “Kölner Opferhilfe” (Cologne Victim Aid). This project filled a much-needed gap, providing prompt assistance to victims of violent crime, natural disasters, accidents, and other serious life events.

Today, the centre offers a three-layered treatment and rehabilitation program that consists of inpatient treatment (20 beds), rehabilitation (24 beds) and outpatient services in Krefeld, Duisburg and Meerbusch (Neuss/ Düsseldorf). Recently, a second centre was established in Cologne. For this the network is arranged and disposed to a catchments area of 5 to 7 million citizens for Posttraumatic Stress Disorder, and related disorders.

The Centre serves as a didactic and research department for the University of Cologne and contributes its practice-oriented share in providing education to psychotherapists clinical and rehabilitation scientists.