



Universität Osnabrück
Psychotherapy Research & Clinical Psychology
Poliklinische Psychotherapieambulanz Osnabrück
Lise-Meitner-Straße 3
49076 Osnabrück

SCIENTIFIC PURSUIT

During my PhD, my research focused on identifying, modelling, and understanding the complex relationship between psychosocial risk and protective factors that affect mental health during particularly difficult periods, as well as across the lifespan. This work was rooted in a resilience framework and had a strong theoretical and psychometric emphasis, centering around the questions: “what is adversity and how can we best assess it”, “what is transdiagnostic mental health and how can we best measure it” and “what are the most relevant psychosocial factors that affect mental health”. During my first postdoc, I again addressed the question of how we can better understand the complex interplay of psychosocial, mental health related factors, this time however within a dynamic and more ecologically valid set-up. During that time, I was also involved in more applied clinical research, such as in evaluating symptom-focused monitoring tools for the psychotherapeutic setting. Since the start of my second postdoc (“habilitation trajectory”), I am combining my scientific research with the clinical practice by working as a psychotherapist trainee in an outpatient clinic. By bringing together theoretical, psychometric, and clinically-focused research, I currently aim to examine a) which components – in addition to psychopathological symptoms – are particularly relevant for a comprehensive 'mental health' assessment, b) how we can best add personalized components to monitoring and outcome tools, to enable the most comprehensive and personally-relevant assessment possible, and c) how these components can be captured with monitoring and outcome tools (in the therapeutic setting).

INFO & CONTACT

Nationality German, European
Birthdate 12 June 1992
Child Benjamin Arjen Emil, born 22 October 2022
Email jf585@cantab.ac.uk; jessica.fritz@uni-osnabrueck.de
Web <https://www.jessica-fritz.com>; [Google Scholar](#)

ACADEMIC QUALIFICATIONS

2016 – 2020 PhD in Psychiatry, University of Cambridge, Newnham College

- Shedding Light on the Complex Picture of Psychosocial Factors that Promote Mental Health in Young People. [link](#)

2014 – 2016 Research Master (MSc) in Clinical and Health Psychology, Leiden University, mean grade = 8.75 (cum laude)

- 2015 – 2016: Research Master Thesis (grade = 9) and Internship (grade = 9.5), Department of Psychiatry, University of Cambridge (cum laude)

2011 – 2014 Bachelor of Science (BSc) in Psychology, Leiden University, mean grade = 8.17

- 2013 – 2014: Honours Research Bachelor Project (grade = 9), Department of Developmental and Educational Psychology, Leiden University (cum laude)

ACADEMIC POSITIONS

- 01.11.23–present Research Fellow (“Habilitation”), Clinical Psychology, University of Osnabrück
- What is this thing called mental health, and how can we best measure it in a person-centred way?
- 01.01.22–31.10.23 Research Fellow (“Habilitation”), Clinical Psychology, Philipps-Universität Marburg (maternity leave: 20.09.2022-21.10.2023)
- 08.11.21–07.11.22 Affiliate Researcher, Department of Psychiatry, University of Cambridge
- 01.01.21–31.12.21 Junior Research Fellow, Wolfson College Cambridge
- 01.09.20–31.10.21 Research Associate, Department of Psychiatry, University of Cambridge
- Exploring the Day-to-Day Dynamics of Psychosocial Risk and Protective Factors that Affect Mental Health during the Covid-19 Pandemic

CLINICAL POSITIONS

- 01.10.23–present Psychotherapist Trainee, Poliklinische Psychotherapie-Ambulanz Osnabrück, Universität Osnabrück („Praktische Ausbildung, Ambulante Fälle“)
- 01.10.21–31.09.23 Psychotherapist Trainee, Psychotherapie-Ambulanz Marburg, Philipps-Universität Marburg („Praktische Tätigkeit 2“; maternity leave: 20.09.2022-21.10.2023)

PUBLICATIONS (see also [Google Scholar](#))

- 2025 Wrede, N., Itz, M. L., ... **Fritz, J.**, et al. Quantifying age-related disparities in outpatient psychotherapy utilization: A representation quotient analysis of routine data from 29 university clinics in Germany. *BMC Health Services Research*. [link](#)
- 2025 Wester, R. A., ... **Fritz, J.**, et al. Practices of personalized treatment selection among German psychotherapists: A preregistered mixed methods study. *Psychotherapy Research*. [link](#)
- 2025 Hehlmann, M. I., ... **Fritz, J.**, et al. Exploring the predictive value of different affect dynamics for psychological treatment outcome. *Psychological Assessment*. [link](#) & [R code](#)
- 2024 Schlechter, P., ... & **Fritz, J.** The Comprehensive Adversity Measure (CAM): A Measure of Early Adversity and its Severity. *Child Abuse & Neglect*. [article](#) [data](#) [code](#)
- 2024 **Fritz*, J.**, Piccirillo*, M., et al. So you want to do ESM? Ten Essential Topics for Implementing the Experience Sampling Method (ESM). *Advances in Methods and Practices in Psychological Science*. [article](#)
- 2023 Deisenhofer, A.-K., ... **Fritz, J.**, ... Cohen, Z. D. Implementing precision methods in personalizing psychological therapies: Barriers and possible ways forward. *Behaviour Research and Therapy*. [article](#)
- 2023 Schäfer, S. K., **Fritz, J.**, et al. Interrelations of resilience factors and their incremental impact for mental health: Insights from network modeling using a prospective study across seven timepoints. *Translational Psychiatry*. [article](#)
- 2023 Jefferies, P., **Fritz, J.**, et al. Analysis of Protective Factors in Schoolchildren in England Using the Dual-factor Model of Mental Health. *Research on Child and Adolescent Psychopathology*. [article](#)
- 2022 Wiedemann, A., Stochl, J., Neufeld, S.A.S., **Fritz, J.**, et al. The impact of the initial COVID-19 outbreak on young adults' mental health: a longitudinal study of risk and resilience factors. *Scientific Reports*. [article](#)

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| 2022 | Pollmann, A., Fritz, J. , et al. Networks of Adversity in Childhood and Adolescence and Their Relationship to Adult Mental Health. <i>Research on Child and Adolescent Psychopathology</i> . article code |
| 2022 | Jefferies, P., Hölte, J., Fritz, J. , et al. A cross-country network analysis of resilience systems in young adults. <i>Emerging Adulthood</i> . article code |
| 2021 | Schlechter*, P., Fritz*, J. , et al. The Youth and Childhood Adversity Scale: A Step towards Developing a New Measure of Adversity and its Severity. article data code |
| 2021 | Schueler, K., Fritz, J. , et al. Psychological Network Analysis of General Self-Efficacy in High vs Low Resilient Functioning Healthy Adults. <i>Frontiers in Psychiatry: Public Mental Health</i> . article code |
| 2021 | Stochl, J., Sonesson, S., Stuart, F., Fritz, J. , et al. Determinants of Patient-Reported Outcome Trajectories and Symptomatic Recovery in Improving Access to Psychological Treatment (IAPT) Services. <i>Psychological Medicine</i> . article data code |
| 2021 | Fritz, J. , et al. Tracking Stress, Mental Health and Resilience Factors in Medical Students, Before, During and After a Stress-Inducing Exam Period: Protocol and Proof of Principle Analyses for the RESIST Cohort-Study. <i>JMIR Formative Research</i> . article data code |
| 2020 | Stochl, J., Fried, E.I., Fritz, J. , et al. On Dimensionality, Measurement Invariance and Suitability of Sum Scores for the PHQ-9 and the GAD-7. <i>Assessment</i> . article data code |
| 2020 | Fritz, J. , et al. Embracing the Positive: An Examination of How Well Resilience Factors at Age 14 Can Predict Distress at Age 17. <i>Translational Psychiatry</i> . article data code |
| 2019 | Fritz, J. , et al. Unravelling the Complex Nature of Resilience Factors and their Changes between Early and Later Adolescence. <i>BMC Medicine</i> . article data code |
| 2019 | Kalisch, R., Cramer, A.O.J. Binder, H., Fritz, J. , et al. Deconstructing and Reconstructing Resilience: A Dynamic Network Approach. <i>Perspectives on Psychological Sciences</i> . article |
| 2019 | Fritz, J. , et al. Mood and Neural Responses to Social Rejection Do Not Seem to Be Altered in Resilient Adolescents with a History of Adversity. <i>Development and Psychopathology</i> . article |
| 2018 | Fritz, J. , et al. A Network Model of Resilience Factors for Adolescents With and Without Exposure to Childhood Adversity. <i>Scientific Reports</i> . article data code |
| 2018 | Fritz, J. , et al. A Systematic Review of Amenable Resilience Factors that Moderate and/ or Mediate the Relationship between Childhood Adversity and Mental Health in Young People. <i>Frontiers in Psychiatry</i> . article |

UNDER REVIEW, SUBMITTED

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| Under review | Fritz, J. , et al. Idiographic Patient Reported Outcome Measures (I-PROMs): A Narrative Systematic Review on Patient-Centred Measurement in Psychotherapy. preprint |
| Under review | Fritz*, J. , Stochl*, J., et al. The Dynamic Ecosystem of Psychosocial Factors and Mental Distress Among University Students During the COVID-19 Pandemic: An Intensive Longitudinal Study. preprint data code |
| Under review | Bringmann, L. F., ... Fritz, J. , et al. Beyond Numbers: Revisiting the Role of Open-Response Data in Experience Sampling Methodology. preprint |
| Under review | Iovoli, F., ... Fritz, J. , et al. From goals to gains: Therapy goal selection, attainment, and their association with psychotherapy outcomes. |
| Under review | Schlechter, P., ... & Fritz., J. On the Importance of Resilience Factors Prior, During, and After Stress-Inducing Exams in Medical Students. preprint |

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| Under review | Baranowski, A., ... Fritz, J. , et al. Entangled?: A comparative network approach to sexual dysfunction and problematic pornography use across genders. |
| Under review | Iovoli, F., ... Fritz, J. , et al. Bias in Follow-Up Assessment of Psychotherapy: Are Certain Patients More Likely to Participate? |
| Submitted | Piccirillo*, M., Fritz*, J. et al. So you want to advance ESM research? A momentary assessment on the future of the experience sampling method (ESM). preprint |

FIRST AUTHOR PAPERS IN PREPARATION

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| In prep | Fritz, J. , et al. Time to feed back on data-based feedback systems for psychotherapeutic routine care: A qualitative analysis of challenges, benefits, and future directions. |
| In prep | Fritz, J.* , Roling, U. *, et al. A Meta-Analysis on the Content of Contemporary Mental Health Measurement: Symptoms and Beyond. preregistration |

AWARDS

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| 2021 | Cambridge University Milo Keynes Prize for Outstanding Dissertations 2020/2021 |
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GRANTS & FUNDING

Major

| | |
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| 2016 | 3.5 year Pinsent Darwin Fund (£52,500) + 3 year Sackler Fund (£6,000), awarded to fully finance my PhD stipend |
| 2016 | 3 year MRC Doctoral Training Grant (~ £23,500), awarded to fully finance my PhD tuition costs |
| 2016 | MRC Doctoral Training Support/ Additional Allowances Fund (£15,900), awarded to fund additional research costs such as participant reimbursement |

Minor

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| 2021 | NIHR SPARC Award, for a 'Clinical Record Data Science' collaboration project with Professor Robert Stewart, King's College London (£2,199) |
| 2021 | Wolfson College Annual Research Expenses Allowance (£800) |
| 2019 | Travel grant for an invited Workshop on Network Modelling for Resilience Related Research at the 5 th International Symposium on Resilience Research (max 500€) |
| 2017 | Travel grant for my Young Researcher Talk at the 3 rd International Symposium on Resilience Research (max 500€) |
| 2017 | MRC Doctoral Training Flexible Supplement Fund for an internship with Dr. Eiko Fried at the University of Amsterdam, PsychoSystems Group (£1,730) |
| 2015 | Erasmus Internship Scholarship for a Research Internship at the University of Cambridge, Department of Psychiatry (1,560€) |
| 2013 | Honours Research Bachelor Project Allowances Fund, awarded to fund research costs such as participant reimbursement (450€) |

TEACHING

Supervision

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| 2024 – present | I supervise three PhD candidates: Nolik Schnittger, Megan Bruns, & Marie Abraham |
| 2021 – 2022 | I have co-supervised two PhD-projects |

2018 – present I supervise/ have supervised more than 20 Bachelor and Master theses

Seminars

2024 – present I teach the course “Research Internship: Psychotherapy Research” to psychology master students, for the Department of Clinical Psychology, Universität Osnabrück

2022 I have taught the course “Clinical Psychodiagnostics” to psychology bachelor students, for the Department of Clinical Psychology, Philipps-Universität Marburg

2020 – 2021 I have given seminars/ group-tutorials to Psychological and Behavioural Sciences (PBS-6) bachelor students for the Risk and Resilience Module, for the Department of Psychology, Cambridge University

Lecturing

2020 – 2021 I have lectured for the Risk and Resilience Module of PBS-6, for the Department of Psychology, University of Cambridge

2019 I held a lecture titled “*Psychological Network Models: Everything Is Connected ... or Not?*” at the Cambridge Methods Day (26th Nov.), MRC CBU, Cambridge, UK. [link](#)

2019 I held a lecture, with Gabriela Lunansky, titled “*An Introduction to Network Modelling*” at the Presymposium Workshop for Methods in Resilience Research (24th Sep.), 5th International Symposium on Resilience Research, Mainz, Germany. [link](#)

Summer Schools & Online Learning Platforms

2018 I was a member of the organizing committee for the 1st International Spring School on Resilience Research (May 21 – 25, Seeon Abbey, Germany).

2017 I am a co-author of/ contributor to Professor Anne-Laura van Harmelen’s resilience module for a mental health MOOC (Massive Open Online Course) for adolescents, led by the University of Groningen, counting more than 30,000 subscribers. [link](#)

SYMPOSIA

2025 Quality & Quantity: Using mixed methods to aid measurement-supported psychotherapy. Host: Jessica Fritz. Speakers: Jessica Fritz, Melissa M. De Smet, Saskia Scholten, Femke L. Truijens. Discussant: Jan R. Boehnke (2025, 28th June), Society for Psychotherapy Research, Krakow, Poland.

2025 Was ist im Rahmen der Psychotherapie eine sinnvolle Messung der psychischen Gesundheit? Antworten aus verschiedenen Therapieschulen und Forschungsrichtungen. Host: Jessica Fritz. Speakers: Johannes Zimmermann, Niels Braus, Johannes Ehrenthal, Jessica Fritz, Stefan Schmidt, & Carola Cropp (2025, 8th April), Deutscher Psychotherapie Kongress, Berlin, Germany.

2024 Time to feed back on feedback systems for psychotherapeutic routine care in Germany. Host: Jessica Fritz. Speakers: Benjamin Aas, Cord Benecke, Eva-Lotta Brakemeier, Carola Cropp, Selin Demir, Steffen Eberhardt, Julia Glombiewski, Franziska Günther, Miriam Hehlmann, Tim Kaiser, Ludwig Küster, Wolfgang Lutz, Julian Rubel, Lea Schemer, Günter Schiepek, Stefan Schmidt, Saskia Scholten, Yannik Terhorst, Antonia Vehlen, & Matthias Volz (2024, 2nd December), Evidenzbasierte Personalisierte Psychotherapieforschung (ePePsy), Deutsche Gesellschaft für Psychologie, online event.

2022 Measuring stress in real life. Co-hosts: Inez Myin-Germeys, Erno Hermans, Raffael Kalisch, & Jessica Fritz, Rayyan Tutunji, & Anu Hiekkaranta (2022, 27th September), Johannes Gutenberg-University Mainz, Mainz, Germany.

2021 So you want to do EMA? Developing a solid protocol for collecting experience sampling data. Co-hosts: Jessica Fritz, Marilyn L. Piccirillo, Laura Bringmann, &

Lesley Norris. Speakers: Laura Bringmann, Olivia Kirtley, Julia Moeller, Michael C. Mullarkey, Andreas Neubauer, Noémi K. Schuurman, & Evelien Snippe (2021, 16th November & 2022, 11th January), online event. [link recording](#)

2016 Examining Resilience in Longitudinal Cohort Studies Using Multi-Modal Data Analysis. Co-hosts: Raffael Kalisch, Anne-Laura van Harmelen, & Jessica Fritz (2016, 13th December), University of Cambridge, Cambridge, United Kingdom.

PRESENTATIONS (*invited)

2025 Fritz, J. (2025, 28th June). A Meta Analysis on the Content of Contemporary Mental Health Measurement: Symptoms and Beyond. SPR Conference, Krakow, Poland.

2025 Fritz, J. (2025, 8th April). Eine Meta Analyse zum Inhalt von Fragebogenmessungen zur psychischen Gesundheit. DPK Kongress, Berlin, Germany.

2024* Idiographic Patient-Reported Outcome Measures (I-PROMs): Going beyond symptom change, Person-Centered Treatment and Prevention Collaborative Speaker Series (08th Aug.), online event.

2024* Meaningful mental health measurement: Exploring patient centered measures that go beyond symptoms, Kolar Lab Seminar (10th July), online event.

2024 Idiographic Patient Reported Outcome Measures (I PROMs): Going beyond symptom change, SPR Conference (28th June), Ottawa, Canada (online presentation).

2024 Idiographische Patient Reported Outcome Measures (I PROMs): Ein innovativer Ansatz für die datengestützte und personenzentrierte Psychotherapie? DPK Kongress (12th June), Berlin, Germany.

2022 Studying risk and protective factors with experience sampling methods. „Measuring stress in real life“ workshop (27th Sep.), at the 8th International Symposium on Resilience Research, Mainz, Germany.

2021 Mental Health Ecosystem: Exploring the dynamic landscape of psychosocial factors and mental health during the Covid-19 pandemic. Conference on Transdiagnostic Approaches (24th Sep.), online event.

2021* Welche psychosozialen Faktoren fördern die psychische Gesundheit? Eine Exkursion zum Thema Resilienzfaktoren. Mainzer Resilienz Gespräche, Public Lectureseries (28th April), online event. [link](#)

2021* Reconsidering Resilience: On the Perks and Pitfalls of Promoting Mental Health Resilience. Resilient Minds Journal Club (25th March), online event.

2020* In Search for Resilience Factors. ChARM Seminar (20th Feb.), Cambridge, UK. [link](#)

2019* A Network Approach to Mental Health Resilience: Theory, Practice and Applications. Oxford OCEAN Lab Seminar (17th Dec.), Oxford, UK. [link](#)

2019 Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. 9th World Congress of Behavioural and Cognitive Therapies (18th July), Berlin, Germany.

2019* Unravelling the Complex Nature of Resilience Factors Following Childhood Adversity. Johannes Gutenberg University Medical Center (07th February), Mainz, Germany.

2018 Do Resilience Factors (RF) Fluctuate from Early to Late Adolescence? An Investigation of RF Interrelations and RF Mean Levels. Cambridge Psychiatry Symposium: Showcasing Graduate Research (21st November), Cambridge, UK.

2018 A Network Model of Resilience Factors for Adolescents With and Without Exposure to Childhood Adversity. Neuroscience in Psychiatry Network (NSPN) Scientific Meeting (09th March), Cambridge, UK.

2017* Using Network Models to Reveal Behavioural Resilience Structures. Cambridge Resilience Symposium (14th December), Cambridge, UK.

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| 2017 | Unravelling the Complexity of Resilience: A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity. Cambridge Psychiatry Symposium: Showcasing Graduate Research (26 th October), Cambridge, UK. |
| 2017 | A Network Model of Putative Resilience Factors for Adolescents With and Without Childhood Adversity. 3 rd International Symposium on Resilience Research (28 th September), Mainz, Germany. |
| 2017 | Mental Health Resilience to Exam Distress. Medical Education Research Group Meeting (02 nd August), Cambridge, UK. |
| 2017 | Unravelling the Complex Concept of Resilience. Neuroscience in Psychiatry Network (NSPN) Scientific Meeting (09 th March), Milton Keynes, UK. |

INTERVIEWS & PODCASTS

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| 2025 | Under the Cortex Podcast (Association for Psychological Sciences, 2025, May): „Real-Time Research: How the Experience Sampling Method Is Changing Psychology“. link |
| 2021 | Varsity Podcast on Student Mental Health. “Matter on Your Mind”. S.7 Ep.2 link |
| 2019 | Interview with the Cambridge Children’s Hospital. link |

TRAININGS

Statistics & Psychological Methods

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| 2021 | Modeling the Dynamics of Intensive Longitudinal Data Summer School, in person and online, Utrecht University, the Netherlands |
| 2021 | Human Change Processes, 13 th Summer School, held online (originally: Seeon Abbey, Germany) |
| 2021 | ESM Data Analysis Course (Mixed-Effects Models), held online (originally: Maastricht University, the Netherlands) |
| 2019 | Longitudinal Structural Equation Modelling Course, Summer Stats Camp, Albuquerque, USA |
| 2019 | An Introduction to Machine Learning, University of Cambridge, UK |
| 2018 | Multiple Imputation Course, Fall Stats Camp, London, UK |
| 2018 | Bayesian Statistics Summer School, Utrecht University, the Netherlands |
| 2017 | Network Analysis Winter School, University of Amsterdam, the Netherlands |
| 2015 | Matlab Introduction for Beginners, University of Cambridge, UK |
| 2015 | Introduction to Statistics with R, University of Cambridge, UK |
| 2015 | R Programming, John Hopkins University, Coursera Online Course |

Scientific Management & Leadership

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| 2018 | Leadership Workshop, University of Cambridge, UK |
| 2017 | Managing Research Effectively and Reproducibly, University of Cambridge, UK |
| 2016 | How to Conduct Clinical Research Studies, University of Cambridge, UK |
| 2015 | Good Clinical Practice, University of Cambridge, UK |

Clinical & (Neuro-)Cognitive Assessment

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| 2016 | MRI Safety, University of Cambridge, MRC Cognition and Brain Sciences Unit, UK |
| 2015 | MRI Safety, University of Cambridge, Wolfson Brain Imaging Centre, UK |
| 2015 | Structured Clinical Interview for the DSM (SCID), University of Cambridge, UK |

SKILLS

Psychometric and Statistical Expertise

- data reduction methods (e.g. exploratory/ confirmatory factor models), classification methods (e.g. factor mixture models, latent class analysis), methods to analyse longitudinal patterns in data (e.g. structural equation models, path models with and without moderation and mediation effects, latent change models), methods to analyse complex systems/ the interactions of a multitude of variables (e.g. network analysis), prediction methods (e.g. machine learning models), methods to analyse time-series (e.g. mixed-effects models, dynamic network models such as multi-level vector-autoregression models), methods to treat and/ or compensate for missing data (e.g. multiple imputation models), methods to compare models (e.g. permutation tests, models with invariance constraints).

Software Expertise

- Data analysis: R/ Rstudio (advanced); Mplus (intermediate); Matlab, SPSS, EQS (basic)
- Web-based data assessment: REDCap (advanced); E-Prime (intermediate); Qualtrics (basic)

Language Expertise

- German: native, English: fluent TOEFL=115/120, Dutch: fluent NT2=92%
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AFFILIATIONS & COMMITTEE POSITIONS

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| 2025 – present | „Praxis schafft Wissen, Wissen schafft Praxis“ Fort- & Weiterbildungsverbund für PsychotherapeutInnen in Niedersachsen, link |
| 2024 – present | SPR: Society for Psychotherapyresearch |
| 2022 – present | Leadership Committee Person-Centered Treatment and Prevention Collaborative |
| 2017 – present | INTRESA: International Resilience Alliance |
| 2018 – 2019 | MRC Doctoral Training Student Committee |
| 2017 – 2018 | Treasurer for the Cambridge University Refugee Aid and Action Society |

INTERNSHIP AND ASSISTANT POSITIONS**Research Assistant Position**

| | |
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| 2013 – 2015 | Center for Human Drug Research (CHDR), Leiden, The Netherlands |
| | <ul style="list-style-type: none"> • conduction of pain experiments, EEG and cognitive assessments, as well as data management |

Clinical Internships

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| Summer 2014 | Neuropediatric ward, 'Klinikum Kassel' Hospital, Kassel, Germany |
| | <ul style="list-style-type: none"> • shadowing and conduction of cognitive, socio-emotional and behavioural diagnostic tests |
| Summer 2013 | Psychiatric ward, 'Reinhard-Nieter' Hospital, Wilhelmshaven, Germany |
| | <ul style="list-style-type: none"> • shadowing of clinical assessments, clinical interviews and group therapy |