

## MODULAR PSYCHOTHERAPY IN ACUTE PSYCHIATRY



**Prof. Dr. Katharina M. Kubera, M.Sc**  
Heidelberg University, Germany

**Webinaire le 29 avril 2025 de 16h30 à 18h00**

*Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 183*

*Site de Cery – 1008 Prilly*

*suivi d'un apéritif*

*Entrée libre*

*Ou via Zoom :*

<https://zoom.us/j/99410907874?pwd=mqzizuDR4CiFfQAhBAYCp9h8IXoOnN.1>

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*La présentation se fera en anglais*

In today's rapidly evolving psychotherapy landscape, modular psychotherapy has emerged as a transdiagnostic approach, particularly valuable in addressing the diverse needs of patients. Modular psychotherapy is distinguished by its flexible structure, which allows for the integration of various evidence-based therapeutic techniques into a cohesive and adaptable framework. This talk will provide a comprehensive overview of modular psychotherapy, exploring its foundational principles, key components, and practical applications in acute psychiatric care. By the end of this session, attendees will gain a deeper understanding of how modular psychotherapy can be a transformative tool in enhancing patient centered care. Join us for an engaging and informative exploration of this innovative therapeutic approach.

*Prof. Dr. Katharina M. Kubera, M.Sc. is a Senior Attending Physician in the Department of General Psychiatry at Heidelberg University, where she directs the acute care unit, utilizing transdiagnostic psychiatric and psychotherapeutic interventions. As a psychotherapist and clinical supervisor, she is committed to fostering integrative therapeutic approaches in both patient care and the training of future mental health professionals. Her dedication to advancing psychiatric treatment is further demonstrated through her active membership in professional organizations, including the Society for the Exploration of Psychotherapy Integration (SEPI) and the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN).*