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September

2018

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## Kick-off & first months of DynaMORE

Welcome to our first newsletter! **DynaMORE** is an international research project, spearheaded by Prof. Raffael Kalisch from Deutsches Resilienz Zentrum (DRZ) Mainz and funded by the European **HORIZON 2020** Research and Innovation Programme, that aims to promote stress resilience and improve mental health and well-being in the face of adversity. The project started on April 1st 2018, and receives funding in the amount of 6.0 million € from the European Commission for 5 years. Our newsletter will appear twice per year, and you are receiving it because of your interest in stress resilience and mental health research. The next issue will be prepared in March 2019, so if you are a DynaMORE member please [email us](#) content and ideas by then!



*The DynaMORE consortium at the kick-off Meeting in Wiesbaden, Germany, on 25 April 2018 (click on image to see a few more pictures from the meeting).*

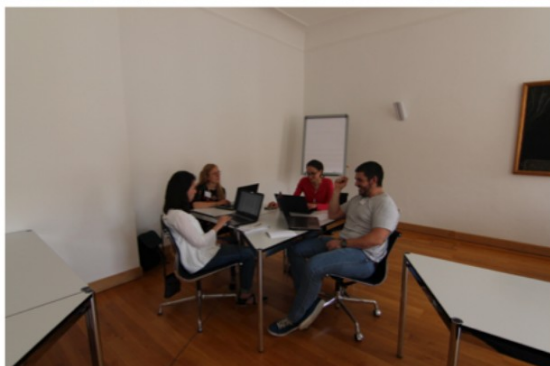
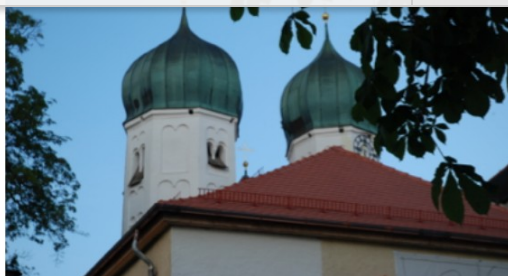
**DynaMORE** represents a joint effort of experts in computer science, neuroimaging, psychiatry, psychology, behavioural neuroscience, molecular biology, microbiology, endocrinology, engineering and management who are organised within 10 different, expertise-based **work packages** (WPs). The ultimate goal is to develop a mobile health (mHealth) device that assists and guides people in a personalized manner through adverse life circumstance in order to prevent stress-induced clinical outcomes, such as depression, anxiety, or other mental disorders.



*12 institutions from 6 countries (Belgium, Germany, Israel, The Netherlands, Poland and Switzerland) join forces within DynaMORE. For details, click on the map.*

## International Spring School on Resilience Research

From 21-25 May 2018, most of DynaMORE's junior researchers participated in the **1st International Spring School on Resilience Research** at Seeon Abbey, close to Munich, Germany. The Spring School included 3 days of poster sessions, a workshop on experimental design, insightful discussions, and talks by renowned resilience researchers on the experience of victimization, the need for developing a generally agreed-upon conceptual framework for resilience, translational approaches from zebrafish over rodents and non-human primates to humans, novel methodological approaches, the neural networks that underlie stress and resilience, and that stress does not always have negative consequences, to name just a few topics. The spring school is jointly organised by **DynaMORE**, Deutsches Resilienz Zentrum (**DRZ**), the DFG Collaborative Research Centre "Neurobiology of Resilience" (**CRC1193**), and the International Resilience Alliance (**intresa**). The date of the second school will be announced shortly.



*Click on the photo collage to read a summary report of the Spring School 2018.*

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## Save the dates - Events & Meetings

### **4th International Symposium on Resilience Research**

**26 - 28 September 2018**

Mainz, Germany

Contact: [Martina Diehl](#)

### **2nd DynaMORE Steering Committee (SC) Meeting**

**11 - 12 October 2018**

Utrecht, The Netherlands

Contact: [Vanessa Köhler](#) (registration closes soon)

### **2nd DynaMORE General Assembly (GA) Meeting**

**1 - 3 April 2019**

Berlin, Germany

Contact: [Vanessa Köhler](#) (registration opens soon)

### **5th International Symposium on Resilience Research**

**25 - 27 September 2019**

Mainz, Germany

Contact: [Martina Diehl](#)

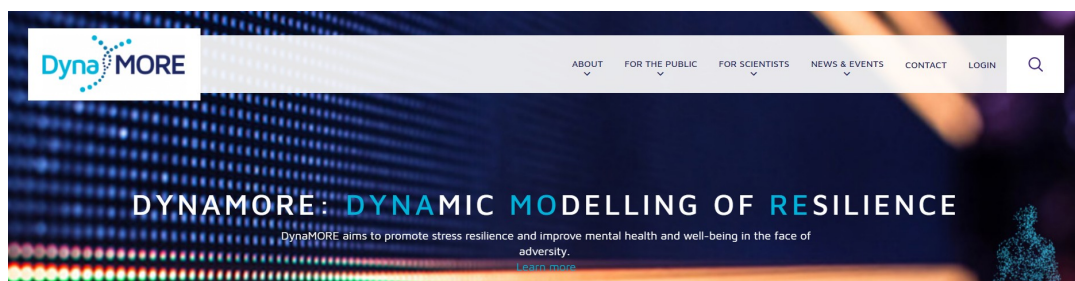
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## Follow us: Website, Twitter and Resilience Blog

Since 1 August 2018, the project's official website is live ([www.dynamore-project.eu](http://www.dynamore-project.eu)). Check it out for continuous updates, project news, upcoming meetings and events, downloads, background literature, recent publications of the DynaMORE consortium, an overview of the project's members, objectives and work packages, and an interactive Q&A page. In order to keep our website up to date and alive, we encourage all DynaMORE members to contact the [webmaster](#) about noteworthy



You can also follow DynaMORE on [TWITTER](#)! We also have a more in-depth [Resilience Blog](#) that you should check out for conceptual discussions, featured papers, meeting reports and more. Read in and participate! The website [CRC1193](#) provides an overview of current developments regarding the neurobiology of resilience to stress-related mental dysfunction, from understanding mechanisms to promoting prevention. Also, please don't forget to follow frequent updates about related projects and news about resilience research on Twitter ([@ResilienceRes](#)).



## Meet our scientific and ethical advisors

The Scientific and Ethical advisory Board (SEAB) is a consultative body which is formed to ensure and improve the scientific performance and quality of DynaMORE. The SEAB consists of independent external experts, and also considers and addresses ethical issues which might require stronger attention.

- [Prof. Angélique Cramer](#), School of Social and Behavioural Sciences, Department of Methodology and Statistics, Tilburg University, The Netherlands (expert in dynamic modelling of mental disorders)
- [Prof. Tanja Jovanovic](#), Department of Psychiatry and Behavioral Sciences, Emory University, Atlanta, USA (expert in empirical resilience studies)
- [Prof. Thomas Berger](#), Institute of Psychology, University of Berne, Switzerland (expert in mental health interventions)
- [Prof. Tade Spranger](#), Law School, University of Bonn, Germany (external ethics advisor)





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## Introduce new project members [HERE](#)

Please email the project manager, [Dr. Sara Stöber](#), or the dissemination manager, [Dr. Nina Donner](#), as soon as new research personnel joins your team. We happily introduce them in the next issue of this newsletter & also add their name, academic title, position and profile picture to the respective research team on our website. Likewise, please let us know if you want us to post a job opening on the DynaMORE website or announce it in the next newsletter. The next newsletter will be prepared in March 2019!

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## STRESS RESILIENCE IN THE NEWS

### [The Stress Sweet Spot](#)

Don't try to protect kids from everyday adversity.

The New York Times, 1 June 2018

### [The Promise of Self-Compassion for Stressed-Out Teens](#)

Many in this driven generation believe they can't move forward without beating themselves up.

The New York Times, 23 February 2018

### [Psychotherapist Philippa Perry's guide to resilience in the workplace](#)

The Guardian, 15 January 2018

### [What Does It Take to Overcome Adversity?](#)

In "Supernormal," the psychologist Meg Jay derives lessons from the lives of her troubled patients.

The New York Times, 12 January 2018

For updates on resilience research, please follow the [CRC1193 research blog](#).



[DynaMORE Website](#)



[Send us content for the next newsletter!](#)



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