

WSTD 2025

World Schema Therapy Day

*'A day to share knowledge , exchange ideas, build
bridges and foster collaboration '*

An Online Programme on the 7th November 2025

Switzerland Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Switzerland Programme

Schema Therapy and Resilience: New Pathways for Young Adults

The transition to adulthood is a formative yet challenging stage of life. Performance pressure, family expectations, and identity conflicts can put a heavy strain on young people — especially those with a migration background, who often navigate between multiple cultural expectations.

On the occasion of **World Schema Therapy Day 2025**, we will showcase how Schema Therapy can be applied both in treatment and in resilience-building as a preventive approach, helping to strengthen young people's mental health in a sustainable way. This symposium brings together clinical practice, current research, and culturally sensitive approaches from the University Psychiatric Clinics Zurich (PUK) and beyond.

How to register

This event will be hybrid. You can either attend in person or join via Webex livestream. Please register by the 15th October to indicate whether you will attend in person or online.

Please click on the link below to register for the event:

[Switzerland Programme Registration Link](#)

Location: Neumünsterallee 3, 8032 Zurich – Multipurpose Room NA3-A09

Date: 7th November 2025

Time: from 5:30 - 7:30 PM



Switzerland Programme

The day will run from 5:30 to 7:30pm

- **Talk 1 - Systems Under Pressure: Mental Health Care for Young Adults in Switzerland** - presented by Dr. med. Caitriona Obermann, Senior Physician, Head of Outpatient Clinic Limmattal, Center for Social Psychiatry, PUK
- **Talk 2 - Between Worlds: Schema Therapy for Young Adults with a Migration Background** - presented by Dr. med. Nehal Abdelazim-Horstmann, Senior Physician, Outpatient Clinic Limmattal, Center for Social Psychiatry, PUK
- **Keynote - Understanding, Measuring, and Fostering Resilience – Current Insights from Research and Practice** - Prof. Dr. Dipl.-Psych. Andrea Chmitorz, Professor of Health Sciences, Esslingen University of Applied Sciences, Licensed Psychotherapist (CBT), Resilience Researcher

Target Audience

Professionals in psychiatry, psychotherapy, nursing, social work, and education, as well as anyone interested in learning more about the applications of Schema Therapy.

Organizers

Psychiatric University Hospital Zurich (PUK)

In cooperation with the International Society of Schema Therapy (ISST)

Contact

[Dr. med. Nehal Abdelazim-Horstmann](#)



University Hospital
of Psychiatry
Zurich