

WEDNESDAY  
SEPT 25

## INTRESA BUSINESS MEETING

10:00 Intresa business meeting (non-public)

## SCIENTIFIC PROGRAM

13:00 Welcome

### SESSION 1: HOT TOPICS IN STRESS RESEARCH & DEEP PHENOTYPING, APPLIED

- 13:15 **Juan Pablo Lopez, Karolinska Institute, Stockholm**  
*Increasing resolution in stress neurobiology: from single cells to complex social behaviors*
- 14:00 **Nuria Daviu, University of Guelph, Canada**  
*Survival optimization: role of PVN-CRH neurons in innate escape initiation and execution*
- 14:45 **COFFEE**
- 15:15 **Johannes Bohacek, ETH Zurich**  
*In search of the tipping point: tracking the transition from acute to chronic stress*
- 16:00 **Marija Kundakovic, Fordham University, USA**  
*Epigenomic programming of brain plasticity and disease risk by ovarian hormones*
- 16:45 **EARLY-CAREER SCIENTIST SHORT TALKS**  
*Selected poster abstracts*
- 17:30 - 19:00 **POSTER SESSION**  
*With snacks*
- 20:00 **SPEAKERS' DINNER**  
*Speakers' dinner (non-public)*

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### SESSION 2: NEUROGENESIS: HOW NEWBORN NEURONS PROMOTE RESILIENCE

- 9:00 **Gerd Kempermann, TU Dresden**  
*Adult neurogenesis and the emergence of individualized resilience*
- 9:45 **Christoph Anacker, Columbia University**  
*Stress resilience and the ventral dentate gyrus – neurogenesis as a regulator of neuronal activity*
- 10:30 **COFFEE**
- 11:00 **Paul Frankland, University of Toronto**  
*Hippocampal neurogenesis and memory generalization*
- 11:45 **EARLY-CAREER SCIENTIST SHORT TALKS**  
*Selected poster abstracts*
- 12:30 **POSTER SESSION**  
*With lunch*

### SESSION 3: CELLULAR AND MOLECULAR MECHANISMS OF STRESS AND RESILIENCE: FOCUS ON METABOLISM

- 14:15 **Natalia Bobba-Alves, Columbia University**  
*Exploring the link between stress, energetics, and aging*
- 15:00 **Nils Gassen, University of Bonn**  
*Neurohomeostasis under stress: the crosstalk of metabolism and autophagy in stress-related diseases*
- 15:45 **COFFEE**
- 16:15 **Olivia Engmann, University of Jena**  
*Metabolic signatures of chronic stress: using dietary factors caffeine and vitamin B12 to unveil previously unknown resilience pathways*

### SESSION 4: COMPLEX RESILIENCE: NETWORKS AND PROCESSES

- 17:00 **Anthony Ong, Cornell University**  
*Resilience across multiple time-scales*
- 18:30 **SOCIAL**  
*Looking back at 10 years of fun, and some more fun, party and live music*

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- 9:30 **Angelique O. J. Cramer, Centre for Urban Mental Health, Amsterdam University Medical Center**  
*It's all connected: resilience and vulnerability from a complex systems perspective*

### SESSION 5: SHAPING RESILIENCE THROUGH INNOVATIVE INTERVENTIONS

- 10:15 **Igor Branchi, Institute of Health, Rome**  
*Building resilience at the boundaries between plasticity and context*
- 11:00 **COFFEE**
- 11:30 **Sophie Bögemann, Donders Institute, Radboudumc Nijmegen**  
*Resilience in your pocket: smartphone-based interventions triggered by daily-life stress*
- 12:15 **Claudi Bockting, Dept. of Psychiatry and Centre for Urban Mental Health, Amsterdam University Medical Centre**  
*Toward sustainable effects to promote resilience in high risk groups: prevention of relapse in common mental health conditions using brief interventions*
- 13:00 **POSTER AWARD CEREMONY**  
*Conclusions and Farewell*
- 13:30 **LUNCH**  
*Lunch*

SEPT 24  
SATELLITE WORKSHOP  
Quantification  
of resilience  
in humans