

Curriculum Vitae

Dr. Anna-Carlotta Zarski

Education

- **Vocational training as psychological psychotherapist in Cognitive Behavioral Therapy**, 01/2016 – present, CIP Training Institute for Behavioral Therapy, Erlangen, Germany
- **Postgraduate studies**, 06/2014 – present, Addressing Challenges in Internet Interventions for Mental Disorders: Studies on Age-Specific Efficacy, Adherence, and Undertreated Disorders, Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany & Leuphana Universität Lüneburg, Lüneburg, Germany
- **University diploma in Psychology**, 10/2008 – 09/2013, Philipps-Universität Marburg, Marburg, Germany
- **A-levels**, 09/1999 – 06/2008, Humboldtgynasium, Bad Homburg, Germany

Lecturing

04/2018 – present

Seminar on Addictive Disorders

Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany

04/2017 – 10/2017

Seminar on Clinical Diagnostics in Practice I

Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany

10/2014 – 09/2016

Tutor for Study Progress Monitoring

Leuphana Universität Lüneburg, Lüneburg, Germany

Research

Visiting researcher

01/2017 – 03/2017

Under supervision of Prof. Dr. Sally Merry on Serious Gaming in internet interventions

The University of Auckland, Department of Psychological Medicine, Auckland, New Zealand

Research associate

09/2015 – present

EU project Integrating Technology into Mental Health Care Delivery in Europe (ICare, Horizon2020): Development and evaluation of a transdiagnostic internet-based prevention program for anxiety and depression

Department of Clinical Psychology and Psychotherapy, Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany

EU project Innovation Incubator Health Trainings Online (GET.ON)

01/2014 – 07/2015

Design and evaluation of two randomized controlled trials to evaluate an internet-based stress management intervention

Leuphana Universität Lüneburg, Lüneburg, Germany

Research assistant

10/2011 – 10/2013

Project by the Federal Ministry of Education and Research (BMBF) on online-based aftercare of inpatient depression treatment

Department of Clinical Psychology and Psychotherapy

Philipps-Universität Marburg, Marburg, Germany

Clinical Experience

Psychotherapist in training

05/2017 – present

Hospital Nürnberg Nord, psychiatric treatment center for drug and alcohol addicts [Klinikum Nürnberg Nord], Nuremberg, Germany

Clinical apprenticeship

03/2013 – 04/2013

Habichtswald Clinic for Psychosomatics, Oncology & Internal Medicine [Habichtswald-Klinik], Kassel, Germany

08/2011 – 10/2011

University Hospital Frankfurt for Psychiatry, Psychosomatics & Psychotherapy [Universitätsklinikum Frankfurt], Frankfurt am Main, Germany

08/2005

Clinic Hohe Mark for Psychiatry, Psychotherapy & Psychosomatics [Klinik Hohe Mark], Oberursel, Germany