

# Dr Anke Koebach

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## Research Interest

- ⇒ Evidence based psychotherapy for individuals with high levels of violence exposure including perpetration and ongoing aggression (NET and FORNET)
- ⇒ Epigenetic effects of trauma therapy and correlates with trauma-related disorders
- ⇒ Fragmented individual and collective memory as consequence of trauma and violence and target for therapeutic intervention at individual and community level
- ⇒ NETfacts: integrated individual and community based program to encounter trauma related disorders and the cycles of violence
- ⇒ Life with Corona – does the crisis divide us or unite us?
- ⇒ Evolutionary survival schemes as mediators for long-term (mal)adaptations at biological, mental, and societal levels
- ⇒ Conceptualisation and assessment of threats to human life and fitness

## Education and Training

Beginning 04 / 2021	<b>Behavioural Therapy</b> , AIM, Switzerland.
09 / 2015 – present	<b>Systemic Therapy and Coaching</b> , Bodensee Institut Radolfzell, Germany.
10 / 2012 – 03 / 2015	<b>Dr rer nat Psychology (summa cum laude)</b> , University of Konstanz, Germany. Combat-related mental injuries and evidence-based psychotherapy for former members of armed groups
2011	<b>Training in Narrative Exposure Therapy</b> , University of Konstanz and vivo international (licenced by the Regional Therapist Organisation Baden-Württemberg)
10 / 2008 – 10 / 2012	<b>Dipl. Psychology</b> , University of Konstanz, Germany.

## Working Experience

09 / 2021 – present	<b>Assistant psychologist</b> , Psychiatrische Dienste Aargau, Schweiz.
03 / 2015 – present	<b>Postdoctoral researcher</b> , University of Konstanz, Germany. Main projects: Effectiveness of NET in the Eastern DR Congo in a sample of survivors of sexual and gender based violence (RCT, NCT02989987), effectiveness of FORNET to reduce aggression in traumatised perpetrators (RCT; NCT02992561), developing and testing a NETfacts - a trauma-informed community based intervention to encounter the cycles of violence (DRKS00015745), NET in Brazil (RCT; DRKS00017843), Life with Corona – does the crisis divide us or unite us?.
03 / 2015 – 08 / 2016 (part time)	<b>Project manager</b> , vivo international (funded by the World Bank), Germany. Project titles: 'SEDRP: Needs Assessment for Mental Health Training' and 'Mental Health Training – Rwanda Second Emergency Demobilization and Reintegration Project'.
10 / 2012 – 03 / 2015	<b>Doctoral researcher</b> , University of Konstanz, Germany. Research focus: combat-related mental injuries associated with trauma symptoms and appetitive aggression, implementation and dissemination of evidence-based interventions for former combatants in DR Congo, sensitive periods for the development of appetitive aggression, random forest regression.
07 / 2012 – 10 / 2013	<b>Project coordinator</b> , vivo international (funded by the World Bank), Germany. Project title: Building MONUSCO capacity to establish psychological support for former combatants
06 / 2008 – 07 / 2012	<b>Research assistance</b> , University of Konstanz, Germany. Therapy assistance (NET), diagnostics, data analysis
07 / 2010 – 09 / 2010	<b>Psychological interviewer</b> , University of Konstanz in cooperation with vivo international, Germany. Research focus: Relations of FGM, mental health and changes in endocrine mechanisms.
08 / 2008 – 12 / 2008	<b>Intern</b> , vivo international outpatient clinic in Gulu, Uganda. Supporting projects focusing on posttraumatic stress disorder, aggression and reconciliation in Ugandan former child soldiers.

## Teaching

Intern. Workshops	Three-week trainings in Narrative Exposure Therapy (for Forensic Offender Rehabilitation) for Congolese psychologists and MONUSCO DDR personnel, Bukavu, Goma, Dungu, DR Congo. Workshop language: French, 2013. Narrative Exposure Therapy for the treatment of trauma-related disorders. Military Hospital Koblenz, 2016.
BA/MA Seminars	Narrative Exposure Therapy – A short-term treatment approach for traumatised children and adults, University of Granada, 2013. Narrative Exposure Therapy – A short-term treatment approach for traumatised children and adults (MA); University of Regensburg, 2015. Clinical diagnostic in theory and practice (MA); University of Konstanz, 2015 Addiction - Epidemiology, etiology and treatment approaches (BA); University of Konstanz, 2017.

## Additional Information

### Selected Publications

- Köbach, A., Schaal, S., Hecker, T., & Elbert, T. (2015). Psychotherapeutic intervention in the demobilization process: Addressing combat-related mental injuries with narrative exposure in a first and second dissemination stage. *Clinical psychology & psychotherapy*, 24(4), 807-825.
- Köbach, A., Ruf-Leuschner, M., & Elbert, T. (2018). Psychopathological sequelae of female genital mutilation and their neuroendocrinological associations. *BMC psychiatry*, 18(1), 187.
- Köbach, A., & Elbert, T. (2015). Sensitive periods for developing a robust trait of appetitive aggression. *Frontiers in psychiatry*, 6, 144.
- Schaal, S., Koebach, A., Hinkel, H., & Elbert, T. (2015). Posttraumatic stress disorder according to DSM-5 and DSM-IV diagnostic criteria: A comparison in a sample of Congolese ex-combatants. *European journal of psychotraumatology*, 6(1), 24981.
- Köbach, A., Nandi, C., Crombach, A., Bambonyé, M., Westner, B., & Elbert, T. (2015). Violent offending promotes appetitive aggression rather than Posttraumatic stress—A replication study with Burundian ex-combatants. *Frontiers in psychology*, 6, 1755.
- Köbach, A., Schaal, S., & Elbert, T. (2015). Combat high or traumatic stress: violent offending is associated with appetitive aggression but not with symptoms of traumatic stress. *Frontiers in psychology*, 5, 1518.
- Robjant, K., Koebach, A., Schmitt, S., Chibashimba, A., Carleial, S., Elbert, T. (2019) The treatment of trauma-related suffering in female former child soldiers using adapted Narrative Exposure Therapy – a RCT in Eastern Democratic Republic of Congo. *Behaviour Research and Therapy*.
- Schmitt, S., Robjant, K., Elbert, T., & Koebach, A. (2020). To add insult to injury: stigmatization reinforces the trauma of rape survivors—findings from the DR Congo. *SSM-Population Health*, 100719.
- Robjant, K., Schmitt, S., Elbert, T., Koebach, A. (2020) Trauma, aggression and post conflict perpetration of community violence in female former child soldiers – a study in Eastern DR Congo. *Frontiers in Psychiatry*.
- Serpeloni, F., Narrog, J., Goncalves de Assis, S., Avanci, J., Carleial, S., Koebach, A. Narrative Exposure Therapy versus treatment as usual in a sample of trauma survivors who live under ongoing threat of violence in Rio de Janeiro, Brazil: study protocol for a randomized controlled trial. *BMC trials*.
- Katy Robjant, Sabine Schmitt, Thomas Elbert, Amani Chibashimba, Anke Koebach (2020). The NETfacts health system: an integrative approach to counter the mental sequelae of trauma and violence at the individual and community level. *Child Abuse and Maltreatment: Interdisciplinary Journal*.
- Koebach, A. et al. The treatment of trauma-related suffering in male former (child) soldiers using adapted Narrative Exposure Therapy – a RCT in Eastern Democratic Republic of Congo (in press). *Journal of Consulting and Clinical Psychology*.

### Publications in review

- Schmitt, S., Robjant, K., Elbert, T., Chibashimba, A., Hoeffler, A., Samuel, C., Koebach, A. Breaking the cycles of violence with narrative exposure: development and feasibility of a community-based intervention for populations living under continuous threat. *PLOS ONE*.

Carleial, S., Nätt, D., Unternährer, E., Elbert, T., Robjant, K., Zeller, A., Wilker, S., Vukojevic, V., Kolassa, I., Koebach, A. DNA methylation changes following Narrative Exposure Therapy in a randomised controlled trial with former female child soldiers. *Scientific Reports*.  
Schmitt S., Robjant K., Koebach A. When reintegration fails: social rejection drives the ongoing violence of ex-combatants in the Eastern DRC. *Brain and Behavior*.

### Software

Microsoft Office, SPSS, R, LATEX, InDesign

### Research Implementation, Supervision, Monitoring

Implementation of dissemination trial including training of psychological interviewers, supervision and monitoring of psychodiagnostic assessments; training of non-mental health professionals in Narrative Exposure Therapy and supervision and monitoring of treatment provision; supervision of randomised controlled trials.

### Reviews

Clinical Psychology and Psychotherapy, BMC Psychiatry, International Journal of Cultural Mental Health, Peace and Conflict: Journal for Peace Psychology,

### Memberships

vivo international (since 2010)

### Languages

	<b>Reading</b>	<b>Speaking</b>	<b>Writing</b>
German	5	5	5
English	5	4	4
French	3	3	3
Portuguese	3	2	2