

Dr. Christian Paret

Head of research group “Psychobiology of Self-regulation”, Department of Psychosomatic Medicine and Psychotherapy, Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University

Research fellow at Sagol Brain Institute, Wohl Institute for Advanced Imaging, Tel-Aviv Sourasky Medical Center, Tel Aviv, Israel



Personal information and contact

Date of birth: February 3rd, 1985
Phone: (+49) 621 – 1703-4462
Fax: (+49) 621 – 1703-4005
E-Mail: christian.paret@zi-mannheim.de

1 Education

2006-2012 Hamburg University, psychology program (Diplom)
2009-2010 Pre-doctoral trainee, Center for Cognitive Neuroscience, Duke University
1/2016 Dr. sc. hum., Ruprecht-Karls-University, Heidelberg, *summa cum laude*
2012-2018 Postgraduate psychotherapy training program, ZPP Mannheim, license to practice

2 Academic positions

2008-12 Research assistant, Institute of Systems Neuroscience, University Medical Center Hamburg-Eppendorf
2/2012 Researcher (PhD student), Department Neuroimaging, Central Institute of Mental Health (CIMH), Mannheim
1/2016 Post-doc, Department of Psychosomatic Medicine and Psychotherapy, CIMH
7/2018 Head of research group “Psychobiology of Self-regulation”, CIMH
2/2019 Research fellow at Sagol Brain Institute, Wohl Institute for Advanced Imaging, Tel Aviv

3 Research interests

Neurofeedback, neurobiological mechanisms of emotion regulation, psychopathology of borderline personality disorder and posttraumatic stress disorder.

4 Miscellaneous

Memberships

Deutsche Gesellschaft für Psychologie (DGPs), Fachgruppen: Klinische Psychologie und Psychotherapie, Biopsychologie

Honors and awards

2010 DAAD travel sponsorship
2011 Stipend for European Campus of Excellence summer school, Bochum University
2015 Presentation award at CIMH Retreat
2018 Travel award, G.-A. Lienert foundation
2018 Poster award, DGPs Fachgruppe Klinische Psychologie und Psychotherapie
2018 Hamburg Fellowship Personality Disorders, founded by Asklepios Clinics and DeGPs

2019 Post-doctoral fellowship, Israel Academy for Sciences and Humanities (rejected by awardee)

5 Grant support

- Joyventures* Joy Post-Doctorate Program 2019. Boosting Self-Awareness of the “Emotional Brain”, 2020-2021
- AE Foundation* A Neurofeedback-Booster for Emotion Regulation Therapy (BrainBoost). Pls Schmahl, Paret, Hampson (USA), Fineberg (USA), 2020-2021
- DFG* PA 3107/1-1, Grant for establishing an international collaboration, project: Neurofeedback-assisted treatment of posttraumatic stress disorder, 2017-2018
- DAAD* Programm des Projektbezogenen Personenaustauschs, project: Methods for real-time BOLD signal extraction, 2019-2020

6 Ten peer-reviewed publications

Linhartová, P., Látalová, A., Kóša, B., Kašpárek, T., Schmahl, C., **Paret, C.**, 2019. fMRI neurofeedback in emotion regulation: A literature review. *NeuroImage* 193, 75–92.

Lubianiker, N., Goldway, N., Fruchtman-Steinbok, T., **Paret, C.**, Keynan, J.N., Singer, N., Cohen, A., Kadosh, K.C., Linden, D.E.J., Hendler, T., 2019. Process-based framework for precise neuromodulation. *Nat Hum Behav.*

Emmert, K., Kopel, R., Sulzer, J., Brühl, A.B., Berman, B.D., Linden, D.E.J., Horovitz, S.G., Breimhorst, M., Caria, A., Frank, S., Johnston, S., Long, Z., **Paret, C.**, Robineau, F., Veit, R., Bartsch, A., Beckmann, C.F., Van De Ville, D., Haller, S., 2016. Meta-analysis of real-time fMRI neurofeedback studies using individual participant data: How is brain regulation mediated? *Neuroimage* 124, 806–812.

Paret, C., Kluetsch, R., Ruf, M., Demirakca, T., Hoesterey, S., Ende, G., Schmahl, C., 2014. Down-regulation of amygdala activation with real-time fMRI neurofeedback in a healthy female sample. *Front Behav Neurosci* 8, 299.

Nicholson, A.A., Rabellino, D., Densmore, M., Frewen, P.A., **Paret, C.**, Kluetsch, R., Schmahl, C., Théberge, J., Ros, T., Neufeld, R.W.J., McKinnon, M.C., Reiss, J.P., Jetly, R., Lanius, R.A., 2018. Intrinsic connectivity network dynamics in PTSD during amygdala downregulation. *Hum Brain Mapp.*

Paret, C., Ruf, M., Gerchen, M.F., Kluetsch, R., Demirakca, T., Jungkunz, M., Bertsch, K., Schmahl, C., Ende, G., 2016. fMRI neurofeedback of amygdala response to aversive stimuli enhances prefrontal-limbic brain connectivity. *Neuroimage* 125, 182–188.

Paret, C., Jennen-Steinmetz, C., Schmahl, C., 2017. Disadvantageous decision-making in borderline personality disorder: Partial support from a meta-analytic review. *Neuroscience & Biobehavioral Reviews* 72, 301–309.

Paret, C., Kluetsch, R., Zaehring, J., Ruf, M., Demirakca, T., Bohus, M., Ende, G., Schmahl, C., 2016. Alterations of amygdala-prefrontal connectivity with real-time fMRI neurofeedback in BPD patients. *Soc Cogn Affect Neurosci* 11, 952–960.

Reitz, S., Kluetsch, R., Niedtfeld, I., Knorz, T., Lis, S., **Paret, C.**, Kirsch, P., Meyer-Lindenberg, A., Treede, R.-D., Baumgärtner, U., Bohus, M., Schmahl, C., 2015. Incision and stress regulation in borderline personality disorder: neurobiological mechanisms of self-injurious behaviour. *Br J Psychiatry* 207, 165–172.

Zaehring, J., Ende, G., Santangelo, P., Kleindienst, N., Ruf, M., Bertsch, K., Bohus, M., Schmahl, C., **Paret, C.**, 2019. Improved emotion regulation after neurofeedback: A single-arm trial in patients with borderline personality disorder. *NeuroImage: Clinical* 24, 102032.