



**INSTITUTE FOR STRESS MEDICINE**

hosts a round table discussion on

# Translational Stress Medicine

in cooperation with



on April 8th, 2013

in the conference room of the Science Park Trier

Max-Planck-Strasse 6  
54296 Trier

## **Morning Session: 10:30am – 12:00pm**

### Bench Knowledge (Moderator: Michael Meaney)

GR-methylation as a biomarker of stress related disorders (Michael Meaney)

- Introduction: The state of the art (Michael Meaney)
- The relevance of sensitive periods (Robert Kumsta) and environmental systems (Gunther Meinlschmidt) in early and later life of animals and humans.
- The validity of GR-methylation in target tissues (brain, blood, buccal); the issue of tissue specificity and gene variants (Gunther Meinlschmidt, Josie Diorio)
- Stability over the life span; longitudinal studies (Robert Kumsta)

Endophenotypes

- Possible analogue triggers of GR-methylation in humans (attachment, maternal care; maltreatment, neglect and abuse, socioeconomic conditions) (Robert Kumsta, Silvia Schneider, Juergen Margraf)
- Complexity and applicability (Gunther Meinlschmidt)
- Diagnostic implementations (Dirk Hellhammer)

Knowledge Synthesis

- Meta analyses, reviews etc. (Gunther Meinlschmidt)
- Epigenetic measures (Michael Meaney, Robert Kumsta)

**Lunch Break: Monte Petris Restaurant**

## **Afternoon Session: 2:00pm – 3:30pm**

### Bedside Intervention (Moderator: Dirk Hellhammer)

#### Communication

- Disease models and barriers (Michael Schneider, Gunther Meinlschmidt)
- Dissemination of knowledge (Peter Spork)

#### Prevention

- Early interventions (pre/postnatal) (Silvia Schneider)
- Health education (Michael Schneider)

#### Pharmacotherapy (Gunther Meinlschmidt)

#### Psychotherapy

- Children and adolescents (Silvia Schneider)
- Adults (Juergen Margraf)

#### Evaluation

- Biological strategies (imaging epigenetics, endophenotypes) (Gunther Meinlschmidt)
- Statistical strategies (Jan Rasmus Boehnke)

#### Implementation

- Clinical research projects (Michael Meaney, Robert Kumsta)
- Costs coverage (Sven Fuessel from the Techniker Krankenkasse)

**Coffee & Cake Farewell at the DAaCRO Study Site and Stress Center Trier, Max-Planck-Str. 22, 2. Floor (1.OG)**