

CURRICULUM VITAE

Konrad Michel, Prof. em. Dr. med., 14.7.1947

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Training

Medical School, University of Bern, Switzerland, Diploma 1974
Postgraduate Training: St. George's Medical School, London

Professional experience

1974-75 Psychiatrische Universitätsklinik Bern
1975-76 Internal Medicine, General Hospital Sumiswald
1978-79 Roffey Park Hospital, Horsham, Sussex, GB
1979-80 Research Psychiatrist, Neurophysiology and Psychopharmacology Research Unit,
Littlemore Hospital, University of Oxford (Prof. M. Gelder, Dr. T. Kolakowska)
1980-81 Psychiatrische Universitätspoliklinik Bern
1983-86 Chefarzt, Psychiatriedienst des Regionalspitals Interlaken.
1987 - 50% private practice in Thun
1987 - Psychiatrische Universitätspoliklinik, Inselspital, Bern, Oberarzt (Leitung der
Allgemeinen Sprechstunde), Universitäre Psychiatrische Dienste (UPD) Bern (Prof.
H.D. Brenner, Prof. W. Strik).

Academic career

1974 M.D. Dissertation "Psychische Ausnahmezustände nach gynäkologischen Eingriffen"
1979 Royal College of Psychiatrists, membership
1981 Spezialarztstitel FMH Psychiatrie und Psychotherapie
1995 Venia Docendi, Psychiatrie an der Medizinischen Fakultät der Universität Bern
2000 Titularprofessur, Medizinische Fakultät der Universität Bern

Clinical and research interests

Konrad Michel has devoted a major part of his research and clinical activities to suicide and suicide prevention. He was a research collaborator of the WHO/EURO Multicenter Study on Suicide and Suicidal Behaviour. He is a member of the International Academy of Suicide Research, of the International Association of Suicide Prevention (IASP). He is a member of the multidisciplinary Swiss working group on suicide and suicide prevention IPSILON, the Swiss Association for Suicide Prevention.

K.M. developed a growing interest in the special aspect of communication in the patient-doctor relationship. This led to studies focussed on a patient-oriented understanding of suicidal behaviour. Together with Ladislav Valach, Ph.D., he introduced a novel model of "suicide as goal-directed action", based on a narrative approach to suicidal patients. This treatment concept developed by the Bernese group led to the foundation of an international working group of suicide researchers with similar interests, the Aeschi Working Group

(www.aeschiconference.unibe.ch). The action theoretical model and narrative approach has been clinically applied in the Attempted Suicide Short Intervention Program (ASSIP), and in an RCT with 120 patients who had attempted suicide. The treatment program was found to be highly effective in reducing the risk of re-attempts. The therapy manual has been translated into English, Finnish, Korean, Farsi, and Dutch. Since the publication of the effectiveness study (2016), ASSIP has internationally been met with great interest. Dr. Michel is an active trainer and supervisor of ASSIP teams in over 10 centres (www.assip.ch). He is currently involved in the clinical application of a version of ASSIP for adolescents (AdoASSIP) at the University Hospital for Child and Adolescent Psychiatry in Zürich, Switzerland.

Dr. Michel is a psychotherapy supervisor at the University Hospital of Psychiatry and the University Hospital for Child and Adolescent Psychiatry in Zürich, Switzerland.

International memberships

Royal College of Psychiatrists (M.R.C.Psych), member
International Association of Suicide Prevention (I.A.S.P.), member
American Association of Suicidology (AAS), member
European Board of Psychiatry und der Union Européenne des Médecins Spécialistes (U.E.M.S.), representative of Swiss Psychiatric Association 1990 -1997
International Academy of Suicide Research IASR, member, editor *Case Studies Archives of Suicide Research ASR*
Consulting editor for *Archives of Suicide Research and Crisis*.

Awards

Faculty award, University of Bern, 1998
Dr. Margrit Egnér-Stiftung: Preis für neue Ideen und besondere Leistungen auf dem Gebiet der humanistischen Psychologie, November 2005.

Symposia, congresses

Co-organizer 10 years Psychopharmakologisches Mittagsskolloquium Bern
Initiator and organizer International Aeschi Conference (2000 - 2011),
www.aeschiconference.unibe.ch
Organizer Berner Jahressymposien „Psyche und Gehirn“ (2005 - 2011).

Konrad Michel has been lecturing in professional meetings and congresses throughout the world (most European countries, U.S.A., Russia, China, Australia). He has been invited for lecture tours in China (2012-2017). In 2017, he was invited to deliver the Frontiers of Science Lecture at the annual meeting of the American Psychiatric Association in San Diego, U.S.A.

Selected research projects

Monitoring of suicidal behaviour (WHO/EURO Multicentre Study on Parasuicide), grants:
Swiss National Science Foundation (Fr 187'780.-, Fr. 81'500.), Swiss Federal Office of Health BAG ((Fr. 29'000.-, Fr. 33'000.-)
Towards a better understanding of suicidal behaviour: suicide as goal-directed action. K. Michel, L. Valach, Swiss National Science Foundation. (Fr. 162'000).
Monitoring of suicidal behaviour (WHO/EURO multicentre study on suicidal behaviour), Swiss Federal Office of Health BAG (Fr. 75'000).
Suizidprävention bei Brücken, ASTRA (Fr. 37'500).
Neural correlates of suicidal mental states: A Functional Magnetic Resonance Imaging (fMRI) Pilot Study. Reisch, T., Seifritz, E., Esposito, F., Wiest, R., Valach, L., & Michel, K. (2010). An fMRI Study on Mental Pain and Suicidal Behavior. *Journal of Affective Disorders*, 126, 321-325.
RCT of ASSIP (Attempted Suicide Short Intervention Program): Gysin-Maillart A, Schwab S, Soravia L, Megert M, Michel K (2016). A Novel Brief Therapy for Patients Who Attempt

Suicide: A 24-months follow-up randomized controlled study of the Attempted Suicide Short Intervention Program (ASSIP). *PLOS Medicine* 13(3).

Cost-effectiveness of ASSIP: Park A, Gysin-Maillart, A, Müller TJ, Exadaktylos A, Michel K (2018). Cost-effectiveness of a Brief Structured Intervention Program Aimed at Preventing Repeat Suicide Attempts Among Those Who Previously Attempted Suicide A Secondary Analysis of the ASSIP Randomized Clinical Trial. *JAMA Network Open*. 2018;1(6).

Investigation into the effect of psychotropic medication on suicidal behaviors: Michel K, Gysin-Maillart A, Breit S, Walther S, Pavlidou A (2021). Psychopharmacological treatment is not associated with reduced suicide ideation and reattempts in an observational follow-up study of suicide attempters. *Journal of Psychiatric Research* 140, 180–186.

For the full list of publications see www.konradmichel.ch

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