

PROF. DR. CHRISTOPH STEINEBACH

PERSONAL

A Short Introduction



After having worked at a child guidance clinic for some years I became head of a center for early education. During these years I worked with children and families doing diagnostics, counseling, and supervision. In 1995 I became professor of special education at the Catholic University of Applied Sciences in Freiburg (Germany), serving for some years as head of institute of research and development and president. Starting in 2007 I became professor at the Zurich University of Applied Sciences, till 2024 serving as dean of the School of Applied Psychology, director of the Institute of Applied Psychology, Zurich (Switzerland). Since the summer of this year, besides my lectures and research I am working as a counselor and therapist at the Center for Clinical Psychology and Psychotherapy at the ZHAW Institute for Applied Psychology. In 2013 I was appointed adjunct professor at Toronto Metropolitan University, Toronto (Canada).

I am member of different national and international associations and president of the 2030 International Congress of Psychology (ICAP2030, Zürich, Switzerland).

I am a developmental psychologist. My research interests relate to resilience across the life-span, youth development, health promotion in youth, and counseling. Recent research projects include mindfulness and peer support in youth, health promotion in youth, and team development. With my work I also try to contribute to the UN Sustainable Development Goals (SDGs) primarily through a focus on the role of psychology in addressing global challenges and promoting well-being: (1) Promoting Mental Health and Well-being (SDG 3): My work in clinical psychology and psychotherapy directly contributes to SDG 3, which focuses on ensuring healthy lives and promoting well-being for all at all ages. By promoting mental health and providing psychological support, I try to help individuals and communities thrive. (2) Fostering Resilience and Intercultural Understanding (SDG 10 & 16): My research on resilience aligns with SDG 10 (Reduced Inequalities) and SDG 16 (Peace, Justice, and Strong Institutions) by studying how individuals and communities cope with adversity across different cultures. (3) Influencing Policy and Promoting the Role of Psychology (SDG 17): As President of ICAP2030 I actively work to influence policy and promote the role of psychology in addressing societal challenges. This aligns with SDG 17 (Partnerships for the Goals), which emphasizes the importance of collaboration and knowledge sharing to achieve the SDGs. (4) Addressing Emotions and Sustainability (All SDGs): My involvement in discussions on the role of emotions and affective sciences in advancing the SDGs highlights the importance of psychological factors in achieving sustainability. This connects to all SDGs, as emotions and motivations play a crucial role in shaping human behavior and driving action towards sustainable development.

Websites

http://de.wikipedia.org/wiki/Christoph_Steinebach

<https://www.torontomu.ca/child-youth-care/about/people/adjunct-faculty/christoph-steinebach/>

<https://www.gfmer.ch/e.cd/Christoph-Steinebach.htm>

https://www.psychauthors.de/psychauthors/index.php?wahl=forschung&uwahl=psychauthors&uuwahl=p00929CS_pub

<https://www.steinebach-psychology.eu/english-version-welcome/>

<https://orcid.org/0000-0001-8793-0881>

EDUCATION AND EXPERIENCE

October 1979 – January 1985	M.Sc., Psychology, University of Trier, Germany,
March 1985 – August 1988	Psychologist, Center for Special Education, Neuwied, Germany
September 1988 – February 1995	Head of Child Guidance Clinics, Konstanz, Germany
March 1995 – September 2007	Full Professor for Special Education and Psychology of Rehabilitation, Catholic University of Applied Sciences, Freiburg i. Br., Germany
June 1995	PhD. University of Konstanz, Germany
September 1997 – August 2001	Vice President and Head of Department of Research and Further Education, Catholic University of Applied Sciences, Freiburg i.Br., Germany
September 2001 – September 2007	President, Catholic University of Applied Sciences, Freiburg i.Br., Germany
October 2007 – July 2024	Director, Zurich University of Applied Sciences, School of Applied Psychology, Zurich, Switzerland and Director of the Institute for Applied Psychology, Zurich, Switzerland
August 2024 – today	Researcher, counselor and lecturer, ZHAW Institute for Applied Psychology, Center Clinical Psychology & Psychotherapy

SELECTED FURTHER TASKS

Science, current

- Adjunct Professor, Toronto Metropolitan University, Canada (since 2013)
- President of the Foundation Suzanne and Hans Biäsch, Zürich, Switzerland (since 2011)
- President, International Congress of Applied Psychology (ICAP2030, Zürich, Switzerland)
- Editor in Chief, European Psychologist (since 2024)
- Visiting Professor, Università degli studi Firenze, Florence, Italy (winter term 2025)

Science, former

- President, European Federation of Psychologists' Associations (2019 - 2025)
- President, Conference of Applied Psychology of Swiss Universities, Switzerland (2007-2024)
- Member of the Standing Committee on Scientific Affairs, European Federation of Psychologists' Associations (EFPA, since 2009 - 2025)
- Member of the Executive Committee, Swiss Psychological Society (SPS, 2019 - 2024)
- Member of the Executive Board and General Secretary of the German Psychological Society (DGPs, 2008 - 2012)
- Member of the Academic Board, Leibniz-Zentrum für Psychologische Information und Dokumentation, ZPID (2004 - 2011)
- Visiting Professor, Università degli studi Roma Tre, Rome, Italy (spring term 2017)

Member of Scientific Committees (selected)

- European Congress of Psychology, Milan (Italy), July 2015; Moscow (Russia), July 2019
- 50th Conference of the German Society for Psychology, Leipzig (Germany), September 2016
- European Psychology Learning and Teaching Conference, Salzburg, (Austria), September 2017
- International Association People – Environment Studies, Rome (Italy), July 2018
- European Congress of Psychology, Moscow, July 2019
- Conference of the International School Psychology Association (ISPA; <http://www.ispaweb.org>), July 2019)

Memberships (selected)

- Swiss Federation of Psychologists (FSP)
- Swiss Psychological Society (SPS)
- German Psychological Society (DGPs)
- Professional Association of German Psychologists (bdp)
- International Association of Applied Psychology (IAAP, fellow since 2018)

PUBLICATIONS: BOOKS

Carrus, G., Massullo, C., Tiberio, L., Steinebach, C., Fusaro, L., eds. (2025). *Climate change challenge: adaptation to climate change*. Lausanne: Frontiers Media SA. doi: 10.3389/978-2-8325-6947-4 <https://www.frontiersin.org/research-topics/50864/climate-change-challenge-adaptation-to-climate-change/magazine>

Sempach, R., & Steinebach, C. Zängl, P. (Hrsg.) (2023). *Care schafft Community–Community braucht Care* [Care creates Community–Community needs Care] (pp. 217-234). Springer VS, Wiesbaden.

Schulte, V., Steinebach, C., & Veth, K. N. (eds.) (2022). *Mindful Leadership in Practice*. Springer, Cham.

Schulte, V., Steinebach, C. & Veth, K. (Hrsg.) (2021): *Achtsame Führung: Schlüsselemente für das Management und Führung im 21. Jahrhundert*. [Mindful Leadership: Keyelements for management and leadership in the 21st century]. Schäffer-Poeschel, Stuttgart.

Zinchenko, Y. & Steinebach, C. (2020)., Special Issue "XVI European Congress of Psychology". *Behavioral Sciences*. Vol. 10(1) https://www.mdpi.com/journal/behavsci/special_issues/XVI_European_Congress_Psychology#info

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Steinebach, C., Schrenk, A., Steinebach, U. & Brendtro, L.K. (2018). *Positive Peer Culture. Ein Manual für starke Gruppengespräche*. [A manual for strong group meetings]. Weinheim: Beltz-Juventa.

Knafla, I., Schär, M. & Steinebach, C. (2016). *Jugendliche stärken. Wirkfaktoren in Beratung und Therapie*. [Enhancing strengths in youth. Power factors in counselling and therapy] Weinheim: Beltz

Steinebach, C., Süß, D., Kienbaum, J. & Kiegelmann, M. (2016). *Basiswissen Pädagogische Psychologie*. [Basic knowledge in Educational Psychology] Weinheim: Beltz

Schär, M. & Steinebach, C. (Hrsg.) (2015): *Resilienzfördernde Psychotherapie für Kinder und Jugendliche. Grundbedürfnisse erkennen und erfüllen*. [Psychotherapy for children and youth to enhance resilience] Weinheim: Beltz

Schulte, V.B. & Steinebach, C. (eds.) (2014).: *Innovative Palliative Care*. Bern: Huber

Steinebach, C. & Gharabahi, K. (Hrsg.) (2013): *Resilienzförderung im Jugendalter. Praxis und Perspektiven*. [Enhancing Resilience in Youth]. Heidelberg: Springer

- Steinebach, C., Jungo, D. & Zihlmann, R. (Hrsg.) (2012): *Positive Psychologie in der Praxis. Anwendung in Psychotherapie, Beratung und Coaching*. [Practicing Positive Psychology] Weinheim: Beltz
- Steinebach, C. (Hrsg.) (2006). *Handbuch Psychologische Beratung*. [Handbook Psychological Counseling] Stuttgart: Klett-Cotta
- Steinebach, C. (Hrsg.) (2005): *Psychologie lehren und lernen. Beiträge zur Hochschuldidaktik*. [The Teaching and Learning of Psychology] Heidelberg: C. Winter-Verlag
- Steinebach, C. (2003). *Pädagogische Psychologie*. [Educational Psychology] Stuttgart: Klett-Cotta
- Pielmaier, H. & Steinebach, C. (Hrsg.). (2003): *Freiburger Beiträge zur Heilpädagogik*. [Freiburg Textbook on Special Education] Heidelberg: C. Winter-Verlag
- Steinebach, C. (Hrsg.). (2002). *Forschung und Bildung als Dienstleistung*. [Research and Education as Service] Bericht des IAF der KFH Freiburg 1997 bis 2001. Hockenheim: Larimar
- Steinebach, C., Liebsch, M. & Argiropoulos, D. (2001). *Promoting Participation. Ressourcenaktivierung zur Förderung der gesellschaftlichen Partizipation von bleibeberechtigten Flüchtlingen*. [Activating Resources by Enhancing Participation] Hockenheim: Larimar
- Steinebach, C. (2000). *Entwicklungspsychologie*. [Developmental Psychology] Stuttgart: Klett-Cotta
- Steinebach, C. & Stöbener, A.P. (2000). *Soziale Dienste in Baden-Württemberg. Personalstand und Personalentwicklung*. [Social Services in Baden-Württemberg] Berlin: Wissenschaft & Praxis
- Steinebach, C. (Hrsg.). (1997.): *Heilpädagogik für chronisch kranke Kinder und Jugendliche*. [Special Education for Chronically Ill Children] Freiburg i. Br.: Lambertus
- Scharr, E. & Steinebach, C. (Hrsg.). (1997): *Integration auf dem Weg. Die Öffnung einer Sondereinrichtung*. [Integration in Process] Freiburg i. Br.: Lambertus
- Steinebach, C. (1995). *Familienentwicklung in der Frühförderung*. [Family Development in Early Education] Freiburg i. Br.: Lambertus
- Finger, G. & Steinebach, C. (Hrsg.). (1992). *Frühförderung. Zwischen passionierter Praxis und hilfloser Theorie*. [Early Education between Passionate Praxis and Helpless Theory] Freiburg i. Br.: Lambertus

PUBLICATIONS: SELECTED ARTICLES

- Peiró, J. M., Steinebach, C., Foster, L., Di Nuovo, S., Carrus, G., Gutiérrez, G., & Di Fabio, A. (2025). Decent Work, Decent Lives, and Healthy Lives for Sustainable Development. *Australian Journal of Career Development*, 34(3), 217-226. <https://doi.org/10.1177/10384162251374443> (Original work published 2025)
- Schulte, V., & Steinebach, C. (2025). How to Build a Culture of Resilience for the Successful Management of a Company. In *Leadership for Digital Transformation: Navigating the Journey* (pp. 3-15). Cham: Springer Nature Switzerland.
- Steinebach, C., Knafla, I. & Schär, M. (2025). Resilienz in der Schule. In: Avci-Werning, M. & Gawrilow, C. (Hrsg.). *Schulpsychologie. Handbuch für ressourcenorientierte Psychologie in der Schule* (S. 1-25). Wiesbaden: Springer Nature.
- Steinebach, C., & Bucher, C. (2024). Resilience Patterns for Start-Ups: Strategies and Tools. In Verkuil, A.H. (ed.): *Start-up Cultures in Times of Global Crises: Sustainable and Innovative Approaches* (pp. 43-57). Cham: Springer Nature Switzerland.
- Steinebach, C. (2024). European Psychologist's roots and perspectives: Landmarks for the new editorship. *European Psychologist*. 29(1), 1-2
- Steinebach, C. (2023) Psychology - finding answers for our times. *The Psychologist*. 27 June 2023. <https://www.bps.org.uk/psychologist/psychology-finding-answers-our-times>

Steinebach, C. (2023). EuroPsy. European Certificate in Psychology. In: Steinebach, C. & Lopižić, J.: *EuroPsy diploma u Hrvatskoj tribina i dodjela diploma*. Symposium. 30th Annual Conference of Croatian Psychologists (30ACCP). "Role and Contribution of Psychology in a Sustainable Community", Zagreb, Croatia. 9 November 2023.

Steinebach, C. (2023). *Online roundtable: Mental Health is the Universal Human Right*. EFPSA (European Federation of Psychology Students' Associations). 10 October 2023. <https://www.linkedin.com/events/onlineroundtable-mentalhealthis7117484894829633536/comments/>

Steinebach, C. (2023). Entwicklungspsychologie und Psychologieentwicklung. Zu einigen Grundlagen der Erinnerungsarbeit mit Jugendlichen. [Developmental psychology and psychological development. Some basics of memory work with young people]. In: Verein für die Erhaltung der Kinderbaracke Auschwitz (Hrsg.): *Für die Zukunft lernen – 30 Jahre Verein für die Erhaltung der Kinderbaracke Auschwitz e.V.*, Verein für die Erhaltung der Kinderbaracke Auschwitz : Breisach-Oberrimsingen, S. 133-140.

Langer, Á. I., Solano, E., Bacigalupe, L.D. Soto, B., Asenjo, A., Cifuentes, A., Navarrete, I., Vergara, R.C. & Steinebach, C. (2023) Forest bathing diminishes anxiety in undergraduate students: a pilot study in the Valdivian temperate rainforest, *Journal of Forest Research*, DOI: [10.1080/13416979.2023.2232086](https://doi.org/10.1080/13416979.2023.2232086)

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Vergara, R. C., Baquedano, C., Lorca-Ponce, E., Steinebach, C. & Langer, Á.I. (2022). The Impact of Baseline Mindfulness Scores on Mindfulness-Based Intervention Outcomes: Toward Personalized Mental Health Interventions. *Frontiers in Psychology*, Vol. 13, <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.934614>.

Schellenberg, C., Steinebach, C., & Krauss, A. (2022). Empower Peers 4 Careers: Positive Peer Culture to Prepare Adolescents' Career Choices. *Frontiers in Psychology*, Vol. 13, <https://europepmc.org/article/med/35602692>.

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Schulte, V., Steinebach, C. & Verkuil, A. (2021). Effects of Home Office on Employees' Working Conditions during Covid 19 Crisis in Switzerland. *Society 5.0*, 2021 – Vol. II, p. 203-212, <https://zenodo.org/record/5203113#.YchrUy1XZao> DOI: 10.5281/zenodo.5203113

Langer, Á.I., Medeiros, S., Valdés-Sánchez, N., Brito, R., Steinebach, C., Cid-Parra, C., Magni, A. & Krause, M. A (2020). Qualitative Study of a Mindfulness-Based Intervention in Educational Contexts in Chile: An Approach Based on Adolescents' Voices. *Int. J. Environ. Res. Public Health* 2020, 17, 6927. <https://www.mdpi.com/834782>

Steinebach, C. (2020). Interview: European Psychology and the COVID-19 crisis by Christoph Steinebach, President of EFPA. *CEPLIS Telegram*, 8/20, 2-6

Steinebach, C. (2019) Teaching non-psychologists: The third step. Comment on Dutke et al., 2019, *Psychology Learning & Teaching*, Vol. 18(2), p. 131-133.

Steinebach, C., Schaer, M. & Knafla, I. (2019). Generosity, Peer-Support, and Positive Development in Youth. In: Steinebach, C. & Langer, A.I. (eds.) (2019). *Enhancing Resilience in Youth. Mindfulness-Based Interventions in Positive Environments*. Berlin, Cham: Springer Nature Switzerland, p. 57-78.

Steinebach, C., Langer, A.I. & Tri Thi, M.T. (2019). Enhancing Resilience in Youth: Sustainable Systemic Effects in Different Environments. In: Steinebach, C. & Langer, A.I. (eds.) (2019). *Enhancing Resilience in Youth. Mindfulness-Based Interventions in Positive Environments*. Berlin, Cham: Springer Nature Switzerland, p. 3-17.

Langer, A.I., Steinebach, C. García-Rubio, C., Andreu, C.I. & Torres-Díaz, L. (2019). Looking for a Broad Framework for the Integration of Mindfulness-Based Interventions in the Educational System. In: Steinebach, C. & Langer, A.I. (eds.) (2019). *Enhancing Resilience in Youth. Mindfulness-Based Interventions in Positive Environments*. Berlin, Cham: Springer Nature Switzerland, p. 19-35.

Steinebach, C./Gharabaghi, K. (2018). Resilienz. [Resilience] In: Gniewosz, B. & Titzmann, P.F. (Hrsg.): *Handbuch Jugend*. Stuttgart: Kohlhammer, S. 508-525.

Sonderegger, P., Steinebach, C. & Schrenk, A. (2017). Eine Kultur der gegenseitigen Unterstützung schaffen. "Positive Peer Culture" an Luzerner Schulen. [Creating a culture of mutual support. "Positive Peer Culture" in schools of the canton of Lucerne] *Psychologie und Erziehung*, S. 42-44.

Steinebach, C. (2016). Gesundheitspsychologische Beratung und Gesundheitskompetenz. [Health Psychology, counseling, and health competence] In: Schulte, V./Verkuil, A. (Hrsg.): *Management für Health Professionals*. Göttingen: Hogrefe, S. 33-43.

Steinebach, C. (2015). Resilience. In: Wright, J.D. (ed.): *International Encyclopedia of the Social & Behavioral Sciences*, 2nd edition, Vol 20. Oxford: Elsevier. S. 555–560

Schär, M. & Steinebach, C. (2015). Grundbedürfnisse bei Kindern, Jugendlichen und Familien. [Basic needs of children, youth, and families] In: Schär, M. & Steinebach, C. (Hrsg.): *Resilienzfördernde Psychotherapie für Kinder und Jugendliche*. Grundbedürfnisse erkennen und erfüllen. Weinheim: Beltz, S. 16-42

Steinebach, C. & Schär, M. (2015). Resilienz- und Ressourcenförderung in der Kinder- und Jugendpsychotherapie. [Enhancing resilience in child- and youth psychotherapy] In: Schär, M. & Steinebach, C. (Hrsg.): *Resilienzfördernde Psychotherapie für Kinder und Jugendliche*. Grundbedürfnisse erkennen und erfüllen. Weinheim: Beltz, S. 98-121

Schär, M. & Steinebach, C. (2015). Therapieplanung und Fallkonzeption. [Designing therapy and case management] In: Schär, M. & Steinebach, C. (Hrsg.): *Resilienzfördernde Psychotherapie für Kinder und Jugendliche*. Grundbedürfnisse erkennen und erfüllen. Weinheim: Beltz, S. 180-201

Steinebach, C. & Schulte, V. (2014). Einleitung – Gesellschaftliche Bedeutung von Palliative Care, Fakten und Trends. [Social relevance of Palliative Care] In: Schulte, V. & Steinebach, C. (Hrsg.): *Innovative Palliative Care. Für eine neue Kultur der Pflege, Medizin und Betreuung*. Bern: Huber, S. 15-25

Steinebach, C. & Steinebach, U. (2014). Beratung in der Palliative Care. [Counselling in Palliative Care] In: Schulte, V. & Steinebach, C. (Hrsg.): *Innovative Palliative Care. Für eine neue Kultur der Pflege, Medizin und Betreuung*. Bern: Huber, S. 93-106

Abel, B., Schulte, V. & Steinebach, C. (2014). Multidisziplinäre Gesundheitspolitik und Gesundheitswissenschaft von morgen. [The future of health politics and health science] In: Schulte, V. & Steinebach, C. (Hrsg.): *Innovative Palliative Care. Für eine neue Kultur der Pflege, Medizin und Betreuung*. Bern: Huber, S. 155-161

Steinebach, C., Eberhardt, D., Kotrubczik, H., Majkovic, A. & Zinsli, M. (2014). Reflexion persönlicher Kompetenzentwicklung. Die Auseinandersetzung mit dem eigenen Potenzial als Sozialisationsprozess und Grundlage für Gesundheit und Wohlbefinden. [Reflecting personal

competence development.] In: Sieber-Suter, B. (Hrsg.): *Kompetenzmanagement. Erfahrungen und Perspektiven zur beruflichen Entwicklung von Lehrenden in Schule und Weiterbildung*. Bern: hep-Verlag, S. 20-31

Steinebach, C. (2013). Beratung. Stärkenorientierte Gespräche. [Strengths related Counseling in Youth] In: Steinebach, C. & Gharabahi, K. (Hrsg.): *Resilienzförderung im Jugendalter. Praxis und Perspektiven*. Heidelberg: Springer, S. 51-68

Steinebach, C. & Steinebach, U. (2012). Kinder stärken, Eltern ermutigen, Schule entwickeln. Perspektiven der Resilienzförderung. [Strengthening Children, Encouraging Parents, Developing Schools. Perspectives of Resilience] In: Markowetz, R. & Schwab, J. (Hrsg.): *Die Zusammenarbeit von Jugendhilfe und Schule. Inklusion und Chancengerechtigkeit zwischen Anspruch und Wirklichkeit*. Bad Heilbrunn: Klinkhardt, S. 241 – 254

Brendtro, L.K. & Steinebach, C. (2012). Positive Psychologie für die Praxis. [Positive Psychology for Practice] In: Steinebach, C., Jungo, D. & Zihlmann, R. (Hrsg.) (2012): *Positive Psychologie in der Praxis. Anwendung in Psychotherapie, Beratung und Coaching*. Weinheim: Beltz, S. 18 – 26

Krampe, G., Seiger, C.P. & Steinebach, C. (2012). Kreativität. [Creativity] In: Steinebach, C., Jungo, D. & Zihlmann, R. (Hrsg.) (2012): *Positive Psychologie in der Praxis. Anwendung in Psychotherapie, Beratung und Coaching*. Weinheim: Beltz, S. 76 – 84

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Steinebach, C. & Steinebach, U. (2010). Resilienzförderung im Jugendalter. Die Stärken der Peerbeziehungen nutzen. [Peer Relations and Youth: Using the strengths of Peer Relations] In: Hackauf, H. & Ohlbrecht, H. (Hrsg.): *Jugend und Gesundheit*. München: Juventa, S. 304 – 320

Steinebach, C. & Steinebach, U. (2009). Positive Peer Culture with German Youth. *Reclaiming Children and Youth*, 18(2), S. 27 - 33

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Steinebach, C. (2006). Beratung und Entwicklung. [Counselling and Development] In: Steinebach, C. (Hrsg.): *Handbuch Psychologische Beratung*. Stuttgart: Klett-Cotta, S. 37 – 56

Steinebach, C. (2006). Verhaltens- und kognitionspsychologische Grundlagen der Beratung. [Behavioral and Cognitive Basics of Counseling] In: Steinebach, C. (Hrsg.): *Handbuch Psychologische Beratung*. Stuttgart: Klett-Cotta, S. 175 – 194

Steinebach, U. & Steinebach, C. (2006). Jugendberatung. [Counseling Youth] In: Steinebach, C. (Hrsg.): *Handbuch Psychologische Beratung*. Stuttgart: Klett-Cotta, S. 355 – 373

Steinebach, C. (2006). Frühberatung. [Counseling in Early Education] In: Steinebach, C. (Hrsg.): *Handbuch Psychologische Beratung*. Stuttgart: Klett-Cotta, S. 515 – 525

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Steinebach, C. (2024). Europäische Psychologie in Krisenzeiten: Strategien und Maßnahmen. Symposium. 53. Kongress der DGPs, 16. – 19. September 2024, Wien: Universität Wien. Symposium, 19. September 2024

Steinebach, C. (2024). Psychology for Europe. The wisdom and resilience of a profession in uncertain times. EFPA invited Symposium: Policy influencing in uncertain times. Challenges for European Psychology. 33rd International Congress of Psychology. July 23, 2024 / Prague, Czech Republic

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Steinebach, C. (2024). On Profession. Models and measurements. Panel: Unity of Psychology, 33rd International Congress of Psychology. July 26, 2024 / Prague, Czech Republic

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Steinebach, C. (2023). Online roundtable: Mental Health is the Universal Human Right. EFPSA (European Federation of Psychology Students' Associations). 10 October 2023.

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Steinebach, C. (2022). Does war affect everyone? Conference welcoming speech. Lithuanian psychologist association and EFPA European Federation of Psychologists' Association. Vilnius, 17 November 2022.

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Steinebach, C. (2021). Are there Psychological tools or instruments? Professional identity in times of interdisciplinary “coopetition”. EPA, EAN and EFPA Symposium: You Can Tell a Good Workman by His Tools: The Instruments of Psychiatrists, Psychologists and Neurologists. Why so Different? EPA Virtual 2021, 29th Congress of Psychiatry, 12 April 2021. <https://epa-congress.org/wp-content/uploads/sites/113/2021/04/Program-at-a-Glance-v.8-2021-04-01-final.pdf>

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Steinebach, C. (2020). European Psychology in the Post-corona Crisis. Adaptation and Self-optimization of a Profession. The Profession of Scholar: Advancing Research, Building New Vision, Developing the Future. International conference. Educational Sciences and Psychology PhD Course. 2 – 3 November 2020 – online conference, Florence: Università degli Studi di Firenze. 2 November 2020. <https://www.forlilpsi.unifi.it>

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Steinebach C., Langer A., Schulte V., Sonderegger P. & Zotova L. (2019). Mindful peers: Mindfulness-based and peer-related interventions in positive environments. Steinebach C. & Veraksa, A. (2019). Enhancing resilience in children and adolescents: Focusing basic needs and resources for prevention and intervention, XVI European Congress of Psychology, Moscow, Russia, 2nd - 5th of July, 2019.

Steinebach, C. (2019). Differentiation and standardization of Psychology. Striving for unity in diversity. Karayinni, E. & Steinebach, C.: Psychology training standards and competences in Europe: Current status and future developments. EFPA invited Symposium, XVI European Congress of Psychology, Moscow, Russia, 4th of July, 2019

Carrus, G., Pirchio, S. & Steinebach, C. (2019). Changing yourself or changing the environment? The role of positive environments to enhance resilience and sustainability. EDRA50, New York: NYU, 23rd of May, 2019; symposium

Steinebach, C., Sempach, R. & Schulte, V. (2019). Enhancing Generosity and Individual Resilience. The role of Positive Environments for the Development of Caring Communities. EDRA50, New York: NYU, 23rd of May, 2019; presentation

Steinebach, C. (2019). Interactive session on mindfulness and resilience. Christ University, Bangalore, India. February 4, 2019.

Steinebach, C. (2019). Enhancing resilience in youth. Connecting mindfulness-based and peer-related approaches. Golden Jubilee Memorial Lecture at Christ University, Bangalore, India. February 4, 2019.

Steinebach, C. (2019). Enhancing resilience in youth. Connecting mindfulness-based and peer-related approaches. IIT Kharagpur, India. February 6, 2019.

Steinebach, C. (2019). Connecting mindfulness-based and peer-related approaches across the lifespan. IIT Kharagpur, India. February 7, 2019.

Steinebach, C., Schulte, V. & Steinebach, P. (2018). Enhancing resilience across the life span. The role of positive environments. 25th IAPS Conference, Rome, July 8 -13, 2018 - Rome.

Steinebach, C. (2018). Enhancing resilience in youth. Connecting mindfulness-based and peer-related approaches. Universidad Austral de Chile, presentation, 5th of March, 2018

Steinebach, C. (2017). Needs based and mindfulness related interventions in schools. Current perspectives for an innovative practice. Konferenz: Jau ne vaikas, bet nesuaugę. Universit t Vilnius, Psychologisches Institut, Vortrag am 26.4.2017, Vilnius, Lithuania.

Steinebach, C. (2017). Focusing resilience and strengths in child and youth psychotherapy. Workshop. Universit t Vilnius, Psychologisches Institut, Vortrag am 26.4.2017, Vilnius, Lithuania.

Steinebach, C. (2016). Connecting mindfulness and positive environments to enhance resilience in adolescence and adulthood. Symposium. 31st International Congress of Psychology (ICP2016) July 24 -29, 2016 - Yokohama, Japan.

Steinebach, C. (2015). Because the way to the heart is through the stomach. Psychological prevention and intervention of eating disorders. EFPA Symposium. ECP 2015, 10th of July 2015; Milan, University Bicocca.

Steinebach, C. & Sch r, M. (2015). Body and mind: Building resilience in psychotherapy for children and youth. ECP 2015, 10th of July 2015, Milan, University Bicocca, Milan

Steinebach, C. (2015). Enhancing Resilience in Youth. The Power of Positive Peer Culture. University Roma Tre, Italy. 14. Mai 2015

von Wyl, A., Gharabaghi, K. & Steinebach, C. (2014). Youth in transition: Building resilience in apprenticeship and child care services. ICAP 2014, Paris. 11. Juli 2014

Schulte, V., Kortum, E. & CSteinebach, C. (2014). Health promotion at the work place. The case of palliative care teams. ICAP 2014, Paris. 11. Juli 2014

Eberhardt D. & Steinebach C. (2013). F hrung gestalten und Organisation entwickeln. Mit F hrungsgrunds tzen zu einer positiven Kultur. In: Eberhardt D. (ed.): Unternehmenskultur aktiv gestalten. Springer, Berlin, Heidelberg., S. 99-116

Steinebach, C. (2014). Global perspectives on health promotion across the lifespan. Psychological innovation for interdisciplinary advocacy, Symposium. ICAP 2014, Paris. 11. Juli 2014

Steinebach, C. (2013). Psychologie f r Europa. Standards und Perspektiven. [Psychology for Europe. Standards and perspectives] Prien am Chiemsee: Fachklinik Roseneck, 6. M rz 2013

Seiger, C.P. & Steinebach, C. (2012). Enhancing social skills in troubled youth: The effects of UNESCO school projects. ICP 2012. July 22nd – 27th, 2012; Cape Town, (Vortrag vom 24. Juli 2012)

Steinebach, C. & Steinebach, U. (2012). Enhancing supportive peer interaction: Comparing the effects of three different interventions. ICP 2012. July 22nd – 27th, 2012; Cape Town, (Vortrag vom 24. Juli 2012)

Seiger, C.P. & Steinebach, C. (2012). On becoming an UNESCO Associated School: Does it help to reduce problems of troubled youths? ISTR 10.-13. Juli 2012, Seina (Vortrag vom 12. Juli 2012)

Steinebach, C. (2011). Resilienzorientierung in der Palliative Care. [Enhancing resilience in Palliative Care] Bern: BAG, 15. Dezember 2011

Steinebach, C. & Steinebach, U. (2011). Enhancing generosity in strength based interventions for adolescents with behavioral problems. 12 European Congress of Psychology. Istanbul, 4th – 8th July 2011

Steinebach, C. & Steinebach, U. (2010). An evaluation of the effects of the Positive Peer Culture (PPC) intervention for adolescents with behavioural problems. 27th international Congress of Applied Psychology, Melbourne, 11. – 16. July 2010

Steinebach, C. & Steinebach, U. (2009). Positive peer culture: Enhancing self-esteem by a resilience-based intervention. 11th European Congress of Psychology, Oslo 7-10 July 2009

Steinebach, C. (2009). Applied Psychology in Europe: history and perspectives. Libera Università Maria Ss. Assunta (LUMSA), Rome, 12th May 2009

Steinebach, C. & Steinebach, U. (2009). Positive peer culture: a resilience-based intervention in adolescent foster home care. The Social Educator in a Global World. International Association of Social Educators (AIEJI) 17th World Congress, Copenhagen, 4-7 May 2009

Steinebach, C. (2009). Applied Psychology in Europe: economical, sociological, and educational perspectives. International Conference "Applied Psychologists make a Difference". University of Applied Sciences, Leiden, NL. 12 February 2009

Steinebach, C. & Steinebach, U. (2008). Building strengths by Positive Peer Culture: Results of an evaluation in Germany. Vortrag, Starr Commonwealth, Michigan, 20th May 2008

Steinebach, C. (2008). Lebensvisionen und Kompetenzgestaltung. [Life visions and competence formation] Jahrestagung der FH-Schweiz, Elite von Grund auf. Vortrag, Zürich, 4. April 2008

Steinebach, C. (2006). Leadership and followers: Attending to the Cohesion and Power of the Team-Members. Where People Count. Leadership for Service in the Community and Voluntary Sector. Conference. Dublin, Ireland: All Hallows College (26 July 2006)

Steinebach, C. (2001). Psychology and Education. 4th Congress of Psychology, 1st – 7th of July 2001. London: EFFPA

Steinebach, C. (2000). Psychology for other Professions. XXVII International Congress of Psychology. Stockholm, July 23rd – 28th, 2000

Steinebach, C. (1999). Psychology and Education. VI. European Congress of Psychology. Rome, University of Rome, Italy, July 4th – 9th 1999

SELECTED RESEARCH PROJECTS

Digital competence framework for school psychology practice DiCoSP. Research report, 28.2.2023. <https://dicosp.eu/#dicospstudie>.

Empower Peers4Careers. The concept of Positive Peer Culture (PPC; Steinebach et al., 2018) is to be integrated into the career choice process of 10 classes in different cantons as part of an intervention study. University of Applied Sciences for Special Education, Zurich, Switzerland

Evaluating Caring Communities as positive interventions to enhance inclusion, empowerment, and civic engagement. Migros-Kulturpozent, Zürich, Switzerland

Global Mindful Leadership Project. Connecting Mindfulness and leadership. Exploring study comparing attitudes in Latin America, Asia, and Europe. Project together with Larisa Zotova, Moscow University and Volker Schulte, FHNW, Switzerland

Psychische Gesundheit an den Volksschulen des Kantons Luzern: Starke Kinder machen Schule, [Evaluation of PPC to enhance Mental Health at Schools of Kanton Luzern: Strong Kids make School] Luzern, Schweiz

Evaluation „UNESCO Projektschule“: Ergebnisse der sechs Befragungen der Jugendlichen und Fachkräfte. Abschlussbericht. [Evaluation „UNESCO Project School“: Resultus of six measurements] Zürich: Zürcher Hochschule für Angewandte Wissenschaften

von Wyl, A., Perrotta Hare, O., Lehmann Niederhäuser, K. & Steinebach, C. (2012). Innovation in der Gesundheitsförderung. [Innovative health promotion] Zürich: Zürcher Hochschule für Angewandte Wissenschaften.

Evaluation der Einführung von Positiver Peer Kultur [Evaluation of Positive Peer Culture] (SOS-Kinderdorf Deutschland)

Positive Peer Counseling. Evaluation von helfenden Gruppengesprächen zwischen jugendlichen Peers im Bereich der stationären Jugendhilfe. [Positive Peer Culture. Evaluation of Group meetings in Child Care Settings] (Träger des St. Augustinusheims, Ettlingen und des St. Franziskusheim, Schwarzach)

Heilpädagogische Angebote für chronisch kranke Kinder und Jugendliche in Chile [Special Education for Chronically Ill Children in Chile] (Schickedanz Stiftung)

Rehabilitation behindelter und von Behinderung bedrohter Kinder in Rumänien, Evaluation eines Zentrums für Frührehabilitation [Evaluation of Rehabilitation Center for Children with Special Needs in Rumania] (Bundesministerium für Wirtschaftliche Zusammenarbeit)

Evaluation von Angeboten zur Sozialen Integration von Flüchtlingen in Deutschland und Italien [Evaluation Social Intergation of Refugees in Germany and Itlay] (EU B3 - 4113, DCV)

Förderung einer gewaltfreien Erziehung als Aufgabe von Erziehungsberatungsstellen [Enhancing Nonviolent Education] (BMFSFJ)

Zürich, 18 November 2025

Prof. Dr. Christoph Steinebach