# Sarah Macura, BSc MSc MSc

\*29.10.1993, in Vienna Native language: German | Nationality: Austria

Medical University of Vienna, Department of Child and Adolescent Psychiatry Währinger Gürtel 18-20 A-1090 Vienna +43 140400 23933 sarah.macura@meduniwien.ac.at



# **Clinical psychologist and PhD student**

# QUALIFICATIONS

02/2023 –	<b>Doctoral Program in Applied Medical Sciences</b> / Thematic Program: Mental Health and Behavioral Medicine <i>Medical University of Vienna</i>
03/2021	<b>Inclusion in the List of Clinical Psychologists</b> by the Federal Ministry of Social Affairs, Health, Care, and Consumer Protection (No. 12508)
03/2018 - 01/2021	Postgraduate Master's Program in Clinical Psychology Medical University of Innsbruck & Schloss Hofen (Degree: Master of Science; Grade average: 1.0)
10/2015 – 01/2018	Master's Program in Psychology (Focus on Health, Development, and Support) University of Vienna (Degree: Master of Science; Grade average: 1.0, receiving performance-based scholarships)
10/2012 – 06/2015	Bachelor's Program in Psychology University of Vienna (Degree: Bachelor of Science)
09/2004 - 06/2012	High school Feldgasse 8, Vienna

# **PROFESSIONAL CAREER**

since 08/2021

Department of Child and Adolescent Psychiatry, Medical University

#### Clinical Psychologist

- Leading a multidisciplinary task force responsible for developing a child (patient) and staff protection concept, holding monthly interdisciplinary meetings, evaluation
- Providing trauma-focused cognitive behavioral therapy (Tf-CBT) for patients aged 8 to 18
- Clinical psychological assessment of patients aged 6 to 18, determining indications, preparing clinical psychological reports
- Development of treatment plans and implementation of evidence-based clinical psychological interventions for children and adolescents with posttraumatic stress disorders (PTSD), depression, anxiety disorders, obsessive-compulsive disorders, personality disorders, suicidality (age range: 6 to 18)
- Clinical psychological counseling of adolescent patients, parents and caregivers
- Teaching and conducting research as a member of the Kothgassner Lab/SCAR Unit on childhood trauma, PTSD, evidencebased treatments, physiological underpinnings of trauma and PTSD, and child protection
- Development of a sustainable concept for home treatment in Vienna, including regular concept evaluations
- Regular participation in multidisciplinary team meetings with specialists in child and adolescent psychiatry, clinical social workers, psychiatric nurses, occupational therapists, and social pedagogues
- Participation in conferences, networking, and collaboration with partner organizations

of Vienna

since 08/2021

### Sarah Macura, BSc MSc MSc

# Department of Pediatrics and Adolescent Medicine, Medical

University of Vienna: Forensic Child and Adolescent Examination

Center

#### Clinical Psychologist

- Clinical psychological assessment of patients aged 3 to 18 with alleged child abuse, maltreatment, violence, neglect, and trauma-related disorders, including determining indications and preparing clinical psychological reports
- Providing psychoeducation, stabilization interventions, support, and crisis intervention for children and adolescents who
  have experienced child abuse, child maltreatment, or other traumatic experiences (age range: 5 to 18), support of their
  caregivers
- Clinical psychological counseling of children and adolescents suffering from PTSD or other trauma-related disorders
- Preparation of children and adolescents for medical examinations (e.g., pediatric gynecology)
- Organizing and preparing of external therapies and rehabilitation treatment
- Research and teaching on the topics of child protection, child abuse, violence, and neglect
- Regular participation in multidisciplinary team meetings with pediatricians and child and adolescent psychiatrists, child protection groups, (topic-specific) supervision groups, and case discussions
- Participation in conferences, networking, and involving professionals from child and youth services, kindergarten educators, teachers, and other collaborative partners

#### 04/2019 to 08/2021

### aks Health LLC /Kinderdienste Feldkirch

Clinical Psychologist in training / Clinical Psychologist

- Clinical psychological assessment of patients aged 3 to 18, preparing clinical psychological reports, statements, and providing multimodal intervention recommendations
- Evidence-based clinical psychological treatment of children and adolescents with mental disorders and psychological distress in individual therapy sessions (age range: 4 to 17 years).
- Social skills training and attention training in group settings (age range: 6 to 11 years)
- Clinical psychological counseling and video-based Marte-Meo counseling of parents and guardians
- Regular participation in multidisciplinary teams with child and adolescent psychiatrists, multiprofessional teams, (topic-specific) supervision groups, and case discussions
- Participation in caregiver conferences and networking (e.g., child and youth services, child protection)

#### 08/2018 to 03/2019

#### Gesundheitsschmiede Tyrol

#### Clinical Psychologist in training

- Clinical psychological and neuropsychological assessment of geriatric or neurologically affected patients, including the preparation of clinical psychological reports and the development of comprehensive treatment plans
- Clinical psychological treatment of geriatric or neurologically affected patients, as well as participating in group activities (e.g., memory training groups, creative groups, validation groups)
- Initial and counseling sessions of family members or caregivers

06/2018 to 02/2019	Lebenshilfe Tyrol
	Professional for Individuals with Disabilities
daily life, teaching work s	g, and promoting individuals with disabilities (e.g., facilitating independence in all aspects of kills and social competencies, addressing health-related concerns, assisting with future life nage crisis and problem situations)
<ul> <li>Engaging in communication</li> </ul>	on and collaboration with family members and legal guardians or adult representatives
10/2017 to 01/2018	Department of Differential Psychology and Psychological
	Assessment, University of Vienna
	Research assistant
<ul> <li>Assistance in research, inc</li> </ul>	ding tasks such as creating teaching materials and assisting with exam proctoring cluding the conduction of literature reviews, writing scientific articles, with a focus on behaviora ic method and parent-child interaction observation
02/2017 to 06/2017	Department of Differential Psychology and Psychological
	Assessment University of Vienna

### Assessment, University of Vienna

#### Student contract worker

- Conducting and analyzing developmental assessments at preschools
- Conducting exploratory interviews with parents, preparing psychological reports

#### 09/2016 to 12/2016

#### Department of Pediatrics and Adolescent Medicine, Medical

### University of Vienna: Pediatric Psychosomatics

Psychological trainee (Master's)

- Clinical psychological assessment, counseling, and treatment of children and adolescents:
  - Conducting and analyzing psychological assessments of children and adolescents, and preparing clinical psychological reports
  - o Assisting in the planning and implementation of clinical psychological treatments
  - Independently conducting treatment sessions and group relaxation therapy
  - o Participating in interdisciplinary medical rounds, outpatient clinic meetings, and conferences
- Observation-based analysis of video-recorded parent-child interactions, data preparation

#### 04/2016 to 08/2016

### Child and Adolescent Psychological Practice of Dr. Hannelore Koch, Mag. Lisa Ehrenhöfler und Mag. Neeltje Obergfell, Vienna

# Psychological trainee (Master's)

- Clinical psychological assessment, counseling, and treatment of children, adolescents, and families:
  - Conducting and analyzing psychological assessments of children and adolescents, preparing clinical psychological reports
  - Assisting in the planning and implementation of clinical psychological treatments
- Supporting university-level teaching in Psychological Assessment

#### 02/2016 to 07/2016

#### Department of Developmental Psychology, University of Vienna

Student research trainee (Master's)

- Coding of video-recorded parent-child interactions using systematic behavioral observation systems
- Conducting Attachment Q-Sort coding (in vivo in childcare settings and video-recorded situations)
- Conducting and transcribing scientific parent interviews and interviews with preschool teachers

#### 10/2014 to 01/2015

# Faculty of Psychology at the University of Vienna

Student Advisor

• Online and in-person mentoring of a group of new students: Providing support in building orientation and structuring knowledge about their studies and future career prospects, as well as developing meta-disciplinary skills

09/2014 to 06/2015

#### Austrian Autism Aid, Vienna

Psychological trainee

- Integration support and guidance of two elementary school children with Autism Spectrum Disorder
- Participation in interdisciplinary client-centered discussions
- Collaboration in an inclusive psychotherapeutic playgroup for children with Autism Spectrum Disorder

# ACADEMIC AND SCIENTIFIC WORK

Lectures	Macura, S., & Klomfar, S. (October 2023). <i>Psychological communication with trauma-exposed children</i> . Workshop planned for the University Course in Transcultural Medicine and Diversity Care at Medical University of Vienna.
	Macura, S. (September 2023). <i>Developing child protection concepts for hospitals</i> . Online lecture presented at the lecture series 'Violence makes you ill', basic module II/Child protection: Early detection and care for patients affected by violence in healthcare facilities, University Hospital Vienna.
	Macura, S. (May 2023). <i>Forensic-psychological assessment in cases of suspected child abuse:</i> Siblings. Lecture presented at the lecture series of Child Protection, University Hospital Vienna.
	Macura, S. (March 2023). Forensic-psychological examination and intervention in cases of suspected child abuse, maltreatment, and/or neglect. Lecture presented at the scientific lecture series of the Department of Child and Adolescent Psychiatry at the Medical University of Vienna.
	Macura, S., & Plener, P.L. (December 2022). <i>Developing a child and staff protection concept: Child and adolescent psychiatry being a place of protection and competence</i> . Lecture presented at the Medical University of Vienna.
	Macura, S. (October 2022). <i>Neglect and emotional abuse: Neglect of neglect and invisible wounds</i> . Online lecture in the Basic Training in Child Protection of the Austrian Society for Child Protection Medicine (ÖGKiM).
	Klomfar, S., & Macura, S. (May 2022). <i>Child protection from a psychological perspective:</i> <i>Challenges and limits of forensic-psychological assessment</i> . Lecture presented at the lecture series of Child Protection, University Hospital Vienna.
Poster presentations	Macura, S., Plener, P.L., & Kothgassner, O.D. (June 2023). Interpersonal synchrony in adolescents with posttraumatic stress disorder during trauma-focused cognitive behavioral therapy: Study protocol. Presented at the 36th Austrian Society for Child and Adolescent Psychiatry (ÖGKJP) Annual Congress in Klagenfurt, Austria.
Workshops	Kogelbauer-Leichtfried, Frottier, P., & Macura, S. (October 2022). "Hello There": Advantages and challenges in home treatment for children and adolescents. Workshop featuring experiences, insights, and networking on the topic of home treatment. Held at the 22nd Child and Adolescent Psychiatry Symposium, Pöllau.
	Digruber, H., Plener, P.L., Macura, S., & Skala, K. (June 2022). <i>Dealing with aggression incidents: Evaluation and development</i> . Workshop conducted at the 19th Interdisciplinary Bodensee Continuing Education Event on Protection Processes, Mission, and Attitude in Lochau.
Memberships	<ul> <li>Austrian Association of Psychologists (BÖP)</li> <li>Austrian Society for Child and Adolescent Psychiatry (ÖGKJP)</li> <li>Austrian Society for Child Protection in Medicine (ÖGKiM)</li> <li>German Society for Child Protection in Medicine (DGKiM)</li> </ul>

### ADDITIONAL QUALIFICATIONS AND INTERESTS

#### Additional Qualifications and Completed Trainings (Excerpt)

- Dialectical Behavior Therapy for Adolescents training course (DBT-A II) Medical University of Vienna (2023/10)
- Dialectical Behavior Therapy for Adolescents training course (DBT-A I) Medical University of Vienna (2023/10)
- Trauma training course in the Attachment, Regulation and Competency Framework (ARC) Medical University of Vienna (2023/01)
- Online training course in Stress-Arousal-Regulation-Treatment for Kids (START-KIDS) (2022/06)
- In-person training in Trauma-focused Cognitive-Behavioral Therapy (Tf-CBT) with Jun.-Prof. Dr. Rassenhofer & Dr. Sukale Medical University of Vienna (03/2022)
- Marte Meo Practitioner training (12/2019 to 11/2020)
- Training course in Eye Movement and Desensitization Reprocessing (EMDR) Freymut Academy (09/2020)
- Online-Training on childhood and adolescent traumatization: Diagnostic and therapeutic aspects of acute stress reaction and post-traumatic stress disorder (06/2020)
- Interdisciplinary Workshops on ICF (International Classification of Functioning, Disability and Health) (05/2019 to 09/2019)
- Introduction to behavior therapy and behavioral medicine Medical University of Vienna (09/2013 to 01/2014)

#### Information Technology (IT)

- Proficient in Windows, Mac OS X, MS Office (Word, Excel, PowerPoint).
- Advanced knowledge of scientific databases (PubMed, Web of Science, PsycINFO, PSYNDEX).
- Good knowledge of reference management software like EndNote Web, Mendeley, Zotero.
- Proficient in statistical software such as SPSS and R, including RStudio packages like "nlme," "Ime4," "multilevel," "dyads," "rMEA," "robustImm," and "crqa"
- Advanced knowledge of video analysis software (e.g., Motion Energy Analysis, Mangold/INTERACT)
- Good knowledge of psychophysiological ambulatory measurement systems and associated software, including ECG and activity sensors (e.g., Movisens, Mindfield Biosystems eSense)