

Mrs. Elif Duygu Cindik-Herbrüggen, MD, MPH

Elisabeth-Dane-Str. 25, 81829 München, Germany

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PERSONAL DETAILS

Date of birth: February, 19 1970 in Istanbul, Turkey

Nationality: German

Physician's licensing no.: 391964258

PROFESSIONAL EXPERIENCE

07/10 to date **Head of practice Dr. Cindik-Herbrüggen and**
since Oct 2013 **Head of Neuro-Psychiatrisches Zentrum Riem (www.npzzr.de)**
Responsible for the work of 8 physicians and support staff
München, Germany

- Responsible for the oversight of the treatment of 2.500 patients within 3 months in the disciplines of neurology, psychiatry and psychotherapy
- Treatment speciality in MS patients (700 per year, 60/ RRMS)
- Acquired 500 CME points in 2013/14 for all aspects of the treatment of MS patients
- In 2013/2014 Lead of 4 different NIS in the treatment of MS and 3 different NIS in the treatment of patients with psychiatric disorders
- Consultant to the district court

01/07 to 06/09 **Neurologische Klinik Bad Aibling**
Residency in neurology
Niveau of the degree "Nervenarzt"
Bad Aibling, Germany

- Clinically working physician in the fields of neurology (second residency program)
- Project leader, responsible for the implementation of new services and the assessment of current working procedures in order to improve the quality of care
- Creating work material and training employees

04/02 to 01/07 **Isar-Amper-Klinikum München Ost**
Psychosomatische Klinik Prien am Chiemsee
Roseneck, Residency in psychiatry and psychotherapy
Degree: Specialist for Psychiatry and Psychotherapy
München, Germany

- Clinical work as psychiatrist and as psychotherapist
- Leader of an outpatient clinic, developing treatment opportunities and rehab recommendations for patients with psychosomatic and psychiatric diseases
- Consultant to the district court

LEADERSHIP

01/02 to date **Medical Consultant and Coach**
München, Germany

- Offering lectures and workshops to medical doctors e.g. at the Bavarian Medical Association or other institutions to improve their understanding of patients
- Several publications about health care for immigrants in Germany
- Collaboration with different associations, the city council of Munich and foundations (e.g. Heinrich Böll Stiftung, Hanns-Seidel-Stiftung, FES), media as well as the Advisory Council on Integration
- Workshops and lectures about topics such as patients' motivation
- Expert at the roundtable for "Integrating cities", launched by the European Commission and Eurocities to establish a dialogue on integration and create bridges of cooperation between the local, national and European level.

2001 **Cap Gemini Ernst & Young Strategic Consulting Company, Consultant**
München, Germany

- Assignment to strategy projects in several sectors and business units

- Conducted study about HR and personnel development in the European logistics industry

07/00-12/00

**Harvard School of Public Health, Harvard University, Tutor
Boston, MA, USA**

- Taught in the “Program of Clinical Effectiveness”, assistant to Professor John Orav
- Tutored students in “International Health”, assistant to Professor Marc Mitchell

04/98-09/99

**Department of Anatomy, Ludwig-Maximilian-University,
Lecturer and Research
München, Germany**

- Lecturing tutor in the „Harvard-Munich-Alliance Project to improve medical education
- Taught and supervised 200 medical students in anatomy

04/90-02/96

**Goethe University, School of Medicine
Elected students’ representative and tutor
Frankfurt, Germany**

- Participated and voted in departmental meetings
- Created a 60 page booklet as a guide for students
- Organized introductory courses and mentoring programs for new international students

EDUCATION

06/99-06/01

**School of Public Health, Harvard University
Degree: Master of Public Health, Average: 3.8 / 4.0
Boston, MA, USA**

- **Coursework:** financial transaction and analysis, statistical principles in medical research, clinical epidemiology, quality improvement in health care, current issues in health policy, economics of health policy, decision analysis, management of health care organizations, medical informatics, health & global environment, public speaking, skills in negotiation, ethics of health care, pharmacoeconomics, applied research

06/97-04/98

**Orthopedic Biomechanics Lab, Beth Israel Deaconess
Medical Center, Harvard Medical School, Boston, MA, USA
Degree: Doctorate in Medicine**

Final Grade: magna cum laude, thesis defence 17.06.1999

- Self responsible conduct of doctoral thesis
(published under ISBN 3-89675-619-2)

04/98-09/00

**Ludwig-Maximilians-University, München, Germany
Residency and researcher in the department of Anatomy, Radiology and Surgery**

- Conducted a study about osteoporosis and bone properties

08/96-12/96

**Mount Sinai School of Medicine, Department of Surgery
Clinical Internship
New York, USA**

- Performed narcoses and first assistance in surgical cases in the operating room
- Managed patients and clinically assisted in the ward rounds

10/89-05/97

**Goethe University, School of Medicine
Frankfurt, Germany
Degree: Medical Doctor, graduated 05/97**

07/82-07/89

**Goethe Gymnasium
Neu-Isenburg, Germany
Degree: German Abitur
Grade: 1.3 (ranked best female in year, 3rd highest)**

93-96

Department of Didactics in Medicine, Lecturing Tutor

**Goethe University
Frankfurt am Main, Germany**

- Designed tutorials to prepare medical students for medical licensing examinations

PUBLICATIONS

(Selection)

- **Cindik**, Medizinische Versorgung von Patienten mit Migrationshintergrund, Mai 2008, S. 336, Bayr. Ärzteblatt
- **Cindik** Besondere Gegebenheiten in der medizinischen Versorgung von Migrantinnen in psychoneuro 2007; 33: 174-176

AWARDS

2008 *German Israeli Young Leadership Exchange* organized by the German Foreign Office and the Bertelsmann Stiftung

German-European Young Leadership Exchange organized by the Atlantikbrücke e.V.

2009 Germany meets Turkey, Leadership Exchange of the Institute of Cultural Diplomacy

2016 Nominee, Bavarian Health Care Price 2016

2017 Phönix Price of the City of Munich for

2018 Nominee for „Mein gutes Beispiel 2018“ of the Bertelsmann Stiftung and industry- and chamber of commerce

GRANTS

2000 *Grant by the German Research Society (DFG) and Fazit Stiftung and Keinath Stiftung* for MPH at the Harvard School of Public Health

1999 Grant by the *Braun-Stiftung* and *Boehringer Ingelheim Fonds* for the “Program in Clinical Effectiveness” at the Harvard School of Public Health

1998 Grant-in Aid-of-Research Award by the *Sigma Xi Society* for thesis work at the OB Laboratory in Boston

1997 Fellowship by the *Boehringer Ingelheim Fonds* for doctoral thesis in Boston

1996 Grant by the German Academic Exchange Society for Internship at Mount Sinai School, NY

SKILLS

Language: Fluent in English, German, and Turkish. Proficient in French

Computer: Proficient in MS Office, different statistical programs

INTERESTS

Voluntary work with immigrants to improve their health care, traveling around the world, cinema • Traveled for 1,5 years within South East Asia and in Africa

**CONFERENCE
ABSTRACTS**

33rd ECNP Congress Virtual

- a. Does Gender Matter? An Analysis of Turkish Immigrants' Symptom Scores (SCL-90-R) A Case Study of Neuro-Psychiatric Center in Riem, Munich
- b. A field Study to Obtain Personality Patterns of Turkish Psychotherapy Patients in the Neuro Psychiatric Center Riem

29th European Congress of Psychiatry, EPA (Virtual) 2021

- a. Analyzing the Psychological Impact of the COVID-19 Pandemic among the Turkish Immigrants: A Case Study of Neuro-Psychiatric Center in Riem, Munich

- b. The Impact of Religiousness on Life Satisfaction and Anxiety Level of the Patients with Depression Disorders: A Case Study of Neuro-Psychiatric Center in Riem, Munich
- c. The Perceptions of Turkish Immigrants towards Discrimination and Racism During the Last Ten Years: An Empirical Analysis of Quantitative Survey Data

20th WPA Virtual Congress of Psychiatry

- a. Analysis the Level of Anxiety in Patients Admitted to the Neuro-Psychiatric Center in Riem (NPZR)
- b. Impact of Religiosity on Anxiety Level and Life Satisfaction of Muslim Patients with Depression Disorders Treated at the Neuro-Psychiatric Center Riem (NPZR)
- c. Investigating the Characteristics and Depression Level of Patients with Schizophrenia Treated at the Neuro-Psychiatric Center in Riem (NPZR)
- d. Prevalence of Obesity and Depression in Patients with Type 2 Diabetes Treated at the Neuro-Psychiatric Center Riem (NPZR)

2021 ACTRIMS Forum

- a. Prevalence of Depression in Patients with Multiple Sclerosis (MS) Treated at Treated at the Neuro-Psychiatric Center in Riem (NPZR)

Other Research (DGPPN and ECNP)

- a. How do Patients Subjectively Experience Electronically Delivered Cognitive Behavioral Therapy (ECBT)? Qualitative Findings and Two Case Reports
- b. Besonderheiten eines interkulturellen sensibel arbeitenden Neuro- Psychiatrischen Zentrums in München (NPZR)
- c. Depression und kognitive Defizite bei MS-Patienten: eine retrospektive Datenanalyse zur Untersuchung der Korrelation von depressiven Störungen auf die Compliance
- d. Erfolgreiche Behandlung einer unterpathologischem Weinen leidenden Schlaganfallpatientin
- e. Besondere Bedingungen in der Rehabilitation von Migranten

Other Abstracts

- **Cindik, M. Maurer, M. Hannan, R. Mueller, W. Hayes, L. Hovy, A. Kurth**, Regulation of Bone Growth In Mice - Influenced by Mast Cells Under Physiological Conditions?, EORS Transactions, Vol. 8, P 74
- **E. Cindik, M. Maurer, L. Hovy, A. Kurth**, Mastzell-Defizienz beeinflusst Knocheneigenschaften, Alpenländisches Anatomentreffen, 1998.
- **E. Cindik, R. Müller, M. Maurer, L. Hovy, A. Kurth**, Auswirkungen profunder Mastzell-Defizienz bei W/W^v-Mäusen auf Knochenstruktur und -bruchverhalten, Würzburger Anatomentreffen, 1998.

- **E. D. Cindik**, F. Eckstein, A. Weusten, H. Graichen, E.-M. Lochmüller, E. Wolf, Analysis of Bone Mass and Microstructure in Growth Hormone Transgenic Mice, European Congress of Radiology, 1999.
- **E. D. Cindik**, E. Wolf, F. Eckstein, pQCT-Based In-Vivo-Analysis of the Tibial Bone Structure of Growth Hormone (GH) Transgenic Mice, European Congress of Orthopedic Research, 1999
- **E. Cindik**, F. Verrel, Steckmeier: Applikation autologer thrombozytärer Wachstumsfaktoren zur Stärkung des ungenügenden Heilungspotentials therapierefraktärer Wunden, Research Festival Großhadern 1999.

PUBLICATIONS

- Cindik, Medizinische Versorgung von Patienten mit Migrationshintergrund, Mai 2008, S. 336, Bayr. Ärzteblatt
- Cindik Besondere Gegebenheiten in der medizinischen Versorgung von Migrantinnen in psychoneuro 2007; 33: 174-176
- Cindik, Elif: Migration, psychische Gesundheit und transkulturelle Psychiatrie, online at http://www.migration-boell.de/web/integration/47_2104.asp
- Cindik, Elif: Gesundheit in der Einwanderungsgesellschaft, Newsletter Migration und Bevölkerung, online at http://www.migration-info.de/mub_artikel.php?Id=081007
- Cindik-Herbrüggen, Multiple Sklerose Depression, kognitive Leistungsfähigkeit und Compliance bei MS, NeuroTransmitter 2017; 28 (9), S.38-42