

May 2015

A. Wahnschaffe / CV

Amely Wahnschaffe (birth name Tilmann)

Work Address

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Education

2014	Dr. rer. medic, Charité Berlin
1994-2000	Diploma in Psychology at Freie Universität Berlin
1995-1998	Turkology, Ethnology and Islamic Sciences at Freie Universität Berlin

Training

1998-present	Student, doctoral student, postdoctoral research fellow at Group Sleep Research and Clinical Chronobiology (PD Dr. D. Kunz) Institute of Physiology, Charité University Medicine Berlin, Germany
2002-2008	Training in Psychodynamic Psychotherapy at Berliner Akademie für Psychotherapie, Germany - license to practice
2005-2007	Training in Group Psychotherapy

Employment

2011-present	Psychologist, Clinic for Sleep- and Chronomedicine, St. Hedwig Hospital Berlin
2011-present	Registered Psychological Psychotherapist in free practice, Berlin
2003-2011	Psychologist, Clinic for Psychiatry and Psychotherapy in St. Hedwig Hospital, Charité University Medicine Berlin
2006-2007	Research assistant in the project PLACAR (Effects of different light sources on chronobiological parameters) funded by the German Ministry for Education and Research
2004-present	Lecturer, Institut für Fort- und Weiterbildung (Institute for further education) der Alexianer
2001-2003	Intercultural Family Social Work for the Youth Welfare Office at LebensWelt – Gesellschaft für interkulturelle Erziehungshilfen
1997-2001	Student Coworker: Max Planck Institute for Educational Research Berlin, Germany; Sleep Laboratory at University Hospital Benjamin Franklin Freie Universität Berlin, Germany; Institute for Medicine History Freie Universität Berlin; IBL Hamburg (Biotechnology), Germany

Journal Articles

- 2003 Schildmann, J.; Bauer, A.; Tilmann, A.; Vollmann, J. [Patients' perspective on the quality of informed consent into psychopharmacological treatment in schizophrenia and depression]. *Fortschr Neurol Psychiatr*, 71, 265-270.
- 2004 Vollmann, J.; Kuhl, K.P.; Tilmann, A.; Hartung, H.D.; Helmchen, H. [Mental competence and neuropsychologic impairments in demented patients]. *Nervenarzt*, 75, 29-35.
- 2004 Kunz, D.; Mahlberg, R.; Muller, C.; Tilmann, A.; Bes, F. Melatonin in patients with reduced REM sleep duration: two randomized controlled trials. *J Clin Endocrinol Metab*, 89, 128-134.
- 2006 Mahlberg, R.; Tilmann, A.; Salewski, L.; Kunz, D. Normative data on the daily profile of urinary 6-sulfatoxymelatonin in healthy subjects between the ages of 20 and 84. *Psychoneuroendocrinology*, 31, 634-641.
- 2008 Brown, S.A.; Kunz, D.; Dumas, A.; Westermarck, P.O.; Vanselow, K.; Tilmann-Wahnschaffe, A.; Herzel, H.; Kramer, A. Molecular insights into human daily behavior. *Proc Natl Acad Sci U S A*, 105, 1602-1607.
- 2013 Wahnschaffe, A.; Haedel, S.; Rodenbeck, A.; Stoll, C.; Rudolph, H.; Kozakov, R.; Schoepp, H.; Kunz, D. Out of the lab and into the bathroom: evening short-term exposure to conventional light suppresses melatonin and increases alertness perception. *Int J Mol Sci*, 14, 2573-2589.

Professional Affiliations

- 2000-present DGSM Deutsche Gesellschaft für Schlafmedizin (German Society for Sleep Medicine)
- 2013-present ESRS European Sleep Research Society
- 2013 SLTBR Society for Light Treatment and Biological Rhythms
- 2002-present BDP Bund Deutscher Psychologen (German Psychologists' Society)
- 2011-present VPP (Psychological Psychotherapists' Association)