

## Prof. Dr. Raphael Nixdorf

Dr. phil.  
Dipl.-Psych. Univ.  
Psychologischer Psychotherapeut

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### Work

Since 2021	Professor of Health Psychology at the IU International University of Applied Sciences
2020 -2021	Clinical psychologist at the Helios Hansekllinikum Stralsund; Department of Psychiatry and Psychotherapy; Section for personality disorders
since 2015	Listed as an expert for training in sport psychology at the German Federal Institute for Sport Sciences (BISp)
2020 - 2021	Research associate at the Department for Prevention Research and Social Medicine, Institute for Community Medicine, University of Medicine Greifswald
2013 - 2020	Practical work as a sport psychologist in Munich
2012 - 2020	Research associate, Chair of Sport Psychology at the Department of Sport and Health Sciences of the TU Munich, head: Prof. Jürgen Beckmann
2019	2 months parental leave
2018	Guest lecturer at the summer school of the University of Limerick, Ireland
2014	6 months parental leave

2013 – 2014	Practical work as a clinical psychologist and therapist at the private practice for neuropsychology and psychotherapy Dr. Wenz in Munich
2012 - 2013	Practical work as a clinical psychologist at the Clinic for Psychiatry and Psychosomatic at Gauting
2011	Internship and further education in „Clinical Hypnosis“ at the Milton Erickson Institute (MEG) at Tübingen, head: Prof. Revenstorf
2009 - 2011	Student research assistant at the Knowledge Media Research Centre, in Tübingen, head: Prof. Dr. Scheiter

## Qualification

2021	Approbation „Psychologischer Psychotherapeut“; Fachkunde Verhaltenstherapie
2018	Dissertation (Dr. phil. / Ph.D.) at the TU Munich Grading: Summa cum laude Title: „Reviewing the state of knowledge and analyzing the relationship between burnout and depression in elite athletes“ <ol style="list-style-type: none"><li>1. Reviewer: Prof. Jürgen Beckmann (TU Munich)</li><li>2. Reviewer: Prof. Ferdinand Keller (UK Ulm)</li><li>3. Reviewer: Prof. Scott B. Martin (University North Texas)</li></ol>
2014	Training in “mindfulness in psychotherapy” by Prof. Martin Bohus
2013	Course instructor certificate “Stressmanagement” from the IFT - Health Promotion in Munich
2012 - 2014	Training in sport psychology at the Association of Sport Psychology (asp) in Germany
2012 - 2020	Training as Psychological Psychotherapist (Cognitive Behavioral Therapy) at the IFT – Health Promotion in Munich

2012	Training in „counselling and crisis intervention“
2011	Training in „Clinical Hypnosis“ at the Milton Erickson Institute (MEG) in Tübingen
2005 - 2011	Academic studies in psychology (Diploma) at Eberhard-Karls University Tübingen

## Awards

Research award in 2012 from the German Association of Sport Psychology (asp) for the diploma thesis on “Depression in Elite Athletes”

## Editorial

- Guest editor for *Deutsche Zeitschrift für Sportpsychologie* [German Journal of Sport Psychology]
- Editor for the book project: Nixdorf, I., Beckmann, J., MacIntyre, T., Martin, S. & Nixdorf R. (Eds). *Routledge Handbook of Mental Health in Elite Sports*.

## Peer-Reviewing

- *Applied Psychology: An International Review*
- *Deutsche Zeitschrift für Sportmedizin* [German Journal of Sport Medicine]
- *International Review of Sport and Exercise Psychology*
- *Journal of Clinical Sport Psychology*
- *Journal of Sport Sciences*
- *The Physician and Sportsmedicine*
- *The Sport Psychologist*

## International invitations

2018	Guest lecturer at the summer school of the University of Limerick, Ireland (Prof. Tadhg MacIntyre)
2013	Visiting researcher at the University of North Texas (Prof. Scott B. Martin)