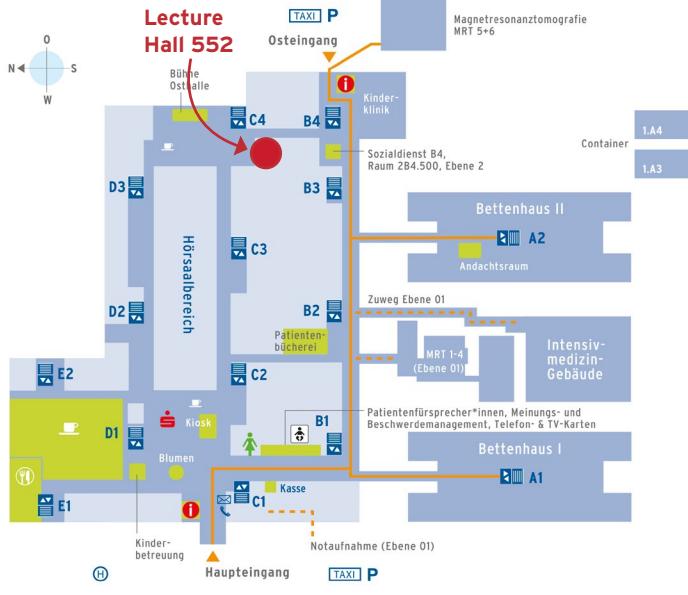


Participation via Zoom

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Positive Psychological Aspects and Interventions in Cardiac Patients: From Concepts to Clinical Care



Contact

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Thursday, February 26th, 2026
Lecture Hall 552,

University Medical Center Göttingen,
Robert-Koch-Str. 40, 37075 Göttingen
and via Zoom

Program

3:30 pm	Welcome and introduction
Chairs	Prof. Christoph Herrmann-Lingen & PD Dr. Monika Sadlonova
3:35 pm	Positive Psychological Constructs in Cardiac Care: Concepts, Evidence, and Clinical Relevance Prof. Karl-Heinz Ladwig (Munich, Germany)
3:55 pm	Positive Psychological Interventions in Patients with Heart Failure Prof. Christopher M. Celano (Boston, USA)
4:15 pm	Perceptions of the Good Life in Adult Patients with Congenital Heart Disease Dr. Daniel Broschmann (Göttingen, Germany)
4:35 pm	Blended Collaborative Care for Coronary Heart Disease Patients with Psychological Distress Prof. Christoph Herrmann-Lingen & PD Dr. Monika Sadlonova (Göttingen, Germany)
5 pm	Round discussion All Speakers
5:30 pm	End

Background

Cardiovascular diseases remain a leading cause of morbidity and mortality worldwide. Increasing evidence highlights the significant influence of psychological well-being and positive psychological factors (e.g., optimism, resilience, and purpose) on cardiovascular outcomes and quality of life. This symposium brings together international experts to explore how positive psychology can complement traditional cardiac care. Topics range from conceptual foundations to practical interventions in diverse patient populations, including those with heart failure, congenital heart disease, and coronary artery disease. Innovative approaches such as positive psychological interventions or blended collaborative care models will be discussed, illustrating how positive psychology can enhance both emotional and physical recovery.

Speakers and Topics

Prof. Karl-Heinz Ladwig (Munich, Germany)

Focus: Overview of key positive psychological constructs and their associations with cardiovascular health, behavior, and prognosis.

Prof. Christopher M. Celano (Boston, USA)

Focus: Evidence-based interventions to enhance well-being and self-care in heart failure, including recent trial outcomes and implementation strategies.

Dr. Daniel Broschmann (Göttingen, Germany)

Focus: Insights into how adults with congenital heart disease conceptualize and pursue a "good life," and implications for long-term psychosocial support and care.

Prof. Christoph Herrmann-Lingen & PD Dr. Monika Sadlonova (Göttingen, Germany)

Focus: Presentation of a blended collaborative-care model integrating psychological interventions, and interdisciplinary collaboration for coronary heart disease patients experiencing distress.