



Coming of Age

Adolescence and emerging adulthood - Psychotherapeutic insights and challenges

The European Association for Integrative Therapy and Supervision EAIT

is happy to invite you to the

EAIT Conference 2026

25 – 26 september 2026 / Schloss Goldegg, Salzburg/A

For a long time, little research has been done on the phase of becoming adult. Psychotherapists usually specialize in children and adolescents or adults, and the transition has rarely been discussed so far. This has been slowly changing since the beginning of this century.

This conference wants to focus on the processes of growing up, which take place in the context of socialization and enculturation due to development. Some challenges have "always" been typical of this phase of life: career and study decisions, sexuality, partnership, peer groups, personal maturation, taking responsibility for oneself and for others. In addition, there are constellations that have only recently emerged or been created in connection with technical advances and environmental and socio-political changes: social media, virtual worlds, artificial intelligence, threatened future by global warming and environmental damage, etc.

Not all paths of «coming of age» and adulthood run smoothly. In young adulthood, the course for life is set. The visions and developments often go in very different directions and require advice, help and therapy in difficult processes.

In presentations and workshops, committed colleagues report on the basics of understanding this age group and on their work with young people on their way to adulthood, on insights into their lifestyle, their needs, opportunities and potential.

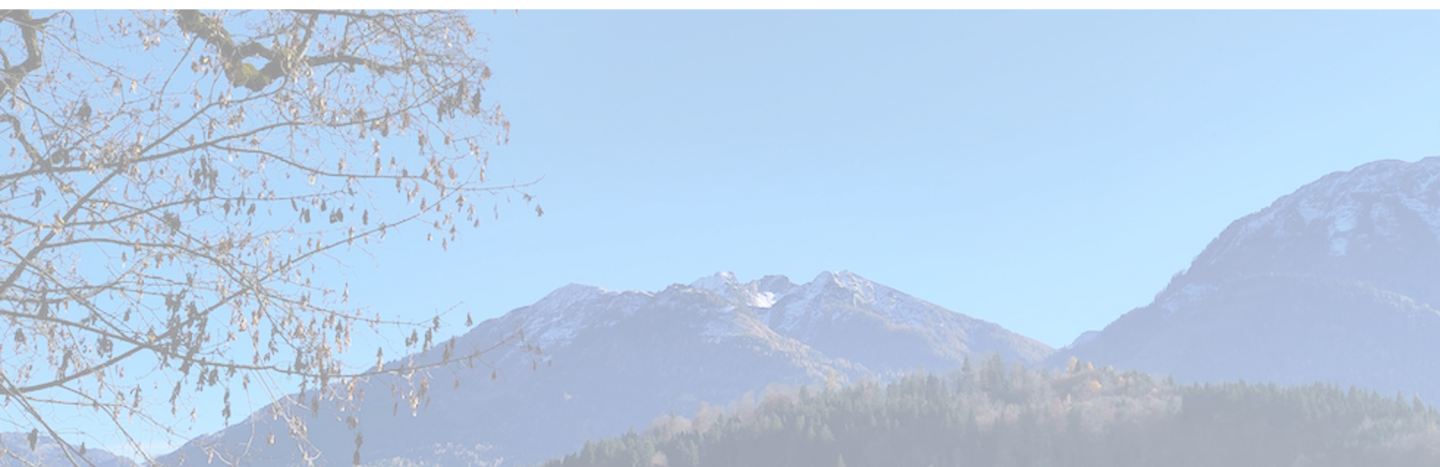
The organisation team

Julia Groinig (A), Silvia Grøndahl (N), Lotti Müller (CH)

Program

Friday, September 25, 2026

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| 15:00 – 15:15 | Welcome and opening Introduction Lotti Müller , president EAIT Julia Groinig , OC host country Austria |
| 15:15 – 16:00 | Gloria Mittmann Self- and Desired Diagnoses in the Digital Age: Media, Identity, and the Changing Meaning of Diagnosis |
| 16:15 – 17:00 | Paul Scheibelhofer Understanding the crises of male adolescence and young adulthood: Insights from Critical Masculinity Studies |
| 17:15 – 18:00 | Discussion in groups on the preceding presentations |
| 18:00 – 19:00 | Break (individual catering) |
| 19:00 – 21:00 | Workshops 1 – 3 (parallel) Workshop 1 Dorothea Dülberg An invitation to a sense-based encounter in digital worlds Workshop 2 Mia Scheffers Body experience and depression among emerging adults Workshop 3 tba tba |



Saturday, September 26, 2026

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| | Individual breakfast at your accommodation |
| 8:30 – 9:00 | For early risers: Morning activity Morning-Singing with Silvia Grøndahl |
| 9:15 – 10:00 | Brigitte Schigl Constructed Bodies – Background Assumptions of Eating Disorders in Gender-Sensitive Integrative Perspectives |
| 10:15 – 11:00 | Zoe Puschban-Schennach Mind the gap – transitional mental health care |
| 11:15 – 12:00 | Discussion in groups on the preceding presentations |
| 12:00 – 14:00 | Break and individual lunch |
| 14:00 – 16:00 | Workshops A – C (parallel) Workshop A Brigitte Schigl Constructed Bodies – Treating Eating Disorders in Young Women with Gender-Sensitive Integrative Therapy Workshop B Tom Ullrich What to do when the Child is fallen into the well - A concept for group counseling and drug using adolescents Workshop C tba tba |
| 16:00 – 16:30 | Coffee and Cake Break |
| 16:30 – 17:30 | Review and outlook - some festive and creative "appetizers" at the end of the meeting - Conclusion of the conference - Celebrations on our own behalf: the EAIT would like to thank Silvia Grøndahl and the guests of honour |
| 18:30 | Dinner at the Rest. Bierführer (registration required, see next page) |

Organizational Information

Fees

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| Early Bird Fees | until May 31 | (after that add € 20) |
| Students of Integrative Therapy | € 170 | +20 |
| Members/Staff EAIT Organisations | € 190 | +20 |
| Others | € 220 | +20 |

Venue

Kultur- und Seminarzentrum SCHLOSS GOLDEGG

Austria, 5622 Goldegg, Hofmark 1

Fon +43 6415 8234-0

office@schlossgoldegg.at www.schlossgoldegg.at

Accommodation

Please make your reservation for accomodation on your own.

You can find a list of accomodations more or less close to the Schloss Goldegg [on our website](#).

Schloss Goldegg and its surroundings could be a wonderful place to add a day or more for holidays. Think about that!

Register now!

[Click here](#) or on the link on our [website](#) to register

