Biomarker Workshop 2026:
SENSITIVITY AND STRESS in ADHD, Autism and PTSD

Understanding neurodiversity: connecting dimensions in diagnosis and therapy

Workshop

Tony Attwood/Michelle Garnett, Andrea Viertler, Lessa Schippers (Group of Prof. Corina Greven), Bettina Henkel, Diego Spörri, Elena Retica, Fabian Bazzana, Andreas Müller

Thursday, 10 December 2026, 9:00–17:00 (CET)

On site and online (hybrid) – keynote and Lessa Schippers in English

Paulus Akademie, Pfingstweidstrasse 28, 8005 Zurich, Switzerland

Gehirn- und Trauma-Stiftung
Graubünden | Schweiz

Sensitivity and Stress – Diagnosis and Treatment

Welcome to the 15th consecutive Biomarker Workshop!

Topic: ADHD, autism and PTSD are diagnosed separately, yet they overlap clinically and neurobiologically. The 2026 workshop tests the hypothesis that two dimensions lie beneath these diagnoses: **sensitivity** – how much a nervous system takes in from its environment and amplifies – and **stress** – what this intake costs the system. **All three show heightened sensory reactivity, but three different stress profiles: hypoactive, hyperreactive, sensitised-decoupled. Knowing the profile changes the intervention.**

Keynote and programme: The keynote by Tony Attwood and Michelle Garnett (10:00–11:00, in English) reveals the hidden presentations of autism, ADHD and trauma. In seven stations, the programme leads from sensitivity as a temperament through stress physiology and the markers of brain function analysis (arousal, vigilance, ERP, entropy) to trauma, coaching and three treatment logics. Speakers: Andrea Viertler (child and adolescent psychiatry), Lessa Schippers of Prof. Corina Greven's research group (Nijmegen; in English), Elena Retica (lived experience, mother and coach), Bettina Henkel (adult psychiatry), Diego Spörri (paediatrics), Fabian Bazzana (project lead of the PTSD study, University of Turin), Andreas Müller (introduction).

SENSITIVITY AND STRESS IN ADHD · AUTISM · PTSD

Programme Biomarker Workshop 2026

9:00 Welcome: two dimensions beneath the diagnoses
9:15 Andreas Müller – Sensitivity as temperament: sensory processing sensitivity, genetics, imaging – trait or disorder?
10:00 **Tony Attwood/Michelle Garnett: Hidden Presentations – autism, ADHD and trauma beyond the stereotypes (English)**
11:00–11:15 Short break
11:15 **Lessa Schippers (Corina Greven Group) – ADHD, autism and sensitivity through a neurodiversity lens: their strengths, struggles and surprising connections (English)**
12:00–13:15 Lunch break
13:15 Andrea Viertler – The brain keeps moving. Developmental disorders rethought: sensitivity and stress as drivers of change
13:45 Diego Spörri – ADHD, autism and trauma in paediatric practice
14:15–14:45 Break
14:45 Elena Retica – From diagnosis to self-understanding: sensitivity, stress and self-regulation in ADHD and autism
15:15 Fabian Bazzana – Trauma as a problem of sensitivity and stress: results of the Turin study
16:00 Bettina Henkel – Three stories, one multi-perspective treatment logic
16:40 Synthesis and discussion
17:00 Close

All times CET. Afternoon talks in German.

Organisation



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Organiser:	Brain and Trauma Foundation Graubünden (GTSG) Head: Dr. phil. A. Müller, CEO GTSG
Speakers:	Prof. Tony Attwood/Michelle Garnett (video), Australia Andrea Viertler, MD, private practice, Berlin Lessa Schippers, Group of Prof. Corina Greven, Nijmegen Bettina Henkel, MD, BrainARC Chur Elena Retica, mother and ADHD/autism coach Diego Spörri, MD, paediatrician, Lausanne Fabian Bazzana, psychologist, project lead PTSD project Turin
Venue:	Paulus Akademie, Pfingstweidstr. 28, 8005 Zurich, Switzerland
Date:	Thu, 10 December 2026, 09:00–17:00 CET
Fee:	CHF 100 per participant
Participants:	80 on site (first come, first served), unlimited online
Credits:	7
Language:	German; keynote (Attwood/Garnett) and Lessa Schippers in English
Audience:	Psychiatrists, neurologists, paediatricians, psychotherapists, psychologists, people with lived experience, parents
Registration:	GTSG, Schulstrasse 1, 7302 Landquart, Switzerland Tel. +41 81 322 28 28 https://gtsg.ch/de/biomarker-workshop-2026/





