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**Abstract Text:**

**Contextual Psychiatry: from macro to micro-environment**

**Inez Myin-Germeys**

Whereas the focus of the conference has been mainly on the relevance of the macro environment, such as living in the city, in the pathogenesis of psychiatric symptoms, I will zoom in further into the micro-environment of daily life and its role in the development of symptoms. In my talk, I will discuss how studying symptoms in the context of everyday life, using the Experience Sampling Methodology, may be helpful in deepening our understanding of these symptoms and its associated psychological processes. Furthermore, I will outline how ESM could be used in clinical practice as an assessment tool as well as a tool to deliver psychological interventions in the realm of daily life, at moments when people most need it.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**