

IPU Berlin welcomes all students to its Berlin-Moabit campus at the start of the semester. The start of this year's summer term coincides with a controversial political decision: the reduction in fees for psychotherapists, on which IPU has recently released a critical statement. The summer semester also offers a wide range of events, which you can learn more about in this newsletter.

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Joint Statement by IPU and PHB

In response to the fee reductions that went into effect this month, IPU Berlin and the Psychologische Hochschule Berlin (PHB) issued a joint statement. "The announced 4.5% cut in psychotherapists' fees further exacerbates a trend that has been emerging for years: the creeping erosion of psychotherapeutic healthcare in Germany", it says. Read the complete statement [on our website](#).

IPU Open Day Meet us on campus.

Saturday • 9 May 2026



Open Day und Career Day

Despite the challenges in healthcare policy, graduates of psychology programs still have numerous career opportunities – even beyond the clinical setting, for example in the field of work and organizational psychology. IPU students can explore some of these career paths at the Career Day entitled "Psychology beyond Approbation" on 8 May. Further information can be found [at IPU Connect](#).

At IPU's first Open Day on Saturday, 9 May, all those interested in the unique teaching and research at our psychoanalytic university can get to know IPU, its students and professors, and get a taste of the studies. Information about the Open Day can be found [on our website](#).

Gerhard Fichtner Scholarship 2026 Announced

[In the IPU Spotlight](#), read about this year's call for applications for the Gerhard Fichtner Scholarship, worth 4,000 euros. Interested applicants can apply until 30 April.

Events

24 April 2026 | 1:45 pm | Haus 91b-04

Group-analytic Large Group

With group analyst Kathrin Albert.

Registration for IPU students [via this form](#).

24 April 2026 | 6 pm

Psychoanalyse und soziale Ungleichheiten – Gesellschaftliche Machtverhältnisse auf der Couch

Kick-off for the event series by Queer IPU, jointly organized with the Free University of Berlin, among others.

More information [on our website](#).

28 April 2026 | 6:30 pm

Die Wucht der Erinnerung: Zwischen Zeugnis und Zumutung

Lecture by Prof. Jürgen Straub to kick off an event series in cooperation with AMCHA e. V.

Registration [on our website](#).

29 April 2026 | 4 pm

Verbundenheit in Differenz und Konflikt: Das postmoderne Paar

Lecture by Klaus Schmidt, organized by the Kilian-Köhler-Center (KKC) at the IPU Berlin.

More information [on our website](#).

Are you planning or organizing an IPU Berlin event?

Use our new form in the InfoCenter to register your event. All links and information can be found [here](#).

7 May 2026 | 4:15 pm

›Volles Sprechen‹, freies Malen und andere Triangulierungsversuche. Über Medien des Seins in einem kulturpädagogischen Projekt zur Entmenschlichung im NS

Lecture by Prof. Jochen Bonz (Katholische Hochschule Nordrhein-Westfalen) as part of the lecture series Einführung in psychoanalytische Medientheorien (Introduction to Psychoanalytic Media Theories) in the Summer Semester 2026.

More information [on our website](#).

8 May 2026 | from 9:30 am

Career Day: Psychology beyond Approbation

For all IPU students.

More information [on IPU Connect](#).

9 May 2026 | 10 am

IPU Open Day

Get to know the IPU: lectures, campus tours and service offers

Further information [on our website](#).

SAVE THE DATE

9 May 2026 | 12 pm

Eröffnung der vierten Freud-Vitrine in der IPU-Bibliothek

Information coming soon to our website.

12 May 2026 | 4 pm

Preisverleihung des Lotte Köhler-Preises für psychoanalytische Entwicklungs-, Kultur- und Sozialpsychologie

More information [on our website](#).

13 May 2026 | 4 pm

Das Zeitliche segnen. Abschied von der Unsterblichkeit – Geschichte eines Verlusts

Lecture by Prof. Thomas Macho as part of the KKC event series in the Summer Semester 2026 at IPU Berlin.

More information [on our website](#).

23 May 2026 | 6 pm

Begehren und Gesetz: mit besonderer Berücksichtigung von Lexis und Phasis, Diskursen, Genießen und Destruktion

Lecture by Peter Widmer, organized by the Working Group Lacanian Psychoanalysis at IPU.

More information [on our website](#).

23 May 2026 | 6 pm

Das Begehren des Gesetzes: Zur Psychoanalyse jugendlicher Straftäter

Lecture by Bernhard Schwaiger, organized by the Working Group Lacanian Psychoanalysis at IPU.

More information [on our website](#).

SAVE THE DATE

27 May 2026 | 4 pm

Forschungsforum

More information coming soon per e-mail.

Im Sommersemester 2026

29 May 2026 | 3 pm

Amy Allen: »Das Ende des Fortschritts«

Book review with Pradeep Chakkarath and Prof. Jürgen Straub as part of the KKC event series in the Summer Semester 2026.

More information [on our website](#).

29 May 2026 | 6 pm

Das Journal *psychosozial* stellt sich vor

With Prof. Hans-Jürgen Wirth, Prof. Oliver Decker and Prof. Jürgen Straub

Register [on our website](#).

5 June 2026 | 6 pm

What can I expect from a Lacanian Psychoanalysis?

Public lecture with Vicente Palomera.

More information [on our website](#).

SAVE THE DATE

6 June 2026 | 5 pm

Long Night of Sciences 2026

Program and information on our website soon.

29 August till 5 September 2026 | 5 pm

Unsettled Times: Psychological Diagnostics and Interventions for Societies in Crisis

IPU Alumni Masterclass

More information [on IPU Connect](#).

Procrastination

The **April column** by IPU President Prof. Jan-Hendrik Olbertz

This column has been put off time and again. Almost two years ago, I asked Christine Kirchhoff if I could quote her on the subject. “People who put things off want to set boundaries against a working world that no longer knows any limits,” she told the magazine “Psychologie heute” [transl. “Psychology today”] at the time. Before industrialization, this behavior was not considered problematic, but rather an expression of deliberate action or waiting for the right moment. With the much-lamented “dissolution of work-life boundaries” today, however, it has become a work-related disorder. Indeed, the general intensification of work makes it difficult to plan and organize tasks effectively, which can quickly lead to feeling overwhelmed, anxious, or even depressed. Nevertheless, procrastination is not yet a recognized disorder, nor is it an officially listed condition in the ICD catalog.

I came across this topic through a report on the Procrastination Clinic at the University of Münster. Aside from the euphony of the name, the institution encourages self-reflection. For I, too, am someone who procrastinates, if not a self-identified procrastinator. Whatever can be put off until “tomorrow” (as the Latin root suggests) is postponed. However, this applies only to things that have been imposed on me; the phenomenon hardly ever occurs with my own projects. And work obligations are usually scheduled in such a way that it is impossible to put them off. A university may still be lenient in this regard, but on an assembly line, for example, procrastination would have chaotic consequences.

Prof. Jan-Hendrik Olbertz has been President of the International Psychoanalytic University Berlin since July 2021. Once a month, he provides commentary here on contemporary, timeless, psychoanalytic and political issues.



Freud considered procrastination as both cultural progress (the repression or postponement of drives) and a psychological defense mechanism against unpleasant truths or fears.

The opposite of procrastination is precrastination, which is the (to me, foreign) urge—if not compulsion—to get everything done immediately. Certainly, this allows one to find peace of mind more quickly, but even those who procrastinate are by no means indulging in idleness, and there is certainly no question of laziness. One fills one’s time with other things that serve as compensation or an excuse for putting off the more important tasks for the time being. This is sometimes followed by a peculiar sense of idleness, which is filled with something trivial. One can certainly be aware of this, reflective yet still helpless, when something is postponed or avoided; the self-deception is all too obvious. All of this is accompanied by considerable psychological distress, not just because of the growing backlog of unfinished tasks.

The only advantage: With tasks that have been procrastinated for a long time, the feeling of relief (if not liberation) afterward is greater than with those completed on schedule or at least in a timely manner. So, as of today, this text is no longer on the back burner...

A Warm Welcome to the IPU Berlin

Mia Neuhaus Perinelli joined the team of psychotherapists at the University Outpatient Clinic (Hochschulambulanz) this month.

IPU is also pleased to welcome two new research assistants: Dolara Coskun began working with Prof. Christine Stelzel this month, and Ronja Friedl with Prof. Thorsten Peetz.

Current job openings, including for student assistants, can be found regularly on our website.

Missing something?

We look forward to receiving your feedback on our newsletter. We welcome topic suggestions, criticism, and ideas by email. Empfehlen Sie unseren Newsletter gern weiter. Please feel free to recommend our newsletter to others. You can [subscribe here](#).

