

Dr. Thomas Reinbacher

NACH GRAU KOMMT HIMMELBLAU

talk: From a rocket career to psychiatry and back to a life 2.0 – mental health told by an »insider«

format: 40–45 mins talk, 15–20 min Q&A

speaker: Dr. Thomas Reinbacher (thomas@himmelblau.jetzt)

web: <https://himmelblau.jetzt>

abstract: Thomas had achieved everything he dreamed of for himself: A great wife, dear child, a doctorate in technical computer science, a research career at NASA Ames Research Center in California, followed by a steep management career at McKinsey & Company, Amazon and Google. Well-connected, an international circle of friends, dream-holidays. His life was pitch perfect. Everything happy-ding-dong!

But in 2021 he suffered a total mental crash. The shock diagnosis: severe depression (F33.2). Two major depressive episodes and an unimaginably long 204 days in the psychiatric ward followed. Countless attempts at therapy, small advances and major setbacks, a trial and error with antidepressants and antipsychotic drugs, and the realization that only a radical acceptance of the illness makes the first step towards Life 2.0 possible.

Getting out of that dark hole after almost two years was by far the greatest achievement of his life. Everything else: "Kindergeburtstag!"

When he was in the closed psychiatric ward for treatment and saw no way out, he swore to himself: "Fuck it, if I get out of here healthy – I'll talk openly about my mental illness and I won't hide anymore.

Now Thomas is all about helping others and finally breaking the stigma of depression.

In the talk, he reveals, among other things:

- How fascinating & frightening the mind of a depressed person can be,
- What he learned in 200 days of psychiatric treatment and therapy,
- Why getting help for mental illness is a sign of strength,
- The difference between burnout and depression
- How to recognize the early warning signs of depression
- How he changed his perspective on mental health vs. performance
- how to protect yourself (as a loved one).

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Pictures of Thomas <https://photos.app.goo.gl/e5sB291R8XYSH4eQ7>

About Thomas:

Thomas Reinbacher is 38 years old and lives with his family in Munich Schwabing. After completing his doctorate in computer science (under the auspices of the Federal President), he was first a researcher at NASA Ames Research Center in California and then a manager at McKinsey and a product manager at Amazon (Alexa) and Google (Cloud, AI).

He likes to describe himself as a creative tinkerer and problem solver, dumpling aficionado and wannabe bicycle mechanic.