

About Me

Therapy and counseling for couples, individuals, and families (since 2011)

Advanced training in couples therapy, including ongoing case consultation and webinars,
Crucible Institute, Colorado, USA (since 2021)

Professional training in clinical sexology (Sexocorporel method), foundational program
at the IfES, 2024 to 2026

Seven intensive 4 to 6-day workshops with David Schnarch,
Crucible Institute, Colorado, USA, 2016 to 2020

Monthly webinars with David Schnarch, 2017 to 2020

Member of the Berlin Schnarch Group, a peer consultation group focused on
couples therapy case discussion

Licensed practitioner for psychotherapy under German law (Heilpraktikerin for
Psychotherapy)

Training in family therapy at the Deutsch-Dänisches Institut für Familientherapie
(2012 to 2015), with Jesper Juul, Helle Jensen, and colleagues

Primary Certificate in Rational Emotive Behavior Therapy (REBT), DIREKT e.V.
(2007 to 2008)

Meditation practice, Buddhist psychology, and facilitation of meditation groups
in the tradition of Thich Nhat Hanh (since 2015)

Therapeutic breathwork practice following the Middendorf method (since 2015)