

+ Personal data

Partener of the Kutschera Institute

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+ Curriculum Vitae

2013 Kutschera-Resonanz Practitioner
2013 Psychology and Education Sciences – The University Transilvania Brasov
2016 Clinical psychologist, Certificate of Good Standing
2017 Psychotherapist specialized in Integrative Psychotherapy
2017 Personal development counselor
2017 Vocational development counselor
2017 Kutschera-Resonanz Master
2017 Kutschera-Resonanz Trainer

+ Education and Qualification

Kutschera Resonanz Practitioner, Master, Trainer
Integrative psychotherapy
Personal development counselor
Vocational development counselor
Clinical psychologist

+ Key activities

Individual counselling – rediscovery of self and own potential Individual and group psychotherapy

- understanding the importance of the relationship between the individual and the environment
- how to live healthy and in harmony „here and now“

Personal psychological counselling:

- psychological evaluation / psychodiagnostic
- primary clinical intervention
- primary control of the psychological factors involved in health and illness
- promoting and optimising the human health and development

Therapies and interventions for people with major trauma

- domestic violence, addictions, abuse

Training in neuro-linguistic programming

Training for re-discovery of femininity by art and dance

Couple therapy and sexuality

- Voluntary project at the Psychiatric Hospital
 - adults (3 months)
 - children (3 months)
- Voluntary project at the Children's House and social assistance
- Project of quantitative research aimed at understanding the school adaptation process at children from organised families versus disorganised families
- Charities for less-favoured persons

+ References and Publications

- Learning and development expertise
- Competences and trainings for the development of personal and social skills in the field of psychotherapy.
- Procedures of intervention in the relational couple therapy
- Relational patterns, limitative assumptions, techniques of art-therapy
- Shadows, archetypes and ritual in the integrative psychotherapy
- Rewriting the personal story and the rediscovery of self
- Existential therapy
- Stress management
- Trauma, limits in relations, addictions, abuse