

A short professional biography



- University degree in Social Anthropology and Ethnology 1986
- 5 years training with the G. Boyesen Institute London and the European School of Biodynamic Psychology in 1996
- Yoga teacher in 1995 and Reiki Master in 1999
- European Certificate of Psychotherapy, Member of LSBP (London School of Biodynamic Psychotherapy)
- 11 years of work as a Psychotherapist in Cologne with individuals and groups before relocating to Cornwall in 2002
- UKCP registered
- 2010 joined Diamond Approach/Ridhwan School of AH Almaas
- In 2012 trained 1 year with the Centre for Supervision, Team Development and Coaching (CSTD) in Bath
- 2020 training in IFS (Internal Family Systems), level 1 completed

As a Buddhist I had a long training in Mindfulness, I learned with many teachers from the West and some from India and Tibet. I follow a regular Meditation practice. The practice of Loving Kindness is a constant support for myself and has become a powerful resource in my client work. For many years I used to be a student of the Diamond Approach, a spiritual school, developed by A.H Almaas, which combines psychology and spirituality and has given great richness to my own and professional development.

I have my own practice in Cornwall, where I see private clients for psychotherapy, coaching and spiritual mentoring.

During the time of the pandemic Covid-19 I moved all my client work online for the time being. Please inquire if you are interested in face to face sessions, when they can be resumed.