

Therapist Spotlight

This spotlight is part of [The Skool Trauma Hub](#), highlighting practitioners working at the intersection of trauma-informed care, personal development, and professional practice. It offers a structured overview of my work, background, and approach.

Professional Focus (Growth & Learning)

Professional Focus: Integrative, meaning-centred counselling and spiritual guidance grounded in theological knowledge, psychological insight, spiritual understanding and somatic integration, incorporating kinesiology-based techniques. My work focuses on meaning-making, belief systems, self-trust, resilience, and the translation of insight into lived, coherent action, supporting healing and a sense of restored wholeness. I support people in moving from inner stagnation to coherent action by working directly with the architecture of belief, the internal structures that shape perception, identity, and lived experience.

Years in practice: over 20 years of experience; registered professional practice since 2022 (Austria)

What inspired you to become a therapist?

Having supported people in their learning and personal development since early childhood, I spent many years trying to meet what I perceived as expectations placed upon me, yet I never felt quite good enough to fully belong or succeed. At the same time, I often felt misunderstood, overlooked, or not fully seen, which at times was frustrating or even paralyzing, and in any case painful. I even felt ashamed of what I perceived as my own inadequacy, until, at some point, the pieces began to fall into place. Over time, this developed into a finely attuned, highly perceptive way of understanding people that goes beyond ordinary awareness, and this sensitivity became the foundation of my therapeutic work.

How has your practice evolved over time?

Having supported people in their learning and personal development since early childhood, I became very early on aware that outward capability and success often coexist with a lack of internal stability, self-trust, or a coherent sense of direction. This awareness shaped how I worked: whenever a situation called for it, I sought out additional methods, formal training, and a variety of different therapeutic approaches, and over time this wide range of approaches led me to develop my own unique way of working, which I adapt to each situation as needed. It also became the core focus of my

work, highlighting why understanding something does not necessarily translate into lived change.

What's one piece of wisdom you'd share with other therapists?

Lasting change does not emerge from insight alone, but from a shift in the inner framework through which experience is interpreted. When this internal structure changes, perception reorganises itself and action follows naturally from that new coherence.

What do you value most about being part of this global peer supervision community?

The opportunity to engage with diverse perspectives on human experience and to stay in meaningful exchange about how meaning, psyche, embodiment, and lived experience interact across different contexts and disciplines.

Personal & Human Focus (Connection & Balance)

How do you recharge outside of sessions?

I recharge through stories in books and audiobooks, often while crocheting with a film or series playing in the background. I also find grounding in nature and in quality time with my loved ones. I enjoy playful, childlike activities, moments of pure joy without self-consciousness or restraint.

Tea, coffee, or something else that keeps you grounded?

Coffee these days and sparkling mineral water as a reward.

What brings you joy beyond your therapy work?

Reading, painting, drawing, crafting, and playful, childlike silliness, just doing things for the sheer joy of it.

A quote or mantra that guides you:

“Personally, I relate to “τετέλεσται (it has been accomplished!).”

And this is what guides my work: “Trust is not certainty about outcomes, but clarity of orientation in the present moment, and this gives rise to existential faith, since understanding human experience requires both discernment and openness to not-knowing.”

Reflective Focus (Meaning & Insight)

A professional lesson that's stayed with you:

Meaning is not found “out there” but is co-created in the reality we experience and act within through the stories we tell ourselves and others. Because language is never neutral but actively structures perception, belief, and possibility, we can shape this process by consciously discerning what kind of meaning we assign to whom and what, and how important we consider them.

How do you care for yourself while holding space for others?

By regularly taking time for retreat into what I call “healing cave time”, intentional space to rest, integrate, and recharge.

How do you cope on more challenging days?

By focusing on the next immediate step through a simple internal triad: what exactly feels off right now, what would I prefer instead, and what do I do right now?

A thought that guides your practice:

“What is taken as truth is always filtered through belief and belief can be consciously reshaped.”

What does “healing” mean to you?

Healing is the restoration of inner coherence in body, mind, and spirit. It is not the removal of difficulty or suffering, but the re-integration of fragmented experience into a lived sense of wholeness and integration.

Is there anything else you would like to share?

Suffering that has left its mark on me has become a form of lived sovereignty, and likewise, what has been fractured in your life can become a source of strength, similar to the Japanese art of Kintsugi, where breaks are not hidden but transformed into something meaningful and whole.