



Gudrun Widmann

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Summary

<https://www.eft-paartherapeutin.berlin/>

Experience

Couples therapist in Emotionally Focused Couple Therapy

Gudrun Widmann

Feb 2018 - Present (2 years 3 months +)

eft-paartherapeutin.berlin

Participant and Event Helper at a Seminar for Core EFT Interventions

EFT Community Deutschland e.V.

Jul 2018 - Jul 2018 (1 month)

- Taking part as a participant of the seminar.
- Being an event-helper at the seminar, helping with the organisation and catering.
- The two-day seminar for EFT Therapists dealt with the topic 'Practicing central EFT interventions'.

Video Translator and Subtitle Creator for Therapeutic Training DVDs (Couples Therapy)

EFT Community Deutschland e. V.

Mar 2017 - Jul 2018 (1 year 5 months)

- Translation of documents for the EFT Community Deutschland e. V. from English to German.
- Video translation and subtitle creation of therapeutic training DVDs with Subtitle Edit. I am currently working on the series 'Working Successfully with Homosexual Couples', a series on Emotionally Focused Couple Therapy by Dr. Sue Johnson.

Intern

Ambulatorium und Tagesklinik Münchenstein at the Psychiatrie Baselland

Sep 2017 - Dec 2017 (4 months)

- Being an active member in the milieu therapeutic team.
- Being an active member in the daily routines at the clinic, the team discussion and meetings.
- Being an active member of the group therapy.
- Partaking in individual therapies, art therapy, and other therapeutic groups such as the sports, play, and drumming groups.
- Doing administrative work including administering and evaluating psychodiagnostic tests.

Intern

Vivantes Humboldt-Klinikum - Tagesklinik für Angststörungen

Apr 2017 - Aug 2017 (5 months)

- Participation in the daily psychoeducational therapies about anxiety and stress.
- Leading the relaxation sessions (imaginative journeys, progressive muscle relaxation according to Jacobson, mindfulness-based meditation).
- Leading the cognitive training and self-management groups.
- Administering and evaluating psychodiagnostic tests (e.g. BSI, SKID-I, BDI, PSWQ, BSQ, PAS, SPAI, DIVA, MSS).

-Partaking in team-meetings and discussions, morning rounds, doctor's visits, the mindfulness group, art therapy, and ergotherapy.



Participant and Event Helper at a Seminar on Highly Escalated Couples

EFT Community Deutschland e.V.

Jul 2017 - Jul 2017 (1 month)

- Taking part as a participant of the seminar.
- Being an event-helper at the seminar, helping with the organisation and catering.
- The two-day seminar for EFT Therapists dealt with the topic of highly escalated couples.



Thesis Researcher - Family Functioning with Chronic Illness

Leiden University

Oct 2015 - Jun 2016 (9 months)

My Master Thesis is titled 'Gender and adolescent functioning in families with parental chronic medical condition'. The research is on how the gender of the adolescent, the gender of the parent, and a correlation of the gender of the adolescent and ill parent moderates the effects of parental chronic medical condition on adolescent functioning in the areas of perceived stress, mental health, and academic functioning. This research is supervised by Dr. Dominik Sieh and is part of my Master's program.

- Group work (i.e. peer-reviewing)
- Topic research and proposal writing
- Recruitment of participants via institutions, schools, and the university
- Data analysis and interpretation with SPSS
- APA style paper writing



Externship in Emotionally Focused Couple Therapy

International Centre for Excellence in Emotionally Focused Therapy, ICEEFT

Nov 2015 - Nov 2015 (1 month)

Through my position as a video material translator, subtitle creator, and event helper, I got the opportunity to partake in a second externship in Emotionally Focused Couple Therapy as according to Dr. Sue Johnson (30 hours) led by Paul S. Greenman, PhD., C. Psych., EFT Supervisor and Trainer.



Video Translator, Subtitle Creator, Event Helper - Externship for Emotionally Focused Couple Therapy

International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)

Aug 2015 - Nov 2015 (4 months)

German subtitle creation for a video (using Aegisub) of an English live couple therapy session in EFT performed by Dr. Sue Johnson and presented at the externship for Emotionally Focused Couple Therapy by Dr. Paul Greenman in Berlin 14/11-17/11/2015. I also helped with catering and caring for participants during the event.



Externship in Emotionally Focused Couple Therapy

International Centre for Excellence in Emotionally Focused Therapy, ICEEFT

Sep 2014 - Sep 2014 (1 month)

I completed my first step towards my certification as an emotionally focused couples therapist as according to Dr. Sue Johnson by partaking in an externship (30 hours) led by Yolanda von Hockauf, M.Ed., R.M.F.T., EFT Supervisor and Trainer. Steps towards my full certification: <http://www.iceeft.com/index.php/component/content/article/37-therapist-resources/therapist-training/93-certification>



Thesis Researcher: Stress and Romantic Relationships

University of Kent

Oct 2013 - May 2014 (8 months)

My Bachelor Thesis is titled 'Priming secure attachment associations via social support stimuli following subliminally presented threat'. The research is on how stress affects and facilitates attachment style development and attachment style change in adulthood. Dr. Dinkar Sharma supervised my research as part of my B.Sc. in Psychology with Clinical Psychology. I picked my own topic as I was interested in attachment theory.

- Topic research, proposition and proposal writing
- Designing of the experiment
- Recruitment of participants and implementation of the experiment.
- Data analysis and interpretation with SPSS
- APA style paper writing



Ambassador and Mentor for Looked After Children and Young Care Leavers

University of Kent

Oct 2011 - May 2014 (2 years 8 months)

The program is aiming at facilitating social mobility in society by providing support to young people (especially of disadvantaged background) in their career orientation, and by facilitating academic success.

Skills: professional appearance that represents the university, social and interpersonal skills, leadership skills and teamwork, public speaking, autonomy and professional reacting at unexpected events or spontaneous changes in program, languages, teaching skills, awareness of different individuals' backgrounds including different social and cultural backgrounds and, accordingly, adjustment of how I present myself.

Developmental trainings allowed me to acquire many positions:

Mentor for Looked After Children and Young Care Leavers (with the help of my providing weekly academic mentoring, guidance and motivation mentoring, two young individuals in government care achieved entering university bachelor programs);

Higher Education and Information Ambassador (giving talks and presentations to students and parents interested in further education at university including information provision and financial advice);

Stepping Up Ambassador/School Ambassador (executing singular and regular weekly workshops in groups at school to help young individuals choose careers);

Evaluation, Analysis and Research Ambassador (I helped do research for the program to improve it according to young people's needs);

General Ambassador (among other things giving campus tours to interested or arriving students including international students in different languages).

Education



Leiden University

Master of Science (M.Sc.), Clinical Psychology

2015 - 2017

Courses:

Clinical Research Thesis

Clinical Internship

Basic Therapeutic Skills
Clinical Interviewing and Assessment
Cognitive-Behavioural Interventions
Experimental Clinical Psychology



University of Kent

Bachelor of Science (B.Sc.), Psychology with Clinical Psychology

2011 - 2014

Courses:

Clinical Psychology Project
Clinical Psychology 1
Clinical Psychology 2
Motivation
Applying Psychology
Forensic Psychology: Theoretical and Applied Perspectives
Study Skills Stage 2 Psychology
The Social Psychology of the Individual
The Social Psychology of Groups
Cognitive Psychology
Biological Psychology
Personality
Child development
Psychology Statistics and Practical
Introduction to Social Psychology
Introduction to Biological and General Psychology
Psychology Statistics and Practical
Questions of French Cinema
Childhood and Adolescence in Modern Fiction



University of Kent

Certificate, Cultural Studies and Social Sciences

2010 - 2011

Courses (total 60 ECTS/120 credits):

Introduction to Psychology 1 (7.5 ECTS)
Introduction to Psychology 2 (7.5 ECTS)
Social Problems and Social Policy 1: Youth, the Family and the State (7.5 ECTS)
Extending English Language Skills (7.5 ECTS)
Modern Culture (7.5 ECTS)
Contemporary Culture (7.5 ECTS)
The Tale (15 ECTS)



Deutsch-Französisch-Gymnasium Freiburg (Germany)

German Abitur (1,0 very good); French Baccalauréat (8,5/10 very good); Diplôme du Brevet (very good), Literary and philosophical section

2002 - 2010



École Montessori Graine d'Étoile (France)

Primary school

1996 - 2002

Honors & Awards



University of Kent Employability Points Awards 2012 - University of Kent

85 points



Exceptional performance in the German language and literature Abitur - Deutsch-

Französisches-Gymnasium Freiburg

Skills

Research • SPSS • Writing • Mentoring • French • Analysis • Couples therapy • Emotionally Focused Couple Therapy • English • Translation