

CURRICULUM VITAE

Name Brigitta Loretan-Meier
Date of birth 29.10.1952

Education and advanced studies and training

1968-1972 Teacher training college in Aarau
1975-1977 Training for gymnastic teachers in Bern (Medau method)
1977-1978 Diploma in teaching English as a second language for Secondary Schools (Kt AG)
1986-1988 Further education in Dance Therapy (Trudi Schoop and Anna Halprin, California)
1986-1989 Rudolf v. Laban Expression and Free dance studies in London and Zurich
1988-1995 Studies in Psychology (Phil. I) at University of Zurich (Master of Science UZH)
1988-1992 Body Psychotherapist training (Biodynamic psychology, Gerda Boyesen Institute, London)
1999-2000 Institute for transpersonal Psychology and Psychotherapy in Freiburg i. Br. (2 years of further training with Stanislav Grof and Ingo Jahrsetz)
2001-2005 Hypnosis Therapist training, at ghyps (Swiss Hypnosis Therapy Society)

Work experience

1972-1988 Teaching at primary, special education and secondary schools
1985-2001 Language teaching at the Regensdorf prison (ZH)
1985-1990 Weekly course and workshops for Expression dance and movement, further teachers training in Switzerland and in Portugal
1989-1992 Collaboration in projects of 'POP Schwyz' in schools as educator for music and dance and as member of the jury.

Therapeutic activities

Since 1985 Body work, education in movement and dance therapy: group or individual lessons for adults and children in Baden and Bellikon
1992 Clinical practice:
Berlin: FU, Department for Psychosomatics and Psychotherapy, Prof. Dr. med. B.F. Klapp
1994 Munich: Max-Planck-Institute for Psychiatry, Therapy Centre for Eating Disorders, Dr. M. Gerlinghoff
Since 1999 Interdisciplinary collaboration project: Psychotherapy in medical practice at Dr. med. Andreas Dolder, Internal Medicine FMH, specialised in Gastroenterology
Since 1996 Practice for Body Psychotherapy in Brugg and Zurich
Individual therapy, therapy for couples; coaching; workshops on stress management / self-discovery / work-life-balance / power dance / body consciousness /
Field of expertise: psychosomatics
Additional specialised subject: Hypnosis therapy / Biodynamic body Psychotherapy