

Maria Zemp

Trauma expert, Body Psychotherapy (HP/ECP), MHPSS Consultant, Coach (ISP), Nurse

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About me

- The focal point of my training is active participation. I take great emphasis on identifying and understanding the specific needs of all participants in order to be able to support them in implementing the contents acquired during the training and to adapt such contents into their respective working realities. Reflection of own practices and continuous shaping of one's own attitude are key issues in this regard.
- Through my extensive and diverse professional and private experience I am able to create a secure, inspirational, and vital learning atmosphere. I value the use of methods based on the context that may be adapted to the need of the participants in a flexible manner depending on setting and group dynamics.
- Thanks to my activities in Germany and abroad, I have gained insight into many institutions of various health care systems, psychosocial counselling agencies, various projects and activist contexts deriving from civil society.
- With my feminist view of the world, I encourage participants to question existing power and gender relations critically.
- As an Educational Consultant in Germany and Switzerland, I am very interested to refer to local knowledge from international contexts to extend approaches with regard to diversity aspects.
- Publications of specialist articles with regard to topics like trauma work, getaway and migration, stress- and trauma-sensitive approach for midwives/health care staff and Mindful Organizational Culture© can be looked at my homepage www.mariazemp.de.

Current Professional Life: Freelancer, private practice: Therapy, Counselling, and Supervision; Senior advisor in Trauma and MHPSS Consultant.

Expertise in the Context of Trauma Work

- Trauma-therapeutic practice in private practice.
- Further education with regard to body related and systemic approaches as well as the basic principles of trauma pedagogy.
- Crisis intervention, debriefing and coaching for individuals and teams.
- Supervision with focus on dealing with trauma dynamics in organizations, women* support systems, in youth care and civil society groups.

Special Focus of my Work as Senior Advisor and MHPSS Consultant: Forms of violence as sociopolitical causes of trauma, gender-based violence and its consequences. Psychosocial consequences of war, refuge and displacement, effects of trauma: on a psychological as well as neurobiological level, on the level of relationship and bonding, in systems such as family, teams, organisations, and the respective societal and transgenerational effects;

Practical approaches to dealing with stress and trauma in counselling and support of affected in multi-disciplinary and transcultural contexts; trauma-sensitive approach for health care staff and in youth care work; staff care as part of organisational development, promotion of resilience and self-care; implementation of Mindful Organisational Culture© for management, teams, NGOs, and social institutions.

I hereby refer to the following approaches: “medica mondiale Stress- and Trauma-Sensitive Approach STA®”, the “Power Threat Meaning” (British Psychological Society 2018), “Trauma-Informed Care” (Buffalo Center for Social Research), Approaches of Trauma-Pedagogy (Fachverband Traumapädagogik Deutschland).

Expertise in the Context of Qualification Training in Germany and Abroad

- Development of concepts and implementation of multi-part qualification measures with the focus on dealing with the consequences of violence and trauma, amongst others for *medica mondiale* and the German Midwifery Association (DHV).
- Specialist consultancy for the implementation of symposiums with the topics of gender based violence, trauma, refuge and migration.
- Extensive lecturing activities at symposiums and conferences
- Development of manuals for the qualification of health care staff for *medica mondiale*.

Expertise in the Context of Staff Care (as a component of Organisational Development)

- Implementation of a contextualized system of staff care in cooperation with a women’s organisation in Iraq/Kurdistan (Three-year project implemented by *medica mondiale*, funded by GIZ)
- Training in Iraq/Kurdistan on stress- and trauma-sensitive management skills
- Development and implementation of the concept of Mindful Organisational Culture© for the head office of *medica mondiale* in Cologne, Germany
- Training and Coaching of the concept of Mindful Organisational Culture© in various organisations and social institutions in Germany, Switzerland, and abroad.
- Training to encourage self-care, staff care and resilience
- Moderation of team meetings and retreats as well as planning and strategy workshops.

Expertise in the Context of International Development Cooperation, Migration and Refugees

- Longstanding project work and consultancy activities in Afghanistan, Liberia, and Iraq/Southern Kurdistan and for *medica mondiale* in Cologne, Germany.
- Experience in international women’s movement activities.
- Experience with and about the life realities of LGBTI* and their specific reasons for seeking asylum.
- Development of a concept and implementation of qualification measures for health care staff with regard to dealing with refugees.
- Lectures and participation in conferences.

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