Maria Zemp

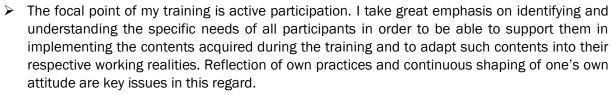
Trauma expert, Body Psychotherapy (HP/ECP), MHPSS Consultant, Coach (ISP), Nurse

E-Mail: info@mariazemp.de
Homepage: www.mariazemp.de
Phone: +49-2251-866 274

Office: 53879 Euskirchen - Germany

Languages: German (nat.), English, French (basic)

About me



- > 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 Organsiational 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 Organsational 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.

Euskirchen February 2021