

EDUCATION

Masters Degree in Clinical Psychology
Universiteit van Amsterdam (2005-2010)

Degree in Cognitive Behavioral Therapy
CIP München (Approbation 2010-2014)

Degree in specialized Traumatherapy
CIP München (DeGPT certified - 2014-2015)

Degree in Supervising cognitive Behavioral Therapy
CIP München (2017-2018)

SKILLS

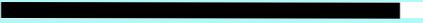
Climbing



Making music



Therapy/Coaching



Being contempt



Self love



TO DO LIST

- Learn to play the guitar properly
- Climb a 6c
- Found a retreat and self development center in Southern Germany
- Live a self-sustained, rural life and grow my own food
- Climb the Aconcagua
- Write a book about overcoming trauma
- Learn Embodiment and Body Psychotherapie
- Cross the Rocky Mountains on a horseback
- Learn Spanish
- Travel, travel, travel

ANNA JELINEK

PSYCHOLOGIST/ THERAPIST/ LIFE
COACH/SUPERVISOR

ABOUT ME

I was born 1982. I am a Psychologist and Life Coach currently based in Munich. I am passionate about climbing, mountain sports, my guitar and personal development. Throughout the week I work as a Therapist and Supervisor in a Psychology Center in downtown Munich. Whenever I can I am out to explore life, nature, and alternative ways of living. My goal is to find solutions to the big question: how can we preserve the contempt, self-awareness and passion we experience while traveling, exploring or following our passion, into our everyday professional city life.

WORK EXPERIENCE

Exchange student

Manitoba, Canada

With 17 I decided to leave the tight boundaries of rural life in Germany behind me and explore the width of Canada for one year. Little did I know about Winnipeg but much did I learn about myself, friendship and family bonds.

Foreign Student

Amsterdam, Netherlands

After a deep crisis of not knowing what I wanted in life I set sail for leaving Germany once more. In Amsterdam I found my passion in the study of Human Psychology and devoted myself to learn as much about the human psyche as I possibly can.

Clinical Psychologist

southern Germany

Since 2010 I have worked in various institutions and clinics in the South of Germany. My focus is on treating trauma-related disorders, anxiety disorders, personality disorders and depression.

Trainer

Munich, Germany

Since 2015 I hold weekend Seminars at the CIP in Munich in the training of young therapists. My focus is fostering the development of self-esteem, and personal growth throughout the therapy process.

ABOUT ME

Favorite book

The Child within you must find a home, Stefanie Stahl
The Power of Now, Eckhart Tolle

Favorite quote

"Holding on to anger is like drinking poison and expecting the other person to die" - Buddha
"In the core of every beginning lives magic. Magic that protects us and helps us live." – Hermann Hesse