

# Julies Additional Training Detail

## LICHTENBERG® METHOD:

Febr.& Sept. 2014 Echo Seminare Lichtenberger® Methode, Lichtenberg

April & Oktober 2013 Echo Seminare Lichtenberger® Methode, Lichtenberg

Nov.2010- May 2012 Lichtenberg® Course of Studies (Lichtenberger Studiengang),  
Lichtenberg-Institut, Lichtenberg, Germany

June 2008- Nov. 2010 Voice coaching, Lichtenberg® Method with Justine Schuchardt,  
Stuttgart, Germany

Feb.-May 2008 Regular vocal training, Lichtenberg® Method with Sybille Knappe  
(Lichtenberg® Method vocal coach and speech therapist), Stuttgart, Germany

May 2007-Nov.2008 Additional Training #10 (Fortbildung 10) “Applied Vocal  
Physiology”, Lichtenberg® Institut

March 2007 Theme seminar “4 Plus 1” (certified), Theme seminar series  
synopsis, Lichtenberg® Institut

Jan. 2007 Theme seminar series VI “Physiology” - physiological awareness through  
body awareness, applied vocal physiology, body awareness apart from action, the  
relationship between body tissue and the vibration of sound, Lichtenberg® Institut

Sept. 2006 Theme seminar series IV “Body” – from bodily motionlessness to sensory  
alertness, e.g the nervous system and its potential in awareness, the body in  
relationship to vibration and pulsation of the singing voice etc., Lichtenberg® Institut

July 2006 “Lichtenberg Summer” - phenomena of feedback with body, movement,  
etc., Lichtenberg® Institut

May 2006 Themed seminar series III “Sound” – from tone information to sound  
experience, physical sound parameters of the singing voice and its meaning for auditory  
perception, the nervous system and its relationship to vibration, sonic feedback and its  
role during musical practice, Lichtenberg® Institut

March 2006 Themed seminar series II „Larynx“ – the voice box in its function as the  
protection valve, breathing valve, phonation organ, sensory organ; in its bodily  
networking; as a seismograph of sensomotrics, Lichtenberg® Institut

Jan. 2006 Themed seminar series I „Singing and speaking“ - sensors as mutual origin  
e.g. feedbacking sound phenomena and their meaning for vocal efficiency

etc., Lichtenberg® Institut

Aug. 2005-Dec.2007 Regular vocal training Lichtenberg® Method with Renate Lakämper, PhD, Düsseldorf, Germany

June 2005 Seminar „State vs. action“ – nervous system from a musical-physiological perspective, e.g. defined frequency sectors of the vocal sound as a state triggering stimulation etc., Lichtenberg® Institut

May 2005 Seminar „Sensors“ - insights into a new understanding of the nervous system from a musical-physiological perspective, Lichtenberg® Institut

March 2005 Introductory seminar „Functional Method“, Lichtenberg® Institut

Nov. 2004 Seminar „Hearing“ - e.g. physiology of the ear, differentiating ways of listening such as vegetative hearing, kinesthetic hearing, gestalt-hearing (form/shape- hearing) etc, Lichtenberg® Institut

Apr. 1998 Introductory seminar „Functional Method“, Lichtenberg® Institut

## OTHER TRAININGS:

Nov. 2015 1x Psychotherapy/Coaching and Counseling with Prpf. Dr. [Michael M. Märrens](#), Stuttgart

May 2015, Body language and human relationships, seminar with Manuel Jendry, actor, director, Salzburg

Apr. 2014 - Feb. 2015 , certified [schholing Kinesiology](#) (Tools of the Trade (basics) to psycho integrative kinesiology), with Dipl. Psych. [Miria Jende](#), [Thalamus Heilpraktiker Schule Stuttgart](#)

Since Oct. 2014, Jazz-,Modern-Ballett,-Tap training on a regular basis at [New York City Dance School](#), Stuttgart

May 2014, Workshop mit TA ([Transactional Therapy](#)) and Scriptdrama-Arbeit by Pessa ([Pessa Psycho Drama](#)) with Dipl. Psych. Anna Knieb and Anne Huschens, Stuttgart

Juliy 2013, one-day-seminar [Rosen Movement®](#) with Karen Zoeppritz-Karle, physio therapist and [Rosen Method®](#) practioniner, Stuttgart

March 2013, Emotional Anatomy II, muscles and goints from pelvis to legs, nervous system, skin and the importance of the feet. Seminar with Eva Rask

(Rosen Method®, Sweden), Seminar house Waldmatt, Buhl, Baden

since Febr. 2013 sessions on a regular basis (ca. 60 +) 'Rosen Method®' bei with [Karen Zoeppritz-Karle](#), physio therapist and praktizierer of the Rosen Method®, Stuttgart

March 2012, „Non-violent Communication“ by Marshal Rosenberg, PhD, Seminar with Gabriela Reinwald & Martin Rausch (certified NVC-Trainers), Forum 3, Stuttgart, Germany

October 2011, Introductory seminar „Somatic Experiencing“® with Elfriede Dinkel-Pfommer, Dipl.-Psychologin/Psychotherapist behavioural therapy, Seminarhaus in der Au, Pfäffingen, Germany

2009-2011 Ten systemic constellations seminars with [Sigrid Borowsky](#), Haigerloch, Germany

July 2010-Apr.2012 approximately 45 sessions „Somatic Experiencing“® (Peter A. Levine PhD) with Bettina Wuttig, MA Education/SE practitioner, Stuttgart, Germany

Jan. 2005 approx. 20 lessons with Holger Bechtel, Dipl. opera singer and voice therapist (Schlafforst-Andersen), Hannover, Germany

June 2004-Dec.2005 „Functional Integration“, Feldenkrais, [Petra Simon](#) Feldsenkrais practitioner, Düsseldorf, Germany

May 2004-Apr.2005 lessons on a regular basis with [Jürgen Ambros](#), voice therapist (Schlafforst-Andersen) and gymnastics teacher (Dore-Jacobs), Düsseldorf, Germany