

CURRICULUM VITAE – ALEXANDRA KINSPERGER, LIC. PHIL.I

EDUCATION, UNIVERSITY & ASSISTANT ACTIVITIES

2014 - 2019	Training as a certified Shiatsu Therapist (EMR) at Ko Schule für Shiatsu, Zurich
2018 – 2019	Training Assistant «Shiatsu Grundlagen» at Ko Schule für Shiatsu, Zurich with Tamara Gigon & Manuela Reimann
2007 - 2016	Further education in Clinical Gestalt Therapy at igw – Institut für integrative Gestalttherapie, Würzburg, Certified Psychologist for Psychotherapy (FSP)
1998 - 2004	Psychology Studies at University of Zurich (minor subjects: Psychopathology, Journalism & Communications)
Certificate	<i>Licentiata Philosophiae (summa cum laude)</i>
«Master Thesis»	"Einfluss eines Stressbewältigungstrainings auf psychologische Stressmediatoren sowie Befindlichkeits- und Gesundheitsparameter – eine randomisiert kontrollierte Studie" "Influence of stress management training on psychological mediators of stress as well as well-being and health parameters - a randomized controlled trial."
Award	1. Posterpreis, Lizentianden-Doktoranden-Kongress (LiKoDo) 2003, Zurich
Publication	Hammerfald K, Eberle C, Grau M, Kinsperger A, Zimmermann A, Ehlert U, Gaab J. Persistent effects of cognitive-behavioral stress management on cortisol responses to acute stress in healthy subjects - a randomized controlled trial. Psychoneuroendocrinology. 2006 Apr;31(3):333-9.
2003	University of Zurich, Department of Clinical Psychology & Psychotherapy Support of the working group "Psychobiology of Stress Protection" (Head: Dr. M. Heinrichs) in the implementation of the studies "Stress-protective effects of partnership interaction in women" and "Mood, partnership quality and attractiveness over the course of the female cycle".
1990 - 1997	Humanistic Grammar School, Nuolen/SZ, Switzerland

WORK EXPERIENCE AS A THERAPIST

2016 – present	Self-employed as Shiatsu & Psychotherapist in own practice
2011– 2016	Psychotherapist, Outpatient Clinic at Klinik Schützen, Aarau Delegated individual as well as group psychotherapy of people with psychological and psychosomatic disorders
2010 – 2011	Psychotherapist, Praxis Dr. med. Schlesinger, Zurich Delegate outpatient psychotherapy
2009 – 2010	Psychotherapist, Klinik Schützen, Rheinfelden Psychotherapist for individual and group psychotherapy in various departments (department for intensive inpatient psychotherapy for patients with eating disorders, post-traumatic stress disorders, personality disorders, anxiety disorders and depression; department for psychosomatics and psychosomatic oncology; department for patients with stress and overload-related psychosomatic illnesses such as burnout, depression, anxiety disorders and body-related symptomatology)
2008 – 2009	Psychotherapist, Forel Klinik, Ellikon

Individual psychotherapy, group psychotherapy sessions, neuropsychological testing assessments, psychodiagnostic interviews, and information-centered group leadership for patients with an alcohol or medication dependence disorder.

- 2003 **Psychiatric University Hospital Zurich, Drop-in I**
Care of substance dependent patients
- 2001 **Cantonal Psychiatric Clinic Rheinau, Closed acute care unit**

OTHER WORK EXPERIENCE

- 2008 **Assistant Manager, Senses Ltd, Geneva**
- 2008 **Assistant Recruiter, Adecco Medical & Science, Zurich**
- 2007 **Advertising Assistant, Migros Fachmärkte, Zurich**
- 2005 - 2007 **PR-, Marketing & Communication Consultant, dd com AG, Zurich**
PR consulting (strategy, concept, text, press receptions), media planning/consulting, production of various advertising materials (advertisements, POS materials, spots, catalogs, posters), event organization (Beldona Fashion Night), photo shoots, administration, employee recruitment, apprentice supervision
- 2005 **PR Assistant, Birchmeier & Partner, Zug**
Project support, event organization, environment & market analysis
- 2004 - 2005 **Assistant CREDIT SUISSE, IT Recruiting, Zurich**
Support of the recruiting team in English and German (reference checks, interviews, administration)
- 2004 **Assistant CSAM, Product Management Anlagestiftung, Zurich**
Administration and correspondence with third-party banks, clients, SIS and custodian bank
- 2002 **Recruiting Interviewer, Tempobrain AG, Zurich**
Recruitment for banks and telecommunication companies
- 2001 **Call-Center Agent, Swisslife – redsafe, Zurich**
Processing of securities and fund orders in German and French
- 1998 - 2001 **Assistant, UBS AG, Zurich-Oerlikon**

OTHER TRAININGS & COURSES

- 2005 - 2006 **Radio editor, toxic.fm training program, St. Gallen**
- 1997 - 1998 **English Studies, Cambridge/GB**
Certificates
Advanced & Proficiency Certificate