

# CURRICULUM VITAE EVELYNE VUILLEUMIER



Profession Lic. phil. Psychologist, fed. rec. Psychotherapist,  
qualified Gestalt Therapist & Sophrologist, Yoga Teacher  
Languages German, English, French, Italian, (some Spanish)

## Professional Education

1999 **Master's Degree in Clinical Psychology**  
University of Zürich  
1993 – 1999 Studied Clinical Psychology at University of Zürich  
Minors: Psychopathology & English Literature

## Psychotherapy Education

From 2023 in NARM Trauma Therapy Education  
2021 IRRT-ERT Emotion Regulation Training  
2021 Ego State Therapy & Body  
2020 Learning Love Skills Training  
2018 Dialectical Behavior Therapy (DBT) Course  
2018 Eye Movement Integration (EMI)  
2014 – 2015 Systemical Trauma Therapy (Gila Ring)  
2011 – 2012 Ego State Therapy Training  
2011 – 2014 Learning Love Training (K. & A. Trobe)  
2000 – 2006 **Psychotherapist in Gestalt Therapy** (Institute for  
Integrative Gestalt Therapy Würzburg, IGW, Zurich)  
1999-2000 Gestalt Therapy education (Gestalt Institute San Francisco)

## Additional Educations

2018 Yin Restorative Yoga Teacher Training (René Hug, 50hrs.)  
2017 Therapeutic Yoga Teacher Training (United, RYS 500)  
2013 Yoga Teacher Training (Neo Yoga, RYS200), Goa, India;  
Regular Yoga practice since 1999

- 1998                    **Master in Sophrology by Caycedo**  
 (Study of Human Consciousness and Existential Values)
- 1996 – 1998           Studied at the International Academy for Sophrology by  
 Caycedo in Andorra
- 1993 – 1996           Studied at the Swiss Academy for Sophrology by Caycedo in  
 La Chaux-de-Fonds

## **Work Experience**

- Since 2021            Head of the **Curriculum Spiritual Psychotherapy**  
 (Continuing Education) in Basel
- Since 2013            Practice for **Spiritual Psychotherapy**, Gestalt Therapy &  
 Sophrology in Zürich and Basel
- Since 2013            Yoga and Meditation Teacher in Basel (BYoga Basel)
- 2007 - 2021           Psychotherapist and Sophrologist at **Sihlmed Center for**  
**Integrative Medicine in Zürich**, Co-founder of the Center
- 2005 – 2006           Psychotherapist at the Psychiatric-Psychological Service  
 of the City of Zürich, Social Psychiatry
- 2004 – 2005           Clinical Psychologist at the Psychological Service of the  
 Psychiatric Clinic Oberwil, Zug
- 2001 - 2021           Self-employed as Sophrologist and Clinical Psychologist in  
 an own practice in Zürich; Founder of the Center of  
 Sophrology Zürich; Mental training of athletes
- 1999 - 2000           Clinical Psychologist at Walden House, San Francisco, a  
 therapeutic community for people with drug and alcohol  
 abuse issues
- 1997 – 2009           Regular Teacher and Presenter of Sophrology courses and  
 presentations at VHS, Migros Klubschule, Stadtärztlicher  
 Dienst Zürich and own courses.

## **Additional Activities**

1988 – 1993	Professional snowboard competitor
<b>1990</b>	<b>ISF World Cup Overall Winner Women's Freestyle Snowboarding</b>
1988 – 1998	Team management, PR, promotion and product development for snowboard companies, 8 years of Iceripper Camp organisation. Board member of the Professional Snowboard Association
1988 – 1989	Co-Editor of the Iceripper Snowboard Magazine
1994	Producer of the first European freestyle snowboard video
1990 – 1993	Wakeboard competitor (Europe Cup)
1997 – 2002	DJ

## **Publications**

### **Books**

*Utterings of Truth, Episodes from the Silent Month*, KDP Self-Publication, 2020.

### **Articles**

*Körperliche Bewusstseinschule. Sophrologie: Gleichgewicht zwischen Körper, Seele und Geist*, Medizin Zeitung, 4, 2003

*Sophrologisches Training mit dem Schweizer Nachwuchs-Snowboard-Team*, Sophrologie, 24, 2003

*Sophrologie in einer therapeutischen Gemeinschaft für Drogen- und Alkoholabhängige in Amerika*, Sophrologie, 13, 2000.

*Hypnotherapy with Psychiatric Patients*, Hypnosebulletin, 1, 1999, (Switzerland, Germany, Austria)