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Information for clients of biography work

What is biography work?

Biography work is an in-depth and structured exploration of one's own life on the basis of anthroposophy. It has a therapeutic character in that it helps to work through difficult situations in life in order to develop resources and healthy coping skills. This can be particularly beneficial in the case of critical life events (crises) triggered, for example, by illness or loss or a crisis of meaning. It is less about the *why* than the *what for* of such a crisis. The time and type of critical events are reflected biographically. Which paths open up through the situation, which resources and new room for manoeuvre become accessible can become clear in the exploration of one's own biography.

I focus my biography work on different aspects, depending on the concerns and questions of the client. These orientations are as follows:

- > **Work between self-actualisation and money job:** objective: Reconceptualising work and finding a satisfying ways of creating new work realities, contents: the three types of work, one's own professional biography, beliefs & attitudes regarding work, ...
- > **The end at the beginning; biography work from midlife onward:** objective: conscious shaping one's life from midlife onwards, contents: aspects of the future in the present, holding on & letting go, the forces of the outer planets, ...
- > **Life as a path of spiritual schooling; on being human today:** objective: getting in touch with the highest level of self; contents: using one gospel to find the Christ impulse in one's own life and learning to integrate it to consciously shape one's destiny, recognize the adversary powers and find a way to deal with them, ...
- > **Biographical work for the development of the higher self:** objective: The development of the higher self, contents: conscious shaping of life, humility & reverence, the different personality aspects, etheric work, ...
- > **Sorting one's life (the classical biography work):** objective: sorting one's own life & making peace, contents: to find and link the 'common threads', to conclude, appreciate & letting go, to find the pearls in ones life, to develop mindfulness & gratitude ...

My biography takes the following forms:

Biographical position-finding: In three to five sessions, the current situation is elaborated, put in perspective and possible paths are pointed out.

Biographical coaching: Depending on the topic (concern, questions), one to a few sessions to raise awareness and strengthen healthy ways of dealing with the current situation. Age-specific and biographical aspects help to develop an adequate way of dealing with the situation.

Biographical work processes: Several sessions to work on one's own biography on a chosen question or topic. The scope and duration depend on the requirements and the content.

Aims of biography work

In addition to individual questions and topics of interest, biography work basically pursues the following aims: To be able to better place life events, to understand and shape transitions in life, to recognize, use and expand individual scope for action in life in general and specifically in the current situation, to recognize, relate and reduce resistance and thus to live in a self-determined and time-wise way. In this sense, biography work is understood as help for self-help, for increased individual self-effectiveness.

Ways of working in biography work

Although biography work is not psychotherapy, different conversational and psychotherapeutic methods as well as body- and perception-oriented approaches are used. Biography work emphasizes a deeper understanding of biographical and human development. It therefore also has an educational character.

Self-work and conclusion of biography work

Self-work (research questions) after a session helps to build a bridge to the next session. Insights gained by this home work are reflected on together.

The biography work is terminated when the client and I come to the conclusion that the goals of the joint process have been achieved or that the possibilities of our work together have been exhausted. Accordingly, the biography work can be concluded at any time.

Duty of care and confidentiality

Healing is a process. Healing processes can bring about painful moments. Healing pain, as unavoidable as they can be, are accompanied by me - like the whole biography work process - with the greatest care. However, it is essential that the client too takes responsibility for the healing process; corresponding feedback to me is part of this.

As a biography worker, I am also subject to confidentiality.

Your biography worker

I trained as a hospital chaplain (CPT) at San Francisco General Hospital and in Switzerland in biography work with Judith Brand (curative therapist, painting therapist and biography worker) - based on the principles of Dr Rudolf Steiner. After studying social work in Bern, London and Berlin, I worked as a clinical social worker in psychiatry and health promotion, among other things. I continued my education in externalized emotion work with Dr. Elisabeth Kübler-Ross, in neuro-linguistic programming (NLP) at the Institute for Psychotrauma and in neuro-systemic coaching with Dr. Gunter Schmidt as well as in the Zurich Resource Model with Dr. Maja Storch. (see as well www.derentwickler.ch)

Quality assurance

My biography work is continuously professionally reflected in case-related supervisions.

Type, scope and costs

To serve an interested clientele spread over the globe, my biography work is generally done via conference call (computer call). Meeting in person is possible in Zürich and near Bern in Switzerland.

The client determines the content and form of biography work according to individual needs and possibilities and in consultation with me.

A session usually lasts one and a half hours. A guideline price per hour is Euro 60.--. Higher amounts help to absorb lower ones.

For a biography work process, a subscription for 8 sessions - at the price of 7 sessions - can be arranged. Subscriptions are paid in advance and are valid for 8 months from the date of issue.

Biography work is not covered by health insurance! However, Anthrosana and die Schweizer Gesundheitskasse (EGK) make a contribution to biography work. In Switzerland it is best to ask your supplementary insurance.

Contact, location, registration and cancellation

For enquiries, making an appointment, rescheduling or cancelling appointments: info@derentwickler.ch

Personal physical sessions is possible in Zurich and near Bern.

In case of cancellation within 24 hours before the appointment, the booked time will be charged if no replacement can be found.