
Curriculum Vitae

Name: Mag. Monika Baumann (maiden name: Melzer)
Languages: German, English, Spanish



Education

1991 – 1998 Major in Psychology at the University of Vienna

1999 – 2003 Training to become a Systemic Family Therapist

Particular focus on Trauma Work with all age groups.

Additional Education

Brainspotting, Trauma Psychology after Dorothea Weinberg, Hypnotherapy, Partial performance weakness training after Dr. Sindelar, Neurobiology.

Career

- since 2017 Head of Brainspotting Austria
- since 2014
Brainspotting Senior Trainer & Consultant
- since 2000
self-employed as a child learning psychologist as well as a systemic family therapist for children and adults, since 2011 focusing on Brainspotting and support with trauma
- Brain tumor unit for children at the University Clinic of Vienna
- Scholarship abroad: Children's Hospital (CHOP) in Philadelphia (USA) 2000 and 2006
- Child psychiatry at Rosenhügel (Vienna)

Humanitarian Work

- Humanitarian work in projects in Paraguay (for many years), with “Brainspotting Help” for and in Ukraine, Poland, etc. (since 2022)

Lecturing & Teaching Activities

- Brainspotting Trainings in Austria, Germany, The Netherlands, Paraguay, USA, Brazil, Ukraine, etc.
- Trauma: its origin and healing, and its neurological effects
- Therapeutic Work with Children
- Developmental Psychology, Educational counseling
- Online Treatment (in acute crisis)

Published

- Brainspotting | Belastungen verarbeiten – Selbstheilungskräfte unterstützen mit Kindern, Jugendlichen und jüngeren inneren Anteilen. 2023, Carl Auer Verlag. [Book]
- Brainspotting with Children and Adolescents: An attuned treatment approach for effective brain-body healing. 2020, self published. [Book]
- The Power of Brainspotting, 2019 (Contribution). [Book]
- Emotionsregulation durch Brainspotting, (2021). [Article in *Psychologie in Österreich*]
- 2 Articles about Brainspotting with Children in *Trauma, Zeitschrift für Psychotraumatologie und ihre Anwendungen* (2017).