

English Information

Katrin Kittelberger

Practice for homeopathy & body work,
coaching & alternative healing

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Read more on www.KatrinKittelberger.de

Welcome...

Katrin Kittelberger Heilpraktikerin

I was born in 1979 in the South of Germany.
After my school education I studied media and communications.
Afterwards, from October 2002 I lived and worked and travelled in India for one year.
Then, I lived and worked abroad for 4 years, in London and New York.

In summer 2006 - surrounded by the beautiful mountainside of Vermont - I had an inner call and I decided to go back to Germany and become a healer. (German: Heilpraktikerin)



Healing practitioner

I wish to accompany your process of healing and recovery. Experiences of pain, sorrow, illness and suffering can often function as sign posts to discover a new direction. I want to encourage you to walk the way which is truly yours and that comes from your inner core. My work with you is individual and holistic.

Therapie & Methods

Homeopathy, This is a gentle but efficient way to support your vitality and life-force.

Body Work like intuitive Massage, foot reflexology, "Leibarbeit"

Psychotherapy with elements of "Gestalt-therapy" and Coaching

Systemic Therapy and **Coaching** and family therapy, also in groups

Teaching & Seminars

I teach homeopathy in a weekend and evening course in Berlin, from 2013 also in the South of Germany (Reutlingen). There are also regular seminars in body work, with groups, with women groups and systemic work.

"Healing happens in a space of acceptance and surrender...
and allowing transformation... it is all about love and freedom!"

Homeopathy and the process...

Treating “like with like“

Homeopathy is based on the (“Similar”) principle that 'like cures like' - in other words, a substance taken in small amounts will cure the same symptoms it causes if it was taken in large amounts. In homeopathy the active ingredient is highly diluted. The practitioner searches for a medicine which is holistically most similar to the patient, the patient's situation, the illness, way of being, thinking, and feeling.

Life is process and homeopathy is a vibrant art of healing

My work with homeopathy is process-oriented. This means, I take the momentary issues of your whole self into consideration, as well as your history of symptoms, your visions and dreams. Anamnesis translates to reminding or retrospection. By remembering old patterns, past incidents and finding a new way of looking at it, healing can start. Allowing our inner core to shine through and neither hold back pain or joy. I see myself as much in our process as you and that makes a strong partnership for suffering, transforming and healing together.

Examples of homeopathic indication:

Acute illnesses like...

- inflammation
- cuts and bruises
- coughs and colds
- diarrhea, stomach ache
- post operation

Chronic illness like...

- allergies, asthma
- skin diseases, atopic dermatitis, psoriasis
- problems with menstruation, pregnancy, breast feeding
- infertility (women and men)
- sexual tension / “disfunction”
- headache, migraine
- rheumatism and similar issues in the joints, muscles and bones
- tension and hardening of muscles
- weakness on different levels
- fear, panic, panic-attacks
- insomnia, nightmares, bad sleep
- stress and stress-related illness
- „burn-out“, question of sense in life
- deep sadness and depression
- unbalanced emotions of aggression

"Homeopathy is designed to treat the whole person and can therefore be considered in almost any situation where a person's health is depleted."
(British homeopathic association)

Body Work

Massage



- Therapeutic massage for chronic pain, especially back pain, joints and muscle pains. Deep blocks and limitations can be solved with different techniques and an intuitive approach
- Take a break: For relaxation and rest, gently manipulating the tissue to increase relaxing. Be more awake, clear and grounded.

Foot reflexology

Our feet carry us through our lives.
With deep touch and by stimulating reflex points, the body can find back to balance.

“Leibarbeit”

This is a special kind of holistic body work that includes body, mind and spirit. Listening to our inner voice and expressing this on a body level, following the call of the clients system. This can be with touch or sound or whatever feels appropriate in the moment. It is a dialogue between the therapeutic touch and the patient, wherein without trying, the patient can go through a certain process and be aware of his or her being, existence, entity.

Systemic Therapy and Coaching

“Human systems accomplish what individuals, no matter how motivated or resourceful, cannot accomplish.”

A system can be a group of people, such as a family, a team, an organization or a community. Systemic Therapy or coaching aims at dissolving relationship problems and their consequences (any relation and connection within the system can be looked at).

- Dissolving relationship problems that manifest in physical disease and mental distress
- Explore the possibilities of new ways and clear emotions
- Experience the freedom and love in your healed relationship

Psychotherapy and Counseling

“Express yourself clearly,
stand up for your interest,
take responsibility for yourself”

Psychotherapy and counseling can help if you...

- have emotional problems like grief, anger, guilt
- lack confidence and low self-esteem
- are sad, unhappy or depressed
- are anxious and phobic
- suffer from eating disorders
- feel like you have insufficient self-confidence
- face an identity crisis
- need to make changes related to your family, your partner or your job

I would like to accompany you, in case you

- would like to be encouraged
- feel like you cannot cope on your own
- want to develop strategies to solve problems
- say “yes” to new ways of looking at things
- are ready for the next step “now”

“I do my thing and you do yours.

I am not in this world to live up to your expectations,
and you are not in this world to live up to mine.

You are you and I am I,

and if by chance we find each other,

then it is beautiful. If not, it can't be helped.”

Gestalt-prayer by famous Psychologists Fritz Perls

Directions & Contact...

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Please call for appointments!
We can also have appointments via Skype.
Make an appointment!

Appointments

First Appointment 1,5 hours 100 Euro, with homeopathy 140 Euro
Follow-Up 1 hour 70€.
With homeopathy, we usually have follow-ups after 4-6 weeks.
Couples 90 Minutes 100 Euro

Insurance

For me as "Heilpraktikerin", it is possible for me to invoice private (German) health insurances (GebüH).
Mostly, up to 80% will be reimbursed by the insurances. Please look into the terms & conditions of your insurance and talk to them (and then to me!)

Special Fees

There are situations in life with financial distress.
If this has happened to you, please talk to me so we can find a solution.

Other Information

Please let me know 24 hours in advance in case you cannot come to an appointment.
Otherwise I will invoice this appointment.

It is possible to have a "free talk" so we can get to know each other and see if we fit.
Ask if you would like to do so.