



Susanne Andrés, MPF

**Body oriented psychotherapist, BA in Psychology,
TRE Trainer Level III**

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Susanne Andrés has more than 25 years of clinical experience working in personal development, and is trained as a body-oriented therapist, coach and expert in trauma - and stress management. Other practice areas include couples therapy, leadership training & team building, Holotropic Breathwork, TRE (trauma release education), bioenergetics, transpersonal psychology and psychodrama.

Susanne has served as administrative director, teacher and supervisor at the Psychotherapeutic Center in Denmark since 1996, and leads courses and workshops worldwide – as well as she facilitates humanitarian projects in various countries. Susanne acts as a senior trainer and supervisor at The Gestalt Institute of Scandinavia, and has been a staff member of Grof Transpersonal Training (GTT) participating in training modules and events internationally since 1997. Currently, Susanne is conducting ongoing training in Denmark in trauma and stress management using the TRE method, and is leading training programs in Denmark, Estonia, Mexico and India.

Graduated as a gestalt therapist from the Psychotherapeutic Center in 1994, and from The Gestalt Institute of Scandinavia in 1996, and followed on with an advanced leadership program (PMI: Personal Management Institute, Denmark), She certified as a facilitator in Holotropic Breathwork in 1997, and received a bachelor in Psychology (PD in Psychology) from The Danish University of Education in 2003. Susanne has participated in several ongoing courses with Tony Robbins in coaching strategies since 2004. She has studied at the Oneness University in India and in Fiji, and trained in The Oneness Process Level 1 (2008) & Level 2 (2010) - most recently qualified as a Oneness Trainer. Furthermore Susanne is a Level 3 trainer in TRE (Trauma Release Exercises) in 2008 – a training program for trauma and stress prevention.

Susanne is a member of the Danish Psychotherapy Association, Gestalt Therapy Forum, The Association of Holotropic Breathwork International, and The International Association of Trauma

Prevention Foundation (TRE). She is also a representative and contact person (Resource Person) for the Findhorn Foundation in Scotland.

Susanne was born in 1960, and lives in Denmark together with her husband Ole Ry who also serves as a TRE Level III Trainer, and a leader and teacher in many trainings and courses held at the center and other locations worldwide.

Susanne facilitates TRE humanitarian projects I Mexico.

Speaks English and Spanish.