

# Ulrich Sollmann

Dipl. rer. soc.  
Beratung – Coaching



## Curriculum Vitae

- married, two children
- Studies in law and social science, with focus on sociology, economy, social psychology and psychology
- Certified in social science, state examination in law- and politics
- Guest Professor at Shanghai University of Political Science and Law (SHUPL)

## Further Education

- Full training in Bioenergetic Analysis, (body-) psychotherapy, Gestalt-psychotherapy
- Full training in coaching, supervision and systemic consulting

## Professional Experience

- Since 1978 private practice: body-psychotherapy, supervisor and trainer.
- Publicist in the field of body-psychotherapy, coaching, consulting and transcultural communication ( 9 books and more than 140 articles)
- Since 1978 activities and projects among others in the field of health-management, psychotherapy and psychosomatics
- Since 1978 teaching assignments (Münster University, Witten/Herdecke University, Fudan University, Tongji University, Peking Normal University et al) and lectureship at international congresses



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- Since 1980 executive-coach and consultant in the field of leadership, communication, health management, economy and politics
- Since 1982 occupation as publicist and media-expert
- Member of the editorial board of different scientific journals like:
  - Psychotherapie Forum
  - Psychotherapiewissenschaft
  - Energy and character
  - International Journal of Body, Mind and Culture
  - Creative Arts in Education and Therapy (CAET)
- Since 2012 member of the international advisory board of the International Journal of Psychotherapy
- Since 1991 staff-member at TRIAS International (training for business coaches)
- 2007-2012 CEO of Keese & Sollmann GmbH consulting
- Since 2010 staff-member and colleague of the Sigmund Freud University in Vienna
- Member of the German-Chinese Academy of Psychotherapy
- Since 2012 working in China as psychotherapist, lecturer, coach and consultant
- International blogger and columnist (for example: [www.body-languages.net](http://www.body-languages.net))

### **Membership**

- Since 1988 President of the German Association of Bioenergetic Analysis (DVBA)
- Member of the German-Chinese Academy of Psychotherapy (DCAP)
- Member of the international Institute of Bioenergetic Analysis (IIBA New York)
- Member of the German Association of Gestalt-Therapy (DVG)
- Member of the German Society of Political Consulting (degepol)
- Member of the German Association of Journalists (DJV)

### **Main competences**

- International expert in body language and nonverbal communication

- (transcultural) body diagnostics in psychotherapy
- Development of specific new body-concepts like “slow-motion-movement”, “ego-state-performance” and others
- Working with shame and “being in public”
- Working with sexuality, defense and relationship
- Working with grounding, breathing and (aggression) movement
- Executive Coaching of top-management und key-persons in executive-boards, CEOs, opinion-leaders et al
- Leadership in extraordinary stress-situations (crisis management)
- Integrated Consulting of family-owned enterprises
- Career and / or transitional coaching
- Diversity / Gender Management, Age Management
- Coaching of the interplay of nonverbal appeal, personality and behavior patterns in relationship with specific requirements of the job.
- Health-coaching, stress-management, Burnout

### **Publications**

Some publications are: „Bioenergetik in der Praxis“ (1985), “Visionsmanagement” (1993), “Management by body” (1996), “Schaulauf der Mächtigen” (1999), “Einführung in Körpersprache und nonverbale Kommunikation” (2013), “Achtsam und vital” (2014), “Begegnungen im Reich der Mitte – mit psychologischem Blick unterwegs in China“ (2018), translation of some books into Chinese, Italian and Turkish.

### **Languages**

German, English and Dutch

### **Certified in Coachpools of:**

Deutsche Bank, Commerzbank, PwC, RWE, Lufthansa, Thorborg, ERGO et al

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