

C U R R I C U L U M

Hendrik Weiß * 1967 - certified EFT therapist and candidate supervisor

Like many of us, I have come a long way. In addition to being a great father, my father was also the son of a mother who died prematurely and a refugee from Hungary, 1956. My mother, born in 1941, is still our dear mother, but she is also a war child, whose childhood memories are marked by fear and her parents' emotional overload.

I've always been curious about what makes us happy. My first psychology book "I'm OK - You're OK" I read when I was 14 years old. Because of better career prospects I studied mathematics, computer science and economics from 1986 to 1993. In addition to my studies, I made my first self-experience with co-counseling and also got my Dutch license to teach in upper school. After completing my Master (M.Sc.), I studied social science and its methods as part of a postdoc training at the Dutch Interuniversity Center for Social Science Theory and Methodology (ICS).

My search for life's meaning and what makes us people happy has led me through many touching, refreshing and instructive stops: I joined a free Baptist church for a few years, danced Argentine tango passionately - like Sue Johnson - and immersed myself in the practise and teaching of Zen for several years. All of these experiences have revealed facets of what it means to be human. But it only made click when I found the work of John Bowlby and Sue Johnson and started to see human life through an attachment lens: building and experiencing bonds, and processes that come into effect when something goes wrong with bonding and care-giving. As Prof. Greenman put it in the 2017 EFT-Externship we organized in Hanover:

"It's about bonding, bonding, bonding."

I've been married twice before I found the love of my life, Christine Weiß. I experienced how difficult it is to recognize negative patterns, stop them and turn them into positive ones. I moved from the Netherlands to Germany for Christine in 2011, and we have been married since December 12, 2012. We made self-experience with EFT both through the "Hold Me Tight" couples seminar and EFT couples therapy. I now enjoy a secure bond with Christine every day and experience what Sue Johnson wrote in her book, published in 2019:

"We have to acknowledge that we are more than homo sapien.

We are the HOMO VINCULUM - we bond with others.

And this bond is what saves us.

It was always like that."

Since the EFT-Externship in 2014 in Berlin, I have decided to focus on EFT. A year later, as part of the state examination to work as a psychotherapist, the German "Heilpraktiker für Psychotherapie", I immersed myself in the ICD-10 and the psychotherapeutic world. In the same year Christine and I started working as EFT couple therapists in Hanover, where we jointly run the "Praxis für Emotionsfokussierte Therapie Hannover". I am an ICEEFT certified EFT therapist and supervisor in training. I co-founded the EFT Community Germany e.V. and am a board member. I was trained in EFT by Yolanda von Hockauf, Matthias Angelstorf, Paul Greenman, Gail Palmer, Sue Johnson, Leanne Campbell and Lorrie Brubacher.

For clients who also have to make their journey I am happy to support.

For colleagues who want to learn EFT I am happy to be a supervisor.

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