

Rita Girzone, M.A.



PROFESSIONAL EXPERIENCE

- 06.2021 - today **Counselor (60%)**
Counseling for parents and caregivers in parenting questions, childrearing, parental stress und family crises; organization of courses and lectures for parents and professionals.
Elternnotruf Zurich (Parents Emergency Support)
- 06.2021 - today **Integrative Counselor / Integrative Coach in private practice**
Support of clients in personal development processes and in overcoming life crises;
Mindful Self-Compassion (MSC) courses in small group and semi-private settings.
- 08.2004 - 01.2021 **Teacher of Psychology and Student Counselor (60 - 85%)**
Fachmittelschule Zug (Specialized Upper Secondary School)
- 08.2014 - 07.2015 **Teacher of Psychology/Pedagogy (25%)**
Kantonsschule Ausserschwyz
- 04.2010 - 07.2010 **Teacher of Social Sciences, temporary position (25%)**
Degreed Training Program for Health Care Professionals
Commercial and Industrial Training Center Zug GIBZ
- 10.1998 - 07.2004 **Social Worker / Social Pedagogue and Member of the Management Team (65%)**
Co-leadership of the mother-child support department
Frauenhaus Luzerne (Domestic Violence Shelter)
- 11.2001 - 08.2004 **Support Person and Supervisor of Parent-Child Visits (1 Sunday / month)**
Jugendsekretariat Bezirk Horgen (Child Social Services, Accompanied Visiting Center)
- 02.1999 - today **Freelance course instructor**
Leading courses and lectures for professionals, students and parents, at
Kibesuisse, various daycare centers, the University of Teacher Education Zug, the Lucerne
School of Social Work, and other educational institutions. Topics include Mindfulness and
Self-Compassion, Resilience, Mental Health, Constructive Communication and Problem
Solving with Children, New Authority and Non-Violent Resistance, Domestic Violence.
- 01.1997 - 06.1997 **Social Worker and Member of the Management Team (60%)**
Frauenhaus Zürich (Zurich Women's Shelter)
- 04.1994 - 11.1996 **Social Worker in the Emergency Group for Infants and Toddlers (80%)**
Therapeutic Care of infants and toddlers during emergency stays;
01 - 05.1998 (StV) Support and Counseling of mothers in child rearing and childcare issues
Stiftung Monikaheim: Group Home for Infants and Toddlers, Assisted Living for Mothers
with Children, Zurich
- 08.1992 - 01.1994 **Social Worker in Street-Based Work with Drug Users (70%)**
Low-threshold survival, damage reduction, material assistance and counseling
Letten Contact and Drop-In center for Drug Users, Social Welfare Office, City of Zurich
- 05.1992 - 08.1994 **English Teacher for Adults, beginner to advanced (20 - 70%)**
Berlitz Language School, Zurich

- 10.1990 - 07.1991 **Life Skills and Parenting Educator, Clinical Social Worker in Training (60%)**
Southwest Women Working Together SWWT, Chicago, Illinois, USA
- 09.1989 - 06.1990 **Clinical Social Worker in Training in an Inpatient Psychiatric Clinic (40%)**
Metropolitan State Hospital, Waltham, Massachusetts, USA
- 09.1986 - 06.1990 **Various part-time and internship positions during high school and college**
Troy, New York and Boston, Massachusetts
In the areas of early childhood education, special education, geriatric and nursing care, and in an outreach program in maximum-security prisons

STUDIES

- 1990 - 1991 **M.A., Master of Arts in Clinical Social Work** (Social Work, Psychology and Psychotherapy)
University of Chicago, School of Social Service Administration, Chicago, USA
- 1989 - 1990 **1st year, Master's Program in Clinical Social Work**
Boston College, Graduate School of Social Work, Boston USA
- 1986 - 1990 **B.A., Bachelor of Arts in Human Development** (Educational and Developmental Psychology).
Boston College, School of Education and Human Development, Boston, USA

FURTHER EDUCATION

- 2021 **Mindful Parenting: Mindfulness and Self-Care for Parents (Susan Bögels)**
Advanced Teacher Training, Centrum voor Mindfulness, Amsterdam
- 2021 **Compassion in Therapy Summit** (online training)
Awake Network, Center for Mindful Self-Compassion, Postgraduate Institute for Medicine, USA
- 2017 - 2020 **Integrative Coaching / Integrative Counseling IBP: Integrative Body Psychotherapy**
(SGfB and bso recognized), IBP Institute, Winterthur
- 2016 **Mindful Self-Compassion**
Teacher Training, Centrum voor Mindfulness, Amsterdam; Center for Mindful Self-Compassion
MSC 8-week course: Mindful Self-Compassion, Center for Mindfulness, Basel
- 2016 **8th Trauma Days: "Fear - Between Gift and Threat" and "The Body as Memory of our experiences"** with Bessel van der Kolk and Peter Levine
Center for Internal Ecology, Zurich
- 2013 **Mindfulness Based Stress Reduction (MBSR)** according to Jon Kabat Zinn
MBSR 8-week course, CFM, Center for Mindfulness, Zurich
- 2007 - 2008 **Focusing Foundations**
Training in person-centered communication according to Carl Rogers and body-oriented awareness and counseling according to Gene Gendlin, Bewegen Institut, Zürich
- 2003 - 2006 **Postgraduate Training in Systemic Therapy and Counseling**
Seminars 1 - 5, Postgraduate Education Institute for Phasic Couple and Family Therapy with Carole Gammer, Zurich
- 2001 - 2002 **Swiss Association for Adult Education, SVEB - Certificate 1**
EB Zurich Cantonal Vocational School for Continuing Education, Zurich
- 1996 - 1997 **Systemic Approach in (Partially) Inpatient Institutions for Children and Adolescents**
IEF, Institute for Systemic Development and Training, Zurich