

**Dr. Herbert Groeger**

Systemic Family Therapist (ÖAS), Counselor, Supervisor,  
Trainer for Communication and Social Sciences



Contact:

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Current Professional Positions:

- Private psychotherapy practice at the *Institute for Systemic Therapy (IST)* [www.ist.or.at](http://www.ist.or.at)
- Lecturer in social competence and management at the University of Applied Sciences *Technikum Wien*

To me, psychotherapy is helping people to recognize their potential and to support them in achieving it, to help them make the step to improved social competence, and to help them to live the life they want to live. I feel a deep respect for the efforts that my clients make to find solutions for their psychological and communication problems through psychotherapy. As a psychotherapist, I support my clients in their efforts to discover alternative problem-solving strategies using systemic therapeutic techniques and by developing and testing new courses of action together with them.

I provide therapy in the following areas:

- Relationships, partnerships and families
- Career, school and university issues
- Prevention of stress and burnout
- Intercultural problems
  
- Counseling and supervision
- Moderation and facilitation of communication processes

I work with:

- Individuals (both children and adults)
- Couples and families
- Groups and organizations

Work Experience:

- Private psychotherapy practice for individuals, partners and families, *Institute for Systemic Therapy (IST) Vienna* and *Safe Place Vienna*
- Co-leader of a children's psychotherapy group, *Safe Place*
- Psychotherapy with patients of a mental institution, *Kaiser Franz Josef-Hospital*
- Conducted team and individual supervision for non-profit organizations
- Coached for career goals
- Provided help with moderation and conflict management
- Lecturer for personality training, social skills, organizational development, psychology and social sciences. (University of Applied Sciences *Technikum Wien*, University of Applied Sciences *FHW Wien*; *Wilhelminenspital Hospital Nursing School*)
- Coordinator of the Faculty of Social Competence and Management Methods at the University of Applied Sciences *Technikum Wien*
- Conducted communication training for business and non-profit-organizations
- Conducted research and worked in social sciences projects
- Wrote doctoral thesis in political science and sociology on individual and collective political identity (university studies in Vienna, Granada, and Bogotá)

Further Studies and Interests:

- Group Dynamics (*ÖGGO*) and Neurolinguistic Programming (*Team Winter* and *Dr. Gundl Kutschera*)
- Zen-Meditation, Shamanism and traditional healing methods

Linguistic Competencies:

- I conduct psychotherapy and trainings in German and English.
- Working knowledge of Spanish, French and Italian