

## Curriculum Vitae

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### Sarah Isabel Beckmann

Born 10.12.1985  
in Viernheim, Germany

german

adress Handelskai 454  
1020 Wien

Mother Linda Beckmann, Soziologist,  
Psychotherapist

Father Juan Egmont Ohrt, Dipl.-Biologist,  
Psychotherapist

### Education – Primary School – High School – International Exchanges

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1992 – 1993	Bessunger Schule in Darmstadt - Staatliche Grundschule
1993 – 1997	Freie Comeniussschule in Darmstadt – Grund- und Realschule
1997 – 2002	Viktoriaschule in Darmstadt – Gymnasium
2002 – 2003	International exchange program for one year in Venezuela und Guatemala with the „American Field Service“ (AFS)
2003 – 2005	Bertold-Brecht-Schule in Darmstadt – Oberstufengymnasium
June 2005	<b>Abitur</b>

### University

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Oct. 2005 –  
March 2012

#### **Psychology at „Albert-Ludwigs-University“ Freiburg, Germany**

*main approaches and fields of interest: system theory, systemic therapy; client centered therapy (C. Rogers), neuropsychology, neurobiology, embodiment and social cognition, body- mind- spirit medicine, positive psychology, consciousness- and meditation research, psychology of spirituality, cultural psychology, humanistic psychology, etc.*

Since Jan. 2008      Scholarship: Friedrich-Ebert- Foundation

Jun. 07 – Jan. 08      Student Assistant at the Department of Psychology, Intervention and Rehabilitation

Jan.- Jul. 2008	<b>Semester abroad (ERASMUS): “Le Mirail” University in Toulouse France, Department of Psychology</b>
Aug.- Oct. 2008	Internship: Clinic for Psychosomatic medicine and Rehabilitation “Bad Herrenalb”
Oct.-March 2008	Research-internship: Department of Neuropsychology in Freiburg: “The Impact of Meditation on Emotions and Cognition“
March 2009	“Springschool“ FMRT as a research method in Psychology, Bender Institute of Neuroimaging, Gießen, Germany
May 2009-July 2010	Student assistant at the Department of Psychiatry, University Medical Center, Freiburg, Germany
June 2009	Mind & Life Summer Research Institute, Garisson, New York
April 2010	EFPSA (European federation of Psychology Student Associations) -Congress: “Free your Mind“
<b>March 2012</b>	graduated as a <b>Psychologist (Dipl. Psychologist)</b>

### **Therapeutic methods**

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2008 – 2010	Client Centered Therapy by C. Rogers, a basic program at the University of Freiburg
July 2012	Pesso- Boyden- Sensorimotor-Psychotherapy (PBSP), 3 Weeks intensive Training with Albert Pesso, Boston

### **Dance / Movement**

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#### **4 years to 6 years old Free – expression dance and theatre group for children**

2008 – 2018	Member of the dance group “Mojastre” (Modern, Jazz, Street dance) from the University Darmstadt
Since 2008	Flamenco at La Solea , Freiburg
2010	Flamenco Festival Jerez, several courses with Concha Jareno
July 2012	Pesso- Boyden- Sensorimotor-Psychotherapy (PBSP), 3 Weeks intensive Training

2008-2014	Capoeira, Freiburg
Since 2008	Yoga (Ashtanga, Ayenga, Shadow Yoga in France, Freiburg, Berlin & Vienna)
Since 2010	Contact Improvisation with different teachers including: Joerg Hassman (G), Sharon Fridman (Israel/Spain), Guenter Klingler (G), Nita Little (USA), Matan Lepkovitsch (Israel/Austria), Jules Beckman (USA), Alito Alessi (USA), Adrian Russi (CH), Tom O Donnell (USA)
sept. - dec. 2011	Dance – Improvisation – Performance, Basic-Project at BewegungsArt Freiburg
2012 - 2014	Contemporary Dance education at TIP (school for dance, improvisation and performance), Freiburg, 2 years fulltime programm (Teachers that I worked with: Lilo Stahl, Bernd Ka, Guenter Klingler, Marion Dieterle, Zuna Kozankova, Adrian Russi, Bruno Catalano, Maya M. Carroll)
since 2012	Feldenkrais, regular courses and self practice
2014	Professional Workshops and Training in Berlin with: Rakesh Sukesh, Minako Seki, Frey Faust
since 2014	Professional Training in Tanzquartier Vienna beyond other teachers: Contemporary dance with Martin Sonderkamp, Countertechnique with Jania Kasatkina, Flying Low with Christina Leitao, Contemporary Dance with Eldad Bensusan, GAGA with Noam Eidemann, and more
2014/2015 (Dez-march)	Gaga classes in Suzanne Dellal, Tel Aviv
2015, august	Summerintensiv, Dance – Performance with Minako Seki, Berlin
2015, jan	Working/ Training with Sharon Fridman and the Vertigo Company
Since 2016, Feb	<i>Art comPassion</i> performance LAB: working with a performance group using Nonviolent Communication for dance and performance; Exploration, Creation and Performance work on the performativity of human interaction, communication and inner processes like feelings, needs, judgments, observations etc.
2016, jan-may	Animal Instinct, Into the Arena with Matan Levkovitsch and Bruno Caverna, Vienna

### **Choreography / Performance**

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until 2008                      dance performances and dance competitions with “Mojastre”

2011	final Performance of the Basic Project, BewegungsArt, 3 Pieces
2012- 2014	6 Performances during the education in TIP, Freiburg
2013	“Gottes kleiner Krieger” Dance Theatre - Bollywood production at the theatre of Freiburg in cooperation with the choreographer Akash Odedra
2013	Side specific Performance in Basel, at the Dance Festival Basel
2013	“5 aus 58” a Duett inspired by the philosopher Jean Luc Nancy at the symposium m-body “Spuren”, Freiburg
2014	Final Performances TIP at E-Werk, Freiburg including one Dance theatre piece “ Fazoletti” and “ Pop up”
2016	Member of the company “reEnter” by Minako Seki
2016-2017	Tanzprojekt “C6” im Kontext der <i>Werner Kubny Filmproduktion</i> über den Kohleabbau im Ruhrgebiet, Deutschland
June 2016	“Wald als Partitur”, 2 Wochen Residenz für Tanz und Performance mit Minako Seki & Performanceprojekt mit Tanz, Neuer Musik und Text im Wald von Melle <a href="http://willemschulz.de/Projekte/580/Der-Wald-als-Partitur">http://willemschulz.de/Projekte/580/Der-Wald-als-Partitur</a>
Sept.-Nov. 2016 transformation. Hotel Vienna	“Conflict is score” - NVC as performance, dancing through conflict Artist in Resort, a Performance – mentoring Program at Tanz-
future: 2017 Work in progress: “the animal inside” with the Company Head Feed Hands	

## Nonviolent Communication

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2010 – 2011	Nonviolent Communication (NVC) (M. Rosenberg), a one year program with Tatjana Wolf and Teresa Heidegger, Berlin
Since Dec. 2010	Giving NVC - Trainings for students (mainly in the context of the Friedrich- Ebert foundation)
Sept. 2011	“Nonviolent Communication” - International Intensive Training (IIT) with M. Rosenberg (a.o.), Albuquerque, New Mexico
Oct. 2011	Nonviolent Communication Workshop with Miki Kashtan, San Francisco, California
2012-2014	“EURO-LIFE - Living compassion” with Robert Gonzales: 2 years intensive training on Nonviolent Communication & Living Compassion

2011-2012	Involved as a NVC Trainer at the “Experiment-Empathy-Festival”, a Festival based on NVC in Belzig, Germany
Since 2012	certification candidate as a trainer of CNVC
Since 2012	Dance & Nonviolent Communication (NVC), leading workshops in Darmstadt/Germany, Yspertal/Austria, Israel/ Palestine, Vienna
Since 2015	NVC & CI, Contact Improvisation and NVC, co-facilitating 3,5 days retreats in with Robert Krisnik
sept 2016	Preassessment for the Certification in NVC
nov 2016	Certification as a CNVC trainer for Nonviolent Communication

## Languages

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German,  
English,  
Spanish,  
French