



Eberhard Belz

Dr. med.; systemic coach and organizational consultant, supervisor, specialist in psychosomatic medicine, psychiatry and psychotherapy, sports psychiatry and psychotherapy, Diplom in health economics, teacher and trainer of t'ai chi kineo.

My special gift lies in my wide range of skills and experiences, which allow me to perceive and work with situations on many levels, and from very different perspectives. The basis for this is my in-depth training in medicine and counselling, my long and intensive study of bodywork and meditation, and my years of experience abroad.

I am passionate about thinking, developing and creating beyond boundaries. Starting with an interest in the human organism, I have become more and more interested in broader contexts. I am fascinated by large-scale ›organisms‹ or ›systems‹, such as companies or social organizations.

Whether in individual therapy, in the framework of a team or an organization, the main thing is always the people involved, their perceptions and interactions, and their ability to change perspective and to discover their own scope for creativity.

Where does energy flow? Where is success and happiness to be found, and why? These questions have come to epitomize the attitude and approach I have developed.

I draw my strength from daily meditation, regular sport (I love swimming in Lake Constance), partnership and friends. I enjoy cinema, travel, languages, culture, literature, art and food.

Professional development:

Since 2018 consulting activities in Switzerland, Germany, Estonia and Italy

- 2018 Recognition as a certified medical expert SIM (Swiss Insurance Medicine) and starting the activity as a medical expert for medexperts AG, St. Gallen, Switzerland
- 2013: Launch of the Institut am Seerhein as a sole proprietorship and brand, covering Health Development, Organizational Consulting, and the Center for Positive Change.
- 2013: Established practice as specialist in psychosomatic medicine, psychiatry and psychotherapy in Winterthur (CH)
- From 2010, advanced training and qualification in the area of sports psychiatry and sports psychotherapy
- From 2009, development of consultancy work with a focus on positive management
- 2007: founded practice in Konstanz as a specialist in psychosomatic medicine and psychotherapy

- from 2005, worked as coach, supervisor, organizational consultant, trainer and speaker
- 1993–2007: within the framework of my medical role, built up and developed inpatient departments, day clinics and outpatient clinics. Implemented new care models (integrated care). Carried out quality management. Role as cooperation manager in Versorgungsverbund (network of care organizations)
- In parallel to work as doctor, involvement in continuing medical training, and role as teacher and trainer of t'ai chi kineo. 1996–2004: German secretary of the Universal T'ai Chi Kineo Association

Clinical medical work from 1993–2007 (chronological order)

Psychosomatic medicine and psychotherapy:

Brandenburg Klinik, Bernau, Brandenburg

Kantonale Psychiatrische Dienste (Cantonal Psychiatric Services),
Canton of St. Gallen, CH

Zentrum für Psychiatrie Reichenau (Reichenau Psychiatry Centre), Konstanz

Internal medicine:

Eidgenössische Rehabilitationsklinik (Swiss Rehabilitation Clinic)
Novaggio (TI), CH

Neurology:

Kliniken Schmieder, Konstanz

Psychiatry and psychotherapy:

Kantonale Psychiatrische Dienste, Canton of St. Gallen, CH

Zentrum für Psychiatrie Reichenau, Konstanz

Most recent clinical roles:

Deputy head of the department of dependency disorders, Zentrum für
Psychiatrie Reichenau

Cooperation manager in the Suchthilfeverbund des Landkreises Konstanz
(Addiction Care Organization of the District of Konstanz)

Medical director of the Suchtmedizinische Tagesklinik
(Day Clinic for Addiction Medicine), Klinikum Konstanz

Training:

2007–2009: Organizational development, supervision and coaching (ISI Zurich)

2007: Certification as a specialist in psychosomatic medicine and
psychotherapy (Baden-Württemberg Medical Association)

2001: Certification as a specialist in psychiatry and psychotherapy
(Baden-Württemberg Medical Association)

1994: Doctorate in hygiene and environmental medicine (FU Berlin)

1983–1992: Medical studies in Pisa (Italy) and at the Freie Universität Berlin

Additional qualifications:

- Since 2010: qualification and advanced study in the area of sports psychiatry and sports psychotherapy. Active member of the working group on sports psychiatry and sports psychotherapy in the DGPPN (German Association for Psychiatry, Psychotherapy and Psychosomatics)
- Since 2009: Advanced study of 'Appreciative Inquiry', an approach to management and consulting, and in the area of positive psychology. Member of the board of the European AI Network.
- 2002–2004: Diplom in health economics (Betriebswirtschaftliches Institut Prof. Braunschweig, Chur)
- 2003: Specialist qualification in addiction medicine
- 1998–2001: Behavioural therapy, couples and family therapy, TAVT (Tübinger Akademie für Verhaltenstherapie)

Medical work overseas

Haight Ashbury Free Medical Clinic, San Francisco, California, USA.
State Hospital El Mahalla, University of Tanta, Egypt
Clinica universitaria, Università di Pisa, Italy

Working languages

German, Italian, English