



Jeltje GORDON-LENNOX

PSYCHOTHERAPIST, INDEPENDENT RESEARCHER, WRITER

CONTACT

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Nationality: Swiss (GE/ZH)

EDUCATION

MASTER OF DIVINITY (1983)
McCormick Theological Seminary
Chicago, IL, USA

BACHELOR OF ARTS (1978)
Calvin University
Grand Rapids, MI, USA

- * **Somatic Experiencing (SEP)** 2018
- * **TRE** (2017)
- * **Systems Approach in Psychotherapy**
Dr Mony Elkaim 1995-1999

PUBLICATIONS

Coping Rituals in Fearful Times: An Unexplored Resource for Healing Trauma (2022) Springer.

Crafting Meaningful Wedding Rituals. A Practical Guide (2019) JKP, London, UK.

Crafting Meaningful Funeral Rituals. A Practical Guide (2019) JKP, London, UK

Crafting Secular Ritual: A Practical Guide (2017) JKP, London, UK.

Emerging Ritual in Secular Societies : A Transdisciplinary Conversation (2017) JKP, London, UK

Funérailles. Cérémonies sur mesure (2011) Labor et Fides, Geneva, CH

Mariages. Cérémonies sur mesure (2008) Labor et Fides, Geneva, CH

PROFILE

I am a certified Swiss psychotherapist with expertise in the fields of psychotraumatology and contemporary spirituality. I write about current secular ritual practices and the role of ritual as a resource for healing trauma and restoring broken connections. My jazz musician husband, our two children and I live in Switzerland. I enjoy music, theatre, modern art, reading fiction, hiking and k-dramas.

EXPERIENCE

Certified Swiss Psychotherapist (RegPsy)
2000 –

I offer personalised psychotherapy and support for individuals (children, youth, adults of all ages), couples and families that respects each one's culture, values and pace. Private practice.

Director / Founder, Association Ashoka
2002 – 2020

Accompaniment spirituel. Focus on the critical moments in life, facing illness, loss, separation or death, stress management and body-based trauma treatments. Geneva, CH

Psychotraumatologist, SomaPsy
2019

As a psychotherapist at this Centre for corporal and integrative psychiatry and psychotherapy with patients with severe trauma. (Replacement for colleague on maternity leave.) Jouxten-Mézery, CH

Pastor & Trainer, Église Protestante de Genève
1997 – 2001

Head of Training for Volunteer Accompaniment and Visit. Geneva, CH

Editor & Communication, International Committee of the Red Cross
1990 – 1995

Field work. Writing about the ICRC for the general public and situation reports for major donors. Geneva, CH

These different posts and roles have taught me the value of body-based systemic approaches, particularly when dealing with complex situations. Above all, my journey has taught me how to face life and death more serenely.

