

Katharina Maria Hren

Education/Training:

University of Wisconsin-Milwaukee (1986-1996)

Bachelor's Degree (Magna Cum Laude): Double Major in Comparative Literature and German with Scandinavian Studies certificate

Master of Arts Degree in Foreign Language and Literature (French, Spanish, German, Norwegian – emphasis on Modern Critical Theory and Philosophy)

Awarded one year of graduate study (all expenses paid) - Freie Universitaet Berlin (1992-93)

Alverno College (8/2013 to 5/2016)

Master of Science Degree in Community Psychology

Yoga Teacher Training (2010 to 2014)

Yoga Teacher Training (200 hours) – Registered Yoga Teacher with Yoga Alliance
Kanyakumari Ayurveda & Yoga Wellness Center with Sarah Filzen
September 2010 - June 2011

K-8 Yoga Accredited (Nationally Recognized) Physical Education Curriculum
(earned 32 CEU credits)

Custom K-12 Teacher Training with Mira Binzen
Global Family Yoga Certificate of Training (April 2012)

Trauma Sensitivity Yoga Teacher Training with Bessel van der Kolk and David Emerson
Kripalu Center for Yoga and Health in Massachusetts
40 hour training – 30.5 CEU credits (April 2012)

Street Yoga Teacher Training (for homeless and at risk youth)
14 hour training (June 2012)

Yoga Therapy Module at Kanyakumari Ayurveda & Yoga Wellness Center
30 hour training (February/March 2014)

Additional Training

University of Wisconsin-Milwaukee/Helen Bader School of Social Welfare
Trauma-Informed Care Workshop 7 hour training (February 2012)

Comprehensive Resource Model Training (October 2015)
Instructor: Heather Hart Kennedy, MSW, LCSW

Counseling Internship with Trauma Focus (May to December 2015)
The Healing Center
130 W. Bruce St. Suite 400
Milwaukee, WI 53204
Program Director Tricia Damm, MS, LPC

Sensorimotor Psychotherapy Level One Training (completed May 2019)

Work Experience:

Outpatient Psychotherapist (August 2016 to present)
Alternatives in Psychological Consultation
10045 W. Lisbon Ave
Milwaukee, WI 53226
Supervisor: Karen Drexler

Trauma Informed Yoga & Mindfulness Provider/Float Provider/Team Lead/Internal Consultant
(December 2015 to present)
Summit Wellness, Inc.
Milwaukee County Comprehensive Community Services Program
301 E. Reservoir Ave
Milwaukee, WI 53212
414.350.6064
Owners: Tony Langtimm & Catia Figueiredo

Milwaukee Turners/Turner Hall
Executive Director (December 2007 to November 2018)
1034 N. Vel Phillips Ave
Milwaukee, WI 53203
414.272.1733
Board President: Attorney Arthur Heitzer

Milwaukee Public Theatre
Financial Administrator (January 2001 to May 2015)
Curriculum Development and Yoga Instruction (2013 to 2015)
626 E. Kilbourn Ave, #802
Milwaukee, WI 53202
414.347.1685
Artistic/Producing Director: Barbara Leigh

Gerald L. Ignace Indian Health Center
Yoga Instructor (August 2014 to 2016)
1711 S. 11th St.
Milwaukee, WI 53204
414.383.9526, x157
Contact: Sarah Goerke, Registered Dietitian

Yama Yoga
Yoga Instructor/Sub (August 2011 to 2016)
231 E. Buffalo, #201
Milwaukee, WI 53202

414.224.1519

Studio Owner: Marietta Pucillo

Invivo Wellness

Yoga Sub (Summer 2013 to 2016)

Tamarack Waldorf School

German Teacher for grades 1 through 8 (2002 to 2008 - 6 years)

Waldorf School of Milwaukee

German Teacher for grades 1 through 5/6 combined (2 years)

Carroll University

German Lecturer (1996 to 2001 - 5 years)

I was responsible for teaching all German classes that pertained to the German minor program.

Goethe House WI

Executive Director (1996 to 2008 - 12 years)

Also ran German language summer camps for 11 years.

Volunteering Experience:

Victory Garden Initiative (2013), Running Rebels (2013, 2014, 2015), St. Catherine Residence for Women (2012), Meta House (2011), Milwaukee Secure Detention Facility (2012 to 2015), Urban Ecology Center – Washington Park (2012 to 2014), COA Goldin Center (2013), Holton Youth and Family Center (2013, 2014, 2015), Neighborhood House (2014), SaintA's (2015), Urban Ecology Center – Menomonee Valley (2014), Marshall Sherrer Correctional Center (2016), Felmers Chaney Correctional Center (2016).

References:

Cátia Morna Figueiredo,

Ascent Mental Wellness Program Director

Counseling and Development Psychology M.S., 200RYT Yoga Teacher

Karen Drexler

Therapist/Compliance Officer

Alternatives in Psychological Consultation

FAX: 414-358-7158

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