



CURRICULUM VITAE CLAUDIA M. ELSIG MD

Medical Specialist for Psychiatry and Psychotherapy
Founder and Medical Overall Management

Dr. Claudia M. Elsig has over more than 20 years experience in the area of psychiatric and psychotherapeutic medicine. She studied at the medical faculty of the Zurich University and after this completed an extensive and deepened training in various evidence-based psychotherapeutic methods. She specialised on psycho-traumatology. Out of a deep interest for the effects of psychological and physical traumas like post-traumatic stress disorder, depression, eating disorders, the wish in her grew to help those people individually, holistic and sustaining.

On the way to a multi-specialist she looked for the best mentors in Europe for behavioural therapy, hypnosis, EMDR and enactive trauma therapy, amongst others Prof. Walter Bongartz, Prof. Klaus Grawe, Prof. Waldemar Greil, Dr. Ellert R.S. Nijenhuis. With Dr. Kira Kubenz she passed through training in genetics and genetic consultation with the focus on addiction, depression and anxiety disorders and discovered the fascination of epigenetics. For years she managed the special consultation for clinical hypnosis at a private clinic in Zurich. During the past years as a medical director and manager of the psychiatry department in an international practice she deepened her knowledge on multiple types of addiction and their effects.

In 2004 she founded the Calda AG and developed an individual integrative treatment concept for psychological diseases. Today, she is the manager of the Calda clinic for in-patient clients at Lake Zurich and an outpatient, psychiatric-psychotherapeutic practice in Zollikon. Furthermore, she is a demanded referee and trainer. She is entitled to utmost professionalism paired with authenticity and efficiency is part of all her activities.



Education, training

- 1987–1994 Studies Medical Faculty University Zurich/CH
- 1994–1995 Psychiatric private clinic Sanatorium Kilchberg, Kilchberg/CH (Prof. Dr. med. W. Greil)
- 1994–1995 Tübingen Academy for Behavioural Therapy TAVT, Kilchberg/CH (Frau Dipl.-Psych. F. T. Zimmer)
- 1999–2000 European School of Hypnotherapy ESH, Konstanz/D (Prof. Dr. W. Bongartz)
- 1999–2001 Psychiatric University Hospital Zurich/CH (Prof. Dr. med. D. Hell)
- 2000–2002 Institute for Psychologic Therapy, Zurich/CH (Prof. Dr. K. Grawe)
- 2001–2003 Psychiatric Private Clinic Sanatorium Kilchberg, Outpatient Horgen, Horgen/CH (Prof. Dr. med. W. Greil)
- 1996–2007 Practice for Orthopaedic Surgery, Kusnacht/CH (Dr. med. J. P. J. Elsig)
- 2013 Psychotherapeutic Institute im Park, EMDR-Institute Switzerland, Schaffhausen/CH (Raimund Dörr)
- 2010–2014 Head of Special Consultation Hour Clinical Hypnosis, Psychiatric Private Clinic Sanatorium Kilchberg, Kilchberg/CH (Dr. med. R. Bridler)
- 2010–2015 Medical Director and Head of Psychiatry, The Kusnacht Practice AG, Kusnacht/CH
- 2018-2019 Psychotherapeutic Institute im Park, EMDR-Institute Switzerland, Schaffhausen/CH (Dr. Ellert R.S. Nijenhuis)
- Since 2000 Private Medical Psychiatric-Psychotherapeutic Practice, Zollikon/CH

Diplomas and Certificates

- 1994 Doctor's Diploma Swiss Confederation
- 1995 Doctorate in Medicine, Medical Faculty University Zurich
- 2000 Clinical Hypnosis Therapist ESH
- 2001 Certificate of Competence for Medical Hypnosis FMH/ SSMH
- 2004 Supervisor for Medical Hypnosis SSMH
- 2004 Behavioural Therapist SGVT
- 2005 Medical Specialist for Psychiatry and Psychotherapy, Swiss Confederation, FMH
- 2012 Module Genetics and Genetic Consultancy, Dresden International University DIU



2012 Module Depression, Addiction and Anxiety Disorders, Dresden International University DIU

2013 Accredited Practitioner EMDR

2017 Orthomolecular Medicine

Memberships

- Medical Society of Canton Zurich AGZ
- German Society for Hypnosis and Hypnotherapy DGH
- German Society for Art and Psychopathology of Expression DGPA
- EMDR Switzerland
- Union of Swiss Doctors FMH
- Swiss Society for Psychiatry and Psychotherapy SGPP
- Swiss Society for Behavioural and Cognitive Therapy SGVT
- Swiss Medical Society for Hypnosis SMSH
- Swiss Society for Anti Aging Medicine and Prevention SSAAMP

Accreditations

- Clinic Pyramide am See, Zurich
- Private Clinic Bethanien, Zurich