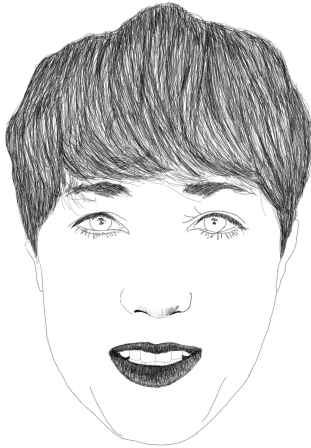




TRILETYBÜRO



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## ABOUT

I live and work as a psychotherapist, illustrator and artist in Vienna. First, I studied philosophy at the University of Vienna before I applied for the graphic and communication design class at the »Higher Graphic Federal Teaching and Research Institute« in Vienna. After six years of studying philosophy and a well-founded 3-year training course in branding, graphic design and art, I decided to specialize in systemic family therapy at the ÖAGG (Austrian working group for group therapy and group dynamics). In many aspects, the training paths mentioned led to a synergy effect, which is reflected in my work as a freelancer.

From 09/17 to 12/19 I worked as a psychotherapist in employment at the social psychiatric department of the Hollabrunn State Hospital in Lower Austria while continuing my work in free practice. Currently I only work in private practice. Once a month I also hold continuous self-awareness seminars for propaedeutics and interested parties on different topics.

**PRAXISBÜRO FÜR PSYCHOTHERAPIE, SUPERVISION & VISUELLE GESTALTUNG**

Mag.\* phil. Miriam K. Trilety / Psychotherapeut\*in Systemische Familientherapie

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Already during the training period, a focus on LGBTQQIA+ realities of life crystallized, especially with a focus on gender incongruence, gender dysphoria and trans identity. From 2020 to 2021 I took part in the further training curriculum Trans\*Identities | Trans\*genders, organized by ÖBVP (Austrian Federal Association for Psychotherapy), ÖGS (Austrian Society for Sexual Sciences) and COURAGE (Partner, family and sex counseling center) in Vienna. This resulted in participation in the expert group for Trans\*Inter\*genders of the ÖBVP and a membership at the "World Association for Transgender Health (WPATH).

The fact that the relevance of the main activity in the context of the lifeworlds of gender - nonconforming people is almost inevitable is not only illustrated by the increasingly close cooperation with MA11 and the increased requests for therapeutic support for queer and transgender children and young people, but also the demand from trans and non-binary people for transition support or statements for gender - affirming medical measures. In addition, the inadequate health care offer for trans people in Austria, which is partly permeated by ignorance or queer and transnegativism, is another factor that increases the demand for a safe and respectful therapy offer for gender - nonconforming people and results in a long waiting list therapy places in my practice.

My artistic background as well as the offer of English - speaking psychotherapy also has the effect that not only queer people, but above all artists and people of different nationalities find their way into my practice. E - health techniques, such as tele/video therapy, are among the range of therapies I like to use, which ensure extended global psychotherapeutic care for my clients.

## **BASIC MOTIVATION AND SYSTEMIC POSITIONING**

The integrative, contextualizing and at the same time transcending basic competence of the systemic attitude has always concerned me. Current socio - political events have again clearly updated the urgency of such a cross - system critical core resource on a multidimensional level of action.

Since the complexity of our life realities reflects interpersonal, intrapsychic and intercultural negotiation spaces, I understand the sensitization of teaching candidates for the fundamental interweaving of meaningful narratives and their structural nature as a central skill in dealing with the diversity of our world. I see such a possible space for sensitization and negotiation of reality in the setting of self - awareness. I believe that being able to develop, test, contextualize and perspective one's own motivations is a basic human need.

Since language is of great importance as a vehicle, parameter, design element and field of experience for a possible encounter in psychotherapy, it is important to check which phenomena of experience can be expressed and made visible at all and which constructs allow flexibility in dealing with oneself and with others adjust the environment. This also includes a well - founded reflection on one's own identity - constituting catalog of values and a profound examination of assumptions about intersectionality, such as ethnicity, sexual orientation, gender identity, age, ability, class and the resulting structural asymmetries of power relations.

In order to be able to carry out such a bio - psycho - social transition process in a healthy and self - effective manner, safe places of experience are of central importance. I hope to be able to offer such a possible safe place for people in training to become systemic family therapists.

## CURRICULUM VITAE | EDUCATION (ENGLISH)

2017, officially registered Systemic Psychotherapist, Federal Ministry of Health and Women, Vienna/Austria  
2014, Systemic Therapist under supervision, Vienna/Austria  
2012-2017, Austrian Working Committee for Group Therapy and Group Dynamics (ÖAGG),  
Systemic Psychotherapy Major, Vienna/Austria  
2012, Conferment of the Academic Degree Mag. phil. (master's degree), University of Vienna, Vienna/Austria  
2008 – 2011, Propedeutic Programme in Psychotherapy, University of Vienna (HOPP), Vienna/Austria  
2005 – 2011, Philosophy Major, Thesis on Ethics in Psychotherapy, University of Vienna, Vienna/Austria  
2004 – 2005, Graphic / Communication Design, Höhere Graphische Bundes-Lehr- und Versuchsanstalt  
(Graphic Design College), Vienna/Austria  
2002 – 2004, Artwork and Communication Design, Höhere Graphische Bundes-Lehr- und Versuchsanstalt  
(Graphic Design College), Vienna/Austria  
1999, High School Diploma, Vienna/Austria

## PSYCHOSOCIAL WORKING AREA

Since 01/2015, working as a psychotherapist, supervisor, illustrator & artist in my private practice & studio.  
Since 2017 my main focus is on LGBTQQIA+ topics, especially on trans\*gender and genderdysphria  
including transition support and creation of psychotherapeutic findings reports for gender affirming medical  
Treatments. I also offer self-experience seminars for students attending the Psychotherapeutic  
Propädeutics

09/2017 – 12/2019, Landeskrankenhaus Hollabrunn, acute psychiatry, psychotherapist, single & grouptherapy  
2015 – 2017, iwik. Ich will, Ich kann. Psychotherapeutic outpatient clinic, psychotherapist under supervision  
2015 - 2017, pta | Psychotherapeutische Ambulanz ÖAGG, work as a psychotherapist under supervision  
2007 – 2012, Österr. Daseinsanalytisches Institut für Psychotherapie, Psychosomatik und Grundlagenforschung  
(ÖDAI), Telephone counselling for patients, First contact and advice to patients and interested parties

## CERTIFICATES

2020-2021, "Trans\*Gender | Trans\*Identitäten" (ÖBVP, ÖGS, COURAGE)  
Since 2022 Ongoing Curricula, "Psychotraumatologie und Traumatherapie" (ZAP)

## MEMBERSHIPS

World Professional Association for Transgender Health (WPATH)

## INTERNSHIPS

2013, Internship at the child and adolescent psychiatry in Hinterbrühl (4 weeks), Internship at team meetings, visits,  
psychotherapy groups. Participation in patient rounds, exploration and anamnesis discussions, childcare  
2012 – 2013, Associate in a general practice Dr. med. univ. Martina Dvorak in Aspang market Relief talks with  
patients, assistance with house visits.  
2012 – 2013, Internship at the acute psychiatry of the state hospital Neunkirchen (6 weeks) Work experience at  
team meetings, visits, ergonomic music, dance and psychotherapy groups. Participation in patient rounds, exploration  
and anamnesis discussions, cultivation of informal contacts with patients,  
2012 – 2013, Internship in the "Grüner Kreis", Association for Rehabilitation and Integration of Addicted People,  
Marienhof Special Hospital, Meierhof Social Welfare Center (10 weeks): Participation in the therapeutic community,  
team meetings, patient rounds, exploration discussions, sports and relaxation groups, psychotherapeutic groups,  
maintaining informal contacts

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2012 – 2013 Internship at the acute psychiatry of the Baden State Hospital (6 weeks), Work experience at team meetings, visits, ergonomic music, dance and psychotherapy groups. Participation in patient rounds, exploration and anamnesis discussions, cultivation of informal contacts with patients

1999 – 2000 HIPPO Therapiezentrum Donaustadt, assistant, Supporting psychologists and therapists in equestrian therapy for people with reduced mobility and neurodiversity

## ARTISTIC EXPERIENCE

2016 – 2019, Lecturer for Illustration, Zeichenfabrik (Training Institute for Visual Arts), Vienna/Austria

Since 2015, Psychotherapist, Praxisbüro für Psychotherapie (practice for psychotherapy), Vienna/Austria

Since 2005, freelanced Illustrator and Graphic Designer, Trilety Design, Vienna/Austria

2004-2005, Graphic Designer, Dunkl Corporate Design, Vienna/Austria

## EVENTS, EXHIBITIONS AND MEDIA PRESENCE

23/07/2023 Der Standard, Interview on the article by Bernadette Redl: "Was schulden wir unseren Eltern?"

16/06/2023 Vienna Pride Conference, Healthcare for LGBTIQ people, panel discussion, Rathaus Wien

13/06/2023 FM4 "Auf Laut", Live broadcast on the topic "Coming Out"

06/2022, The Gap, Issue N°193 – Neo-pronouns & co, doing justice to diversity, Interview: "I just don't want to label myself" Non-binary young people's search for identity

2021, Opening, WIRR IM RAUM Show Room, Gallery, represented by Talita Simek, Burggasse 70, 1070 Wien

2019, MOOD Museum for Design, A Design Award Winners Exhibition, Como/Italy

2019, ".akut conjunctions", presented by Verein .akut, Vernissage, Praxisbüro Trilety, Vienna/Austria

2018, "Fumeux fume par fumée, Furrer, Fenn und Solage - Alte und Neue Vokalmusik in der Otto Wagner-Kirche", Graphic Design, .akut, Verein für Ästhetik und angewandte Kulturtheorie (Association for Aesthetics and Applied Cultural Theory), Vienna/Austria

2016, "Symposion | 29.-30. September 2016 - Kalten Staub aufwirbeln. Winterreisen um 1816", Graphic Design, .akut, Verein für Ästhetik und angewandte Kulturtheorie (Association for Aesthetics and Applied Cultural Theory), Vienna/Austria

2015, "Klavierlieder, Theodor Adorno Wiesengrund. Das kompositorische Werk", Graphic Design, .akut, Verein für Ästhetik und angewandte Kulturtheorie (Association for Aesthetics and Applied Cultural Theory), Vienna/Austria

2015, "Opening", Graphic Design, .akut, Verein für Ästhetik und angewandte Kulturtheorie (Association for Aesthetics and Applied Cultural Theory), Vienna/Austria

## BOOKS

2019, Capsules Book Portfolio Curatorial Volume 1 feature

2013, "Rückblicke. Ein barfüßiger Gelehrter erinnert sich", Seifert Verlag, Wien/Österreich

## ACCOLADES

2019 A Design Award Winner: "Bronce" (Poster: Big Bang), "Iron" (Poster: The Thinker, Flip Flops)

2004, "1st Place, Best final thesis in the category Photography and Graphic Design", Höhere Graphische Bundes-Lehr- und Versuchsanstalt (Graphic Design College), Vienna/Austria

2004/2005 "1st Place, Master Class Competition Municipal Bank - Corporate Design", Höhere Graphische Bundes-Lehr- und Versuchsanstalt (Graphic Design College), Vienna/Austria

2004/2005, "3rd Place, Master Class Competition Tourism in Payerbach - Corporate Design", Höhere Graphische Bundes-Lehr- und Versuchsanstalt (Graphic Design College), Vienna/Austria

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## COURSES, SEMINARS AND WORKSHOPS

2020, Illustration with the iPad, La Cunda del Arte, Rosenheim/Germany

2019, Inking out of the Box, digital drawing, Online class

2018, iDrawing, Illustration with the iPad, Zeichenfabrik, Vienna/Austria

2016, Visual Narrative in everyday life, Zeichenfabrik, Vienna/Austria