

Ida Dery

Therapist

Individual therapy, family, couples, children or adolescent therapy.

Hypnotherapist

Creation of rituals:

Rites of passage , marriage, separation
bereavement

Other.

Accompanying persons in an end-of-life situation

Teaching :

In charge of teaching at the [Haute Ecole de Travail Social, Geneva](#).

Trainer in ericksonian techniques.

Author of several adult and children therapy manuals.

Social assistant.

Head of the [Social Service of the Jewish Community](#), Geneva.

- Member of the [Association Genevoise de Thérapie de Famille \(AGTF\)](#)
- Member of the [Milton H. Erickson Institute](#), Quebec, Canada and the [Milton H. Erickson Institute](#), Fribourg, Switzerland.

**Ida Dery, therapist and trainer
Geneva, Switzerland**

www.IdaDery.net

What is therapy ?

Therapy is an art that appeals to the knowledge of the therapist, to his/her capacity for empathy, his/her intuition and creativity at the service of the patient. In order to be an artist, the therapist him/herself must take part in a process of continuous change.

Personally, I prefer the « how » to the « why » because the « how » places us immediately in the dynamics of change, because it all revolves around changing, not getting cured ; given that feeling ill at ease does not belong in the medical realm. If the body shows manifestations, they are symptoms. During the process of change its causes will have to be delved into.

Therapist and patient walk hand in hand, searching, using hypotheses as starting points, avoiding interpretations. I offer to my patients the assurance that my convictions are not written in stone. Their creativity and imagination lead me in setting the path that leads to change. Their values, beliefs and mental structure are tools to be used to change situations.

A systemic therapist, I work using the relationships the patient has with his environment as the starting point, thus avoiding the risks of interpretation, of getting locked-up in categories to which more or less relevant tags are attached. Therapy should be integrated in the life experience of a person. It should not be a mysterious or exceptional feature; it should be an integral part of a process of change; it is a rite of passage.

Typical situations in a therapy

- Parents confronting educational or care problems with children and adolescents.
- Couples in conflict or in divorce proceedings.
- Persons moving toward the end of their life or families caring for an elderly or sick member of the family.
- Any person who wishes to take an informed step to facilitate a new passage.

Indications for hypnotherapy

- To improve one's confidence.
- Performance improvement, in work, studies, artistic activities or athletic practice.
- Issues with overweight.
- To quit smoking.
- For insomnia.
- In stress reduction.
- Sexuality.
- Adults grappling with difficulties due to child abuse in childhood.
- How to manage phobia, anguish and panic attacks.
- Preparation for natural child-birth.
- Managing pain.
- Preparation for surgical interventions or medical treatment.
- Post-traumatic shock.
- Accompanying an end-of-life situation.
- Bereavement and separation.
- Other.

Publications

(See list on website. NB some of the publications are in English)

All these publications may be ordered via email (see the section « Contact »)

*You can view and save freely any of the PFD files contained in this site for your information and leisure, but it is forbidden to print or copy them.

Contact

Should you wish to make an appointment for a **therapy or training**, be advised that I live in Geneva, Switzerland.

Please note that sessions can be conducted in **French, English, Spanish, Portuguese and Hebrew**.

You may call during office hours as follows :

- Monday to Wednesday to the following telephone number :
 - 0041 78 639 97 78

- Thursday to Friday to the following telephone number :
 - 0041 22 347 83 96

Calls are not taken during the week-end.

To make an appointment or for any other reason, you can also send an email to the following address :

idadery@idadery.net

www.idadery.net

Biography

I was born in Brazil on January 23, 1944, where I did primary and secondary schooling. I attended a teaching institute and obtained a teaching diploma. After that I was granted a scholarship to study Bible and Hebrew in Israel.

I married and had a daughter, born in Jerusalem. In 1969 the whole family moved to Canada where my husband was the head of a government mission. My son was born in Montreal.

We arrived in Geneva in 1974. In 1983 I obtained a **social work degree**. From that year on I have worked with the CIG (Jewish Community in Geneva), whose social service I have been heading for 15 years.

I trained in **family and couple counselling** with Dr. Roberto Butinoff from the Institut SerMaCaValta in Geneva and with Dr. Robert Neuberger from the Institut d'études du couple et de la famille in Geneva.

I also trained in **hypnotherapy** under by Michel Kerouac.

I obtained a **post-graduate degree in ericksonian approaches** from the Milton H. Erickson Institute in Quebec, under the direction of Michel Kerouac.

Furthermore, I have developed my competency thanks to specialised training in :

- **mistreatment and abuse** under the guidance of Dr. Marinella Malacrea in the Institut d'études du couple et de la famille in Geneva,
- **care of post-traumatic shock** under the supervision of Dr. Daniel Smaga and Dr. Robert Neuberger,
- **emotional intelligence**, Heartskills Institute in London,
- **care of children and adolescents** under the direction of Dr. Marc-Antoine Malarewicz in Geneva.

I also hold a **certificate on marketing of social questions** established by the Cefoc (Continuous education and training for social workers) in Geneva.

I am **in charge of teaching at the HETS** (Haute Ecole de travail social) in Geneva where I supervise end of studies essays.

I participate as **trainer and therapist** in different institutions in Geneva, in Switzerland and abroad.

I have also written several **publications**.

Apart from the above mentioned position, I opened a **practice, individual, family and couple therapy** in Geneva.