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Welcome!

I am pleased that you have found your way to my site. Here you can find out more about me and my work. My name is Claudia Höpfner. I am a German graduate psychologist, working as a Consultant and Psychological Author.

I studied psychology in Halle an der Saale and at the Free University of Berlin. At the beginning I was particularly concerned with General Psychology. At that time, I was studying some great research of Cognitive Psychology. It synthesized a theory of memory. It suggested that the body plays a central role in thought and behavior. I went on to discover more groundbreaking work, on the importance of physical stimuli for mental and organic health. The most important human task is reproduction. It comes up that therefore it's also logical that our thinking, behavior and our well-being are primarily designed by the the manner of physical interactions and stimuli.

I see my task in making the knowledge about the advantages of body methods - for therapy, health care, but also employee empowerment - accessible to more. I aim to help enhance the unique processes in these areas.

There are several ways in which body methods bring support i. e. reducing absenteeism, improve communication and generally to bring a situation more into flux. I would be happy to share my knowledge of this for your benefit. You can as well book me as a speaker on the connection between body and thinking, behavior and health. This perspective opens up a complementary space for measures towards organic and psychological well-being.

Do not hesitate to contact me! I'm grateful to hear from you and learn more about your unique endeavour!

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