

CV

Ulrike Viola Henrich

Organic Intelligence® Coach
& CP Certified Enneagram Professional



Background, Lineage & Professional Formation

Ulrike Viola Henrich's work is grounded in a long arc of professional practice, contemplative inquiry, and trauma-informed relational training. Her formation weaves together embodiment, nervous-system awareness, Enneagram wisdom, and long-term spiritual practice—shaping the integrative sensibility she brings to her facilitation.

Core Lineages & Primary Training

Her primary professional formation has taken place within trauma-sensitive, non-directive, and relationally attuned frameworks, with a strong emphasis on post-trauma growth and human resilience.

She is a **Certified Organic Intelligence Coach (since 2022)** and completed the **OI HEART™ Human Empowerment & Resiliency Training**, a 3½-year professional formation in Switzerland (2018–2022).

Her training includes the **OI™ Post-Trauma Growth Method (OICC)**, a rigorous 1-year, 200-hour immersion (2021–2022), as well as service as **Moderator of the End of Trauma™ Course**, a 10-week online program (2020–2021). This lineage emphasizes non-directive facilitation, a gentle positive reinforcement, nervous-system literacy, and the cultivation of post-traumatic capacity and resource orientation. She completed additionally the **OI Biology to Cosmos (B2C)** and **OI Phase 2 Course** in 2023.

Enneagram Studies and other Professional Development

Ulrike Viola Henrich is a **CP Certified Enneagram Professional (since 2022)** through the CP Enneagram Academy, co-founded by Beatrice Chestnut and Uranio Paes. Her Enneagram training includes advanced retreats, professional skills development, and ongoing inner work intensives, including:

- Developing Powerful Enneagram Skills and Providing Effective Enneagram Solutions**
- Inner Work Retreats A (Experiential Retreat), B (Psychological Retreat), and C (Spiritual Retreat)**
- Advanced Retreat: Meet Your Shadow (Iceland)**

Ulrike Viola Henrich completed the **CP Enneagram Personal Mastery Program** (in 2025).

She is an active member of the CP Enneagram Academy community and regularly participates in international Enneagram conferences, including recent gatherings in Cairo and Amsterdam, with continued participation planned.

In addition, Ulrike Viola Henrich completed **Nine Gateways to Presence**, a one-year Enneagram immersion with **Russ Hudson**, and participated in **Contemplative Practices & the Enneagram**, a 12-week program with **Rev. Nhien Vuong** (Evolving Enneagram).

Relational, Somatic & Therapeutic Studies

Ulrike Viola Henrich's formation includes focused training in relational intimacy, sexuality-informed psychotherapy contexts, and integrative medicine.

She completed **Level 1 training in Assessing and Treating Sexual Issues in Psychotherapy with Martha Kauppi** (Institute for Relational Intimacy), as well as **Integral Medicine training with Dr. Rüdiger Dahlke** at TamanGa, Austria, including certification in **Peace Food Theory**.

Her somatic and sensory work is further informed by extensive study and practice in Sound Therapy. Ulrike Viola Henrich offers both group Gong Sound Journeys and one-to-one Gong sessions as part of her broader embodied practice.



Ulrike Viola Henrich

Organic Intelligence® Coach
& CP Certified Enneagram Professional
www.ulrikeviolahenrich.com

Ulrike Viola Henrich participates in ongoing collaborative development of **nonlinear, nervous-system-based group processes**, integrating somatic awareness, relational resonance, and ethical group containment within interdisciplinary professional contexts. Her group work is grounded in clear scope of practice, ethical containment, and ongoing professional supervision with Ruthellen Josselson, a leading figure in group psychotherapy, narrative identity, and qualitative psychology. This supervision deepens her capacity to hold complex group dynamics with ethical clarity, relational sensitivity, and developmental insight—particularly in contexts involving identity, meaning-making, and shared psychological space. Ulrike Viola Henrich is an USABP Member.

Meditation, Movement & Long-Term Practice

Ulrike Viola Henrich has maintained long-term contemplative and embodied practices alongside her professional training.

Her meditation practice is rooted in the Buddhist tradition of **Thich Nhat Hanh (Plum Village)**, beginning in 2004. She has practiced **Gurdjieff Movements** since 2017 and continues to engage in contemplative study through programs such as **The Immortal Diamond with Richard Rohr** (Center for Action and Contemplation).

These sustained practices inform the depth, steadiness, and presence she brings to both design and facilitation.

Professional Origin & Integrative Orientation

Ulrike Viola Henrich's professional life began in graphic design and communication, a field in which she worked for over 25 years. From early on, her interest extended beyond aesthetics into how meaning, perception, and relational dynamics shape human experience.

Over time, her work evolved into a deeply integrative orientation, weaving together communication, therapeutic awareness, neuroscience, and embodied practice. Grounded in a systemic understanding of life as rhythmic and cyclical, her approach attends to the movement between self-regulation and co-regulation as a foundation for resilience.

Training Lineages & Professional Contexts

Organic Intelligence®
CP Enneagram Academy