

## With more composure to better child-raising competence



Simone Kriebs  
**The Calm and Composed Family**

[Die entspannte Familie]  
How to avoid making a mountain out of a molehill

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**Simone Kriebs**, born in 1974, has a degree in education and is an anti-aggression trainer, systemic family therapist (IFS/DGSF), CTW® hypnosis therapist, and naturopathic psychotherapist. She has worked with aggressive, violence-prone youths and adults, and is active as a consultant and trainer of educators and teachers. She is also the director of an institute for continued education, interaction, therapy, and training.

In recent decades there have been many models and views on how child-raising should be done correctly. Such models have always been a reflection of the social structures of the time. Yet in the family it really simply comes down to a matter of authentic encounters and of living together.

The family therapist Simone Kriebs helps stressed parents to find a calm attitude and, through a better understanding of the processes of development, to gain trust in biological abilities and natural maturity processes.

- A plea against social pressure
- Close to life, rich in experience, and authentically written