

## **Teresa von Sommaruga Howard**

Teresa von Sommaruga Howard was born in the UK, the daughter of at least two cultures, during World War Two. At the age of five she immigrated to New Zealand with her family where she grew up and was educated. These multiple backgrounds have given Teresa a unique possibility to see that the world can be viewed in many ways. She is now based in the UK and works in a number of countries throughout the world where she uses her skills as an architect, systemic family therapist and group-analytic psychotherapist, specializing in median and large groups in a variety of settings. She has written and published a number of papers and book chapters and is a member of the board of the International Association for Group Psychotherapy and Group Processes and co-editor of their year book, Forum.