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Birgit Saalfrank

## I, Birgit, Autist and Psychotherapist

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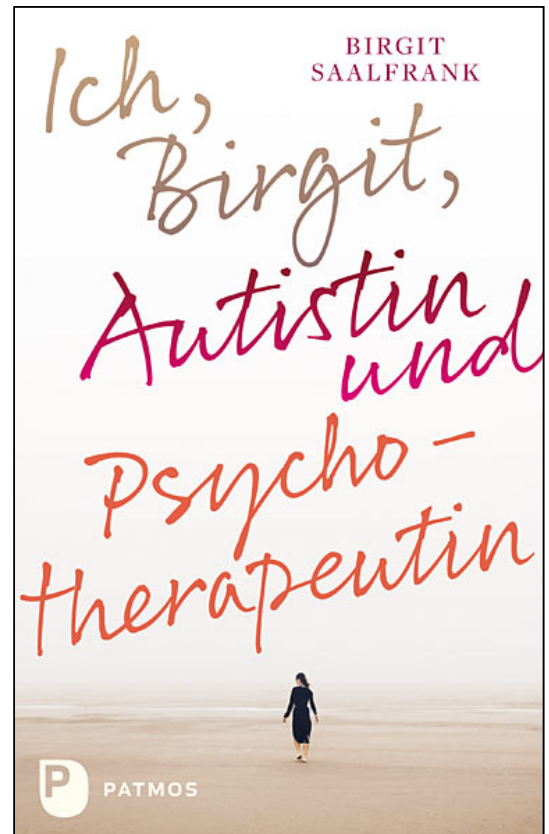
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- An autistic psychotherapist's life path
- Unusual inside views of psychotherapy and psychoanalysis

Birgit Saalfrank is a psychotherapist. For years, she lived in various roles: competitive athlete, loving partner in a relationship, successful director of a psychosocial centre – until everything became too much for her. She became severely depressed.

Then she coincidentally read a book about a woman with Asperger's syndrome and was shocked: »That's me!« But an autistic psychotherapist – that can't be! Birgit's world falls apart. At the same time, she began to understand herself better: her relationship problems, the constant overtaxing at work and her depressions – all of this suddenly made sense.

In her very personal book, Birgit describes how she increasingly finds herself through various psychotherapies and especially psychoanalytic treatment. She learns to accept herself as she is and can ultimately lead a happy life – even if this means giving up her profession as a psychotherapist.



### About the author

Birgit Saalfrank, qualified psychologist and psychological psychotherapist with a focus on behavioural therapy, was diagnosed with Asperger's syndrome at the age of 39. After a number of inpatient stays at psychosomatic and psychiatric clinics, she retired early in 2012. Since 2011, she has been involved in self-help for Asperger's. She has been working in a social project for people with psychological disorders since 2014.

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