

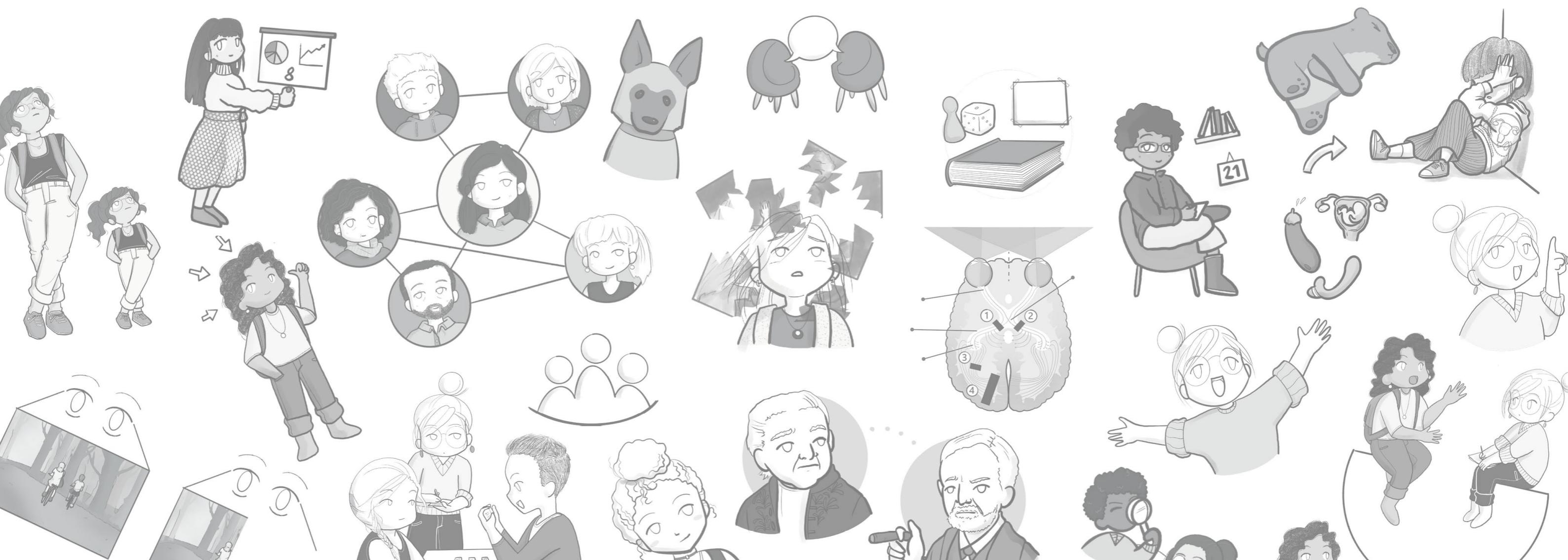
PORTFOLIO



Work samples for practicing psychologists and coaches

LISA KILTZ, PHD

psychologist | illustrator | scientist



ABOUT



LISA KILTZ, PHD

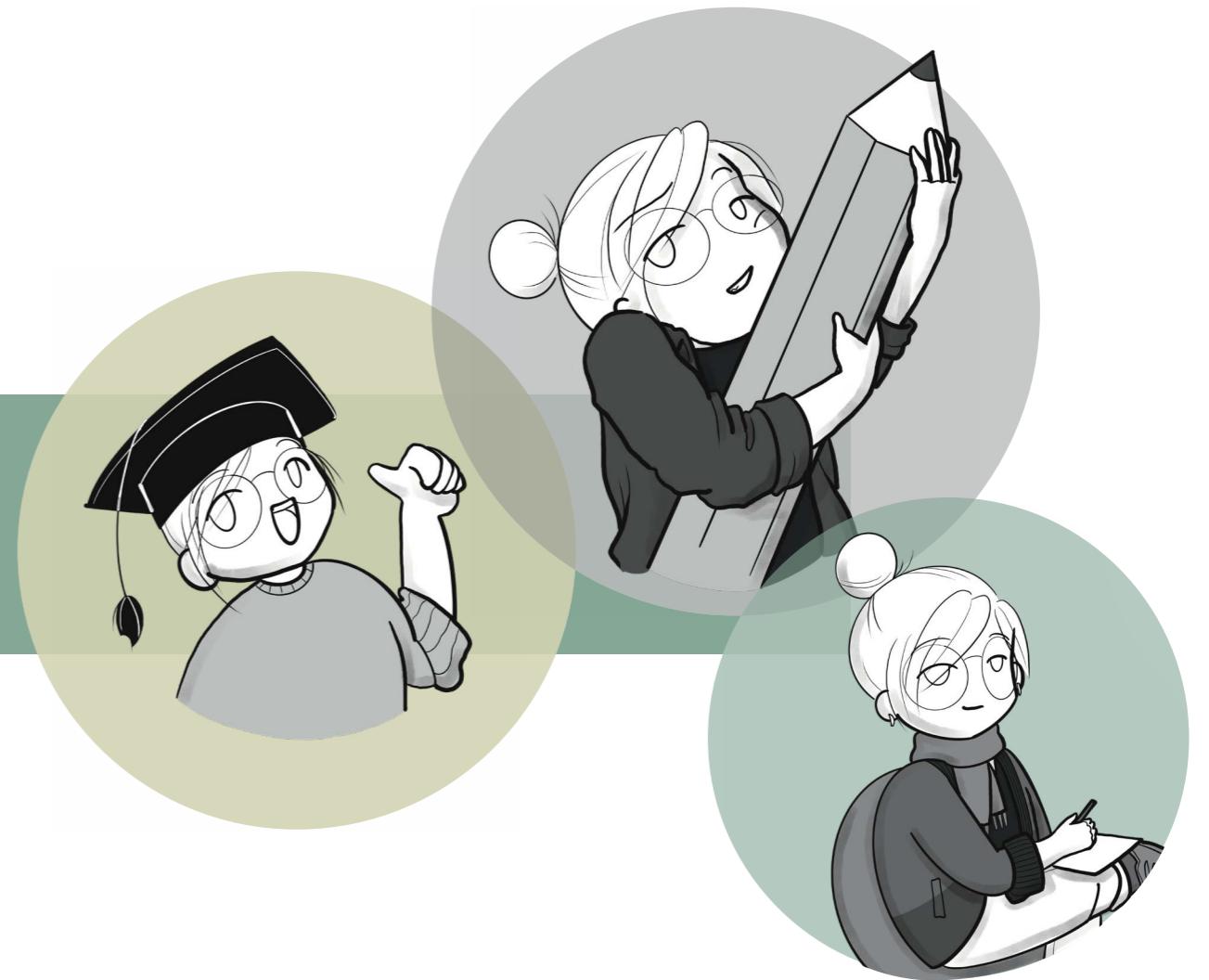
psychologist | illustrator | scientist

As a science illustrator, I combine psychology, creativity and science to bridge the gap between academic research and society through illustrations and cartoons. My aim is to bring psychological and scientific content closer to people in an adorable and accessible way in order to educate, destigmatise, and raise awareness to thus better explain how psychology and social sciences work. In doing so, I also pay attention to diversity and accessibility.

M.Sc. Psychologist | 2017

PhD Teacher Education | focussing on education and health psychology, 2024

Systemic Coach | 2021



STEADY THROUGH CHANGE COURSE (2025)

Client | Law-Well (Paraplu Wellness)

Type of work | illustrations

Tasks | Image – visual translation of content – visual concept

Illustrations supporting an online course navigating change and uncertainty tailored to law students; included in the corresponding handouts and videos to help clients better understand and process the content





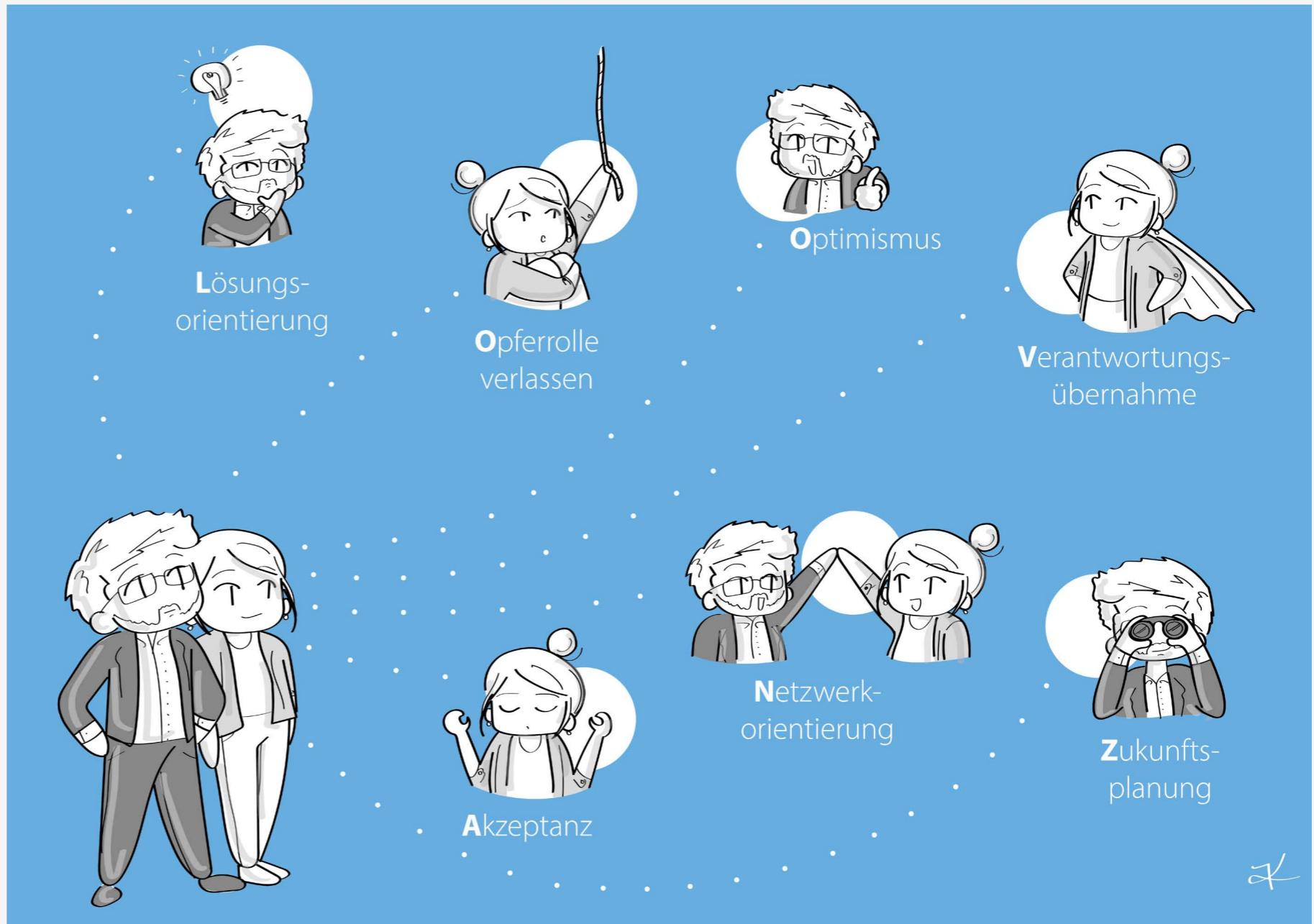
LOOVANZ RESILIENCE FACTORS (2021)

Client | Headstart Coaching & Training

Type of work | Illustrations

Tasks | Image – visual translation of content – visual concept

Illustrations visualising resilience factors according to the LOOVANZ approach to promote resilience to better explain to clients which factors will be addressed during the coaching



Resilienz | Diana Ewert

headstart-coaching.de/resilienz/

Headstart Coaching & Training - Diana Ewert

Home Karriereberatung & Business Coaching Resilienz Mehr in

Die Resilienzfaktoren: Wofür steht QOOVANZ?

The illustration features a central figure of an elderly couple standing together, with a small child in front of them. Surrounding them are seven circular icons, each containing a character and a label: 'Lösungsorientierung' (solution-oriented), 'Opferrolle verlassen' (abandoning the victim role), 'Optimismus' (optimism), 'Verantwortungsübernahme' (taking responsibility), 'Akzeptanz' (acceptance), 'Netzwerkorientierung' (network orientation), and 'Zukunftsplanung' (future planning). The background is a light blue with small white dots.

- Lösungsorientierung
- Optimismus
- Opferrolle verlassen
- Verantwortungsübernahme
- Akzeptanz
- Netzwerkorientierung
- Zukunftsplanung

PSYCHOLOGY CARTOONS

(since 2020)

Client | Free work

Type of work | Cartoons

Tasks | Plot, story, text & image –
content design & visual concept –
typographie

Designing cartoons on
psychological and social science topics
for educational and informational
purposes

Instagram @lis.strations



Psychology explained: Being a psychologist, part I



Lito, psychologist

must not give treatments



If he's not a therapist, what is he?

Spoiler: what he wants! Examples:
Research, marketing,
personnel, social work,
school psychology -
Lito owns the world!



studied psychology
for at least three to
five years



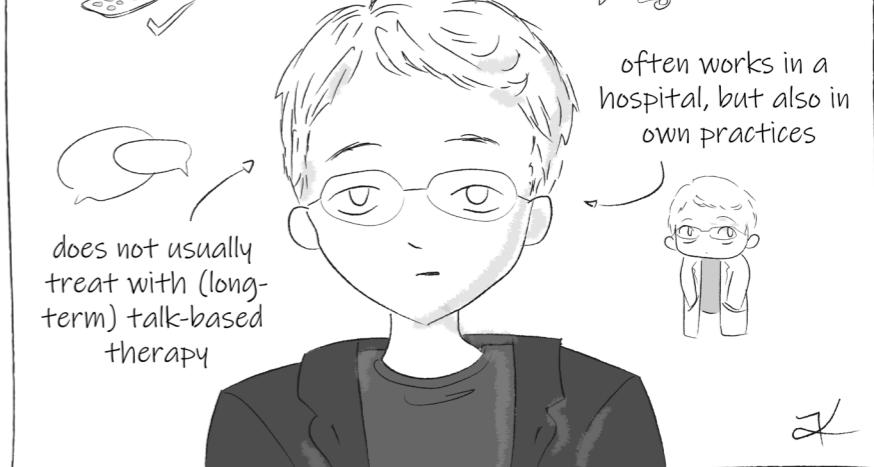
Melina, psychotherapist



Michael, psychiatrist

is the only one authorised
to prescribe medication
such as antidepressants
or neuroleptics

Attention! Didn't study
psychology, but medicine,
and specialised afterwards
is therefore not
an evolution,
but an own kind



PSYCHOLOGY EXPLAINED: EMDR AND AUTISM

EMDR STANDS FOR EYE MOVEMENT DESENSITISATION AND REPROCESSING AND IS A THERAPEUTIC TREATMENT METHOD THAT USES EYE MOVEMENTS TO HELP PROCESS STRESSFUL MEMORIES.



JOOST, PSYCHOLOGIST & THERAPIST

EMDR IS MAINLY USED TO TREAT POST-TRAUMATIC STRESS DISORDER (PTSD), WHICH IS CHARACTERISED BY FLASHBACKS TO THE EXPERIENCE, ...

...MEMORY GAPS, AND STRONG EMOTIONAL REACTIONS.

HOWEVER, EMDR IS ALSO IMPORTANT FOR TREATING PEOPLE WITH AUTISM, AS THEY EXPERIENCE UNPLEASANT EVENTS MORE OFTEN, ...

... HAVE LESS SOCIAL SUPPORT IN PROCESSING THEM, ...

... EXPERIENCE HIGHER LEVELS OF STRESS IN EVERYDAY LIFE ...

... AND ARE QUICKLY OVERWHELMED BY EMOTIONS.

DURING EMDR, FOLLOWING A LIGHT STIMULUS WITH THEIR EYES HELPS PATIENTS TO DISCUSS EXPERIENCES WITHOUT BECOMING OVERWHELMED, CREATING SPACE FOR RE-EVALUATION AND PROCESSING.





Berufsverband
Deutscher
Psychologinnen
und Psychologen



Deutscher
Psychologen
Verlag GmbH



Janet Thompson Jackson

LISA KILTZ, PHD

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born 1991 in Bad Kreuznach, Germany

since 2024 self-employed as a science illustrator

References (selection)

Berufsverband deutscher Psychologinnen und Psychologen (bdp)

Deutscher Psychologenverlag (dpv)

Headstart Coaching & Training

Paraplu Wellness

MoonWalker Verlag



