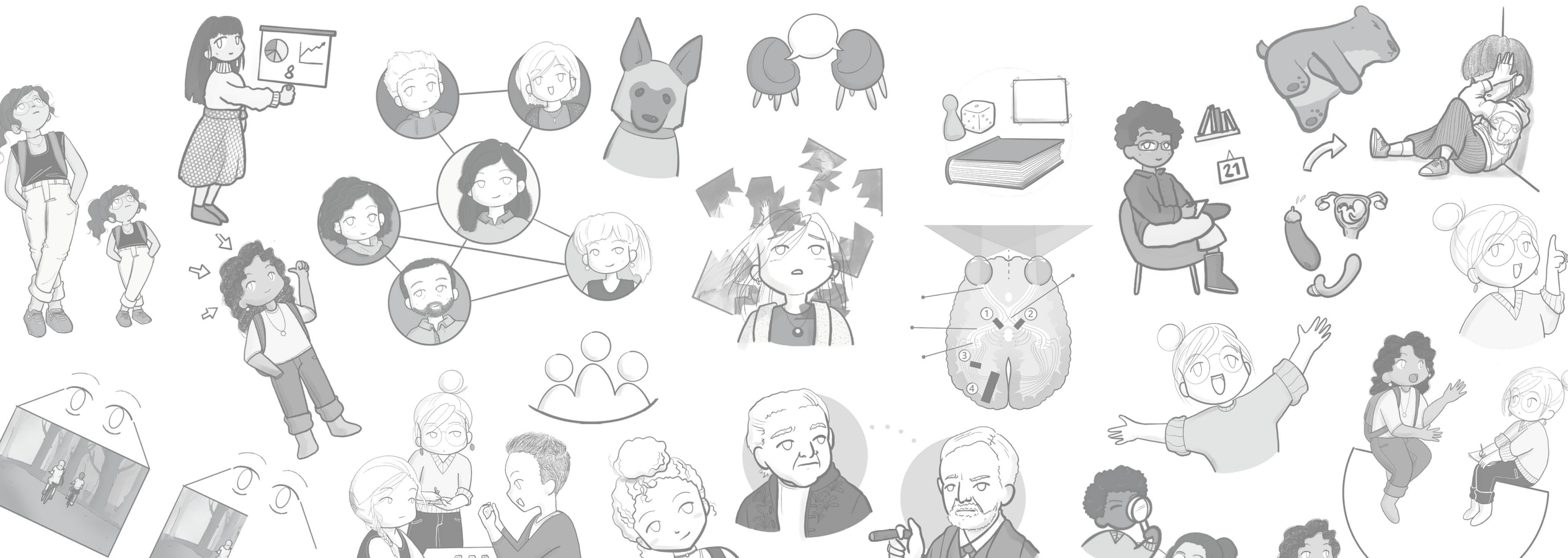


# PORTFOLIO

## Work samples for practicing psychologists and coaches



LISA KILTZ, PHD  
psychologist | illustrator | scientist



# ABOUT



## LISA KILTZ, PHD

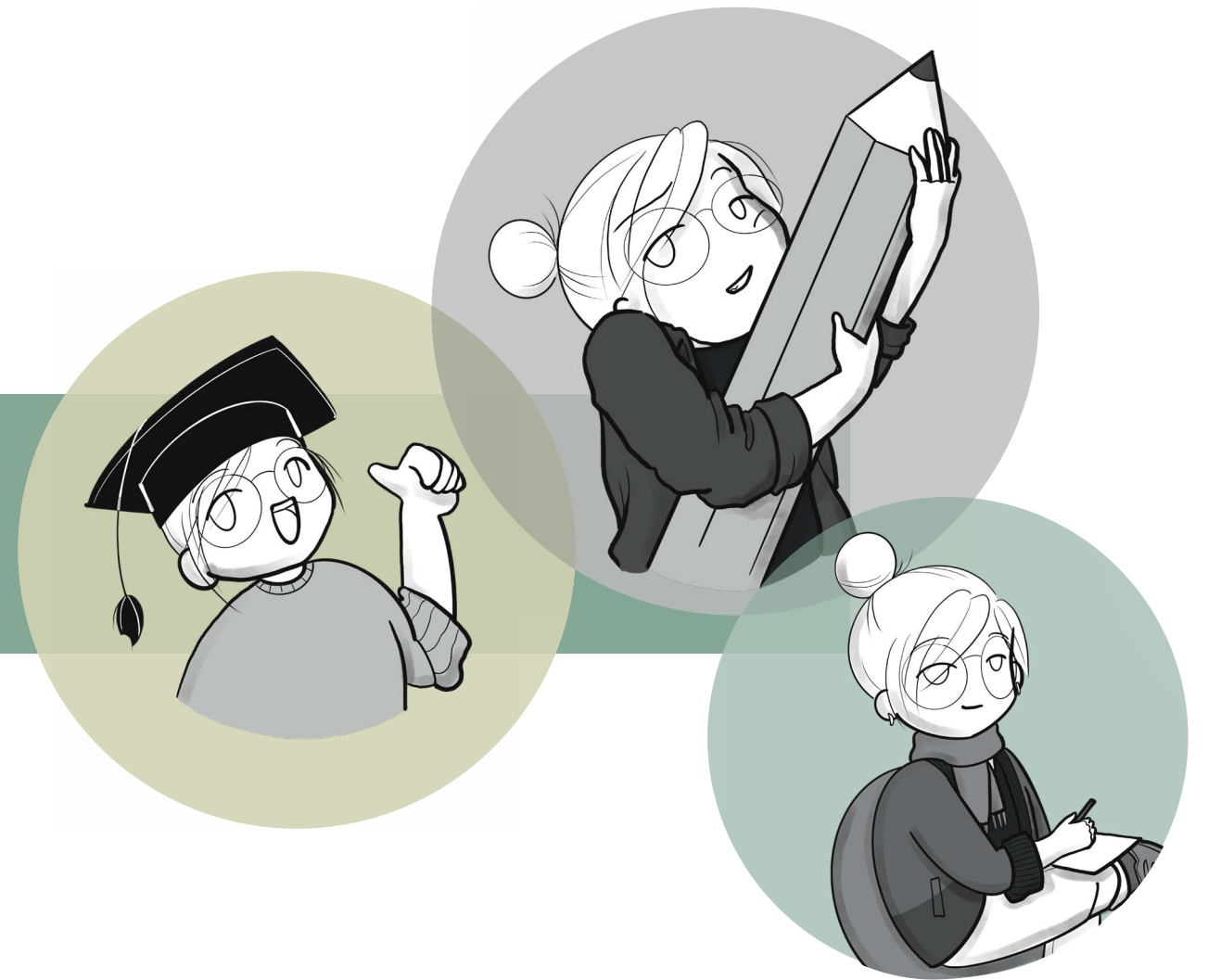
psychologist | illustrator | scientist

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)

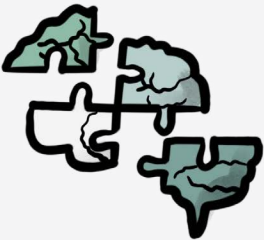
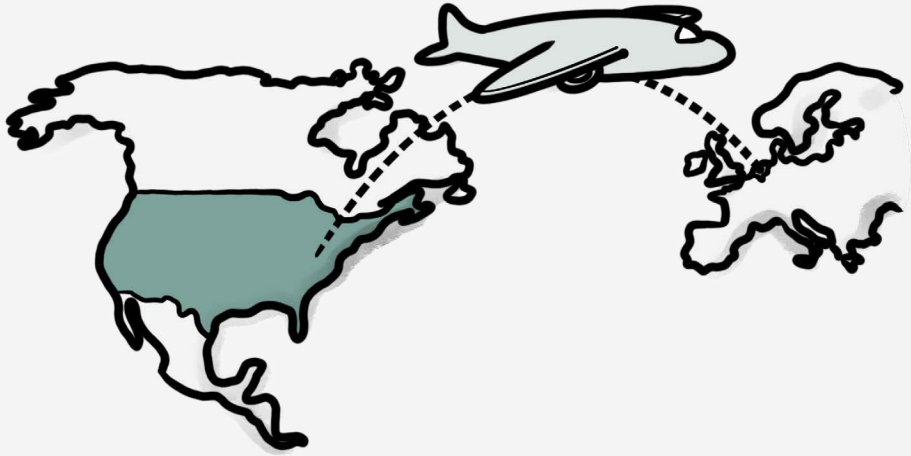
Type of work | illustrations

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



PRIMARY COLORS	
Mountain Fir #6359	Peace Green #8EBBA7
SECONDARY COLORS	
Facemask #7CA29B	Himalayan Salt #FCA8B9
Carnation #F3F3F3	Pacific #143642
Petrichor #B9B9B9 Screenshot	Overcast #DDE5E2
	Sea Shell #F2DDCC
	Midnight #161E2A







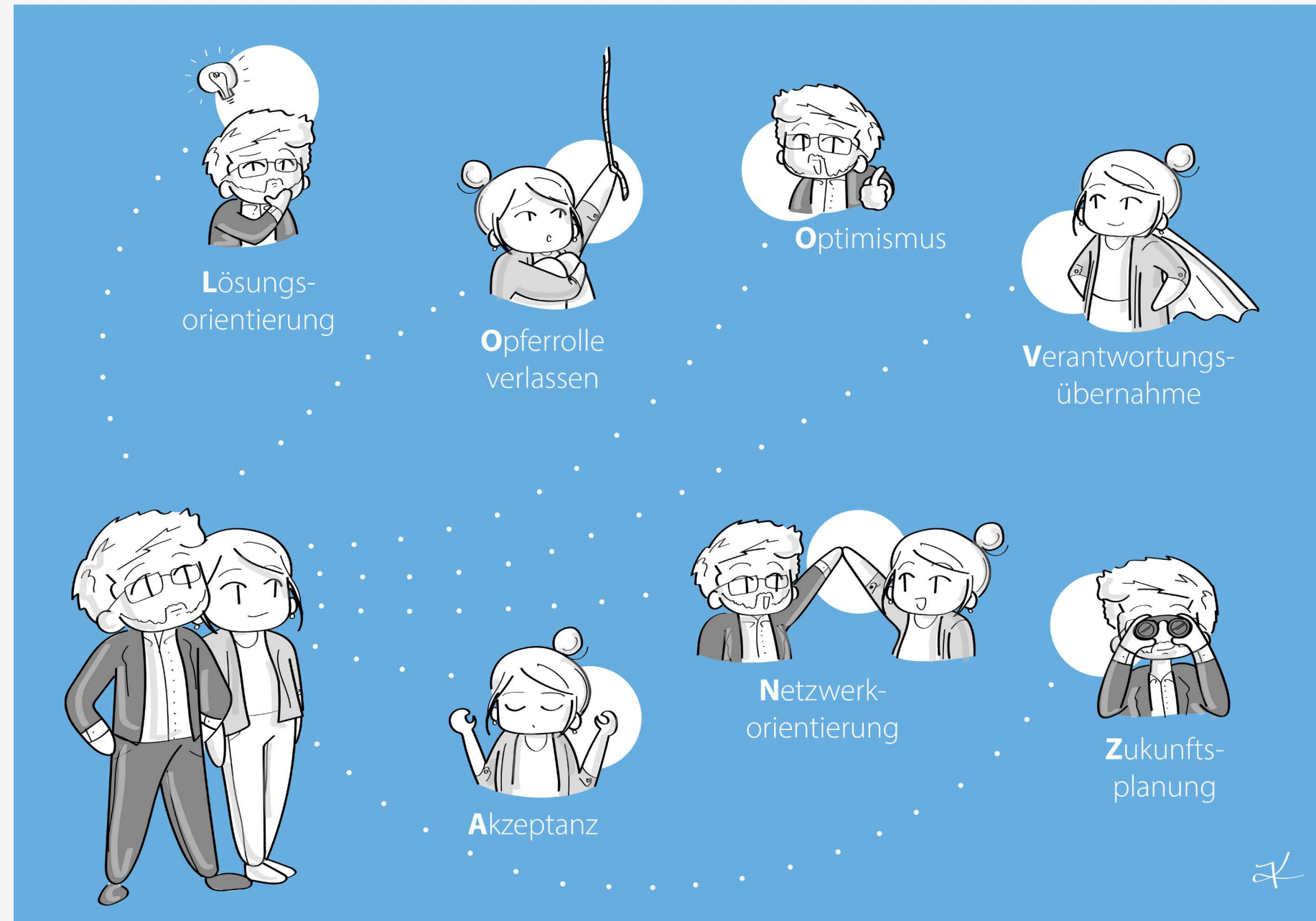
# LOOVANZ RESILIENCE FACTORS (2021)

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

Die Resilienzfaktoren: Wofür steht LOOVANZ?

Lösungsorientierung

Optimismus

Opferrolle verlassen

Verantwortungsübernahme

Akzeptanz

Netzwerkorientierung

Zukunftsplanung

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

# PSYCHOLOGY CARTOONS

(since 2020)

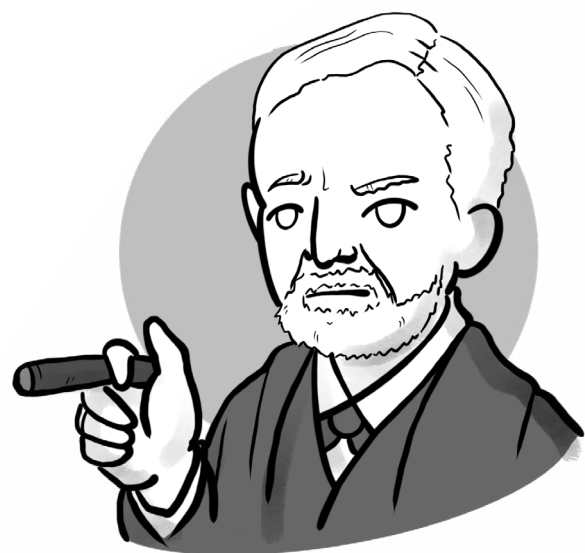
Client | Free work

Type of work | Cartoons

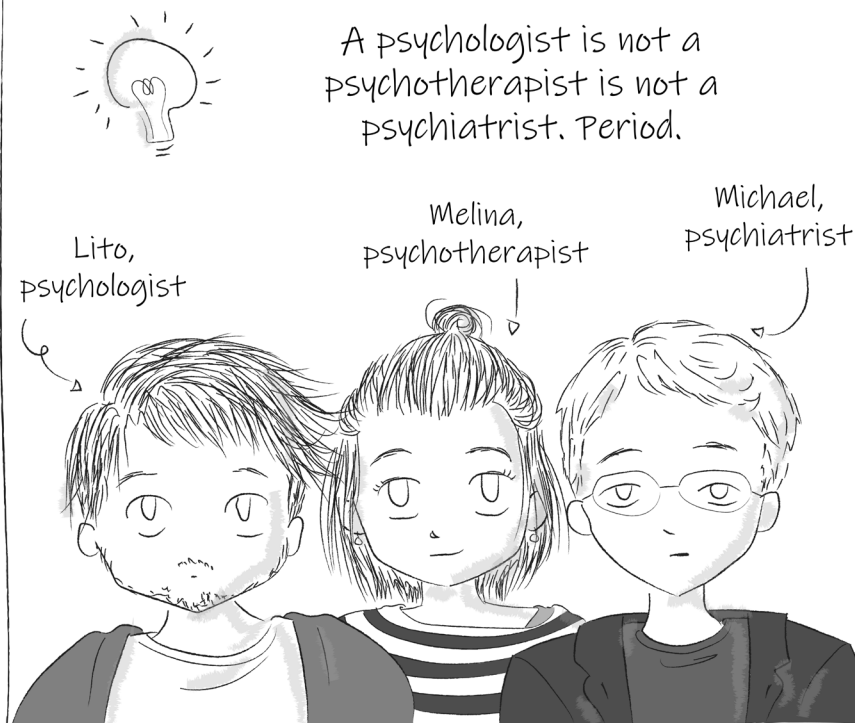
Tasks | Plot, story, text & image –  
content design & visual concept –  
typographie

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

Instagram @lis.strations



## Psychology explained: Being a psychologist, part I



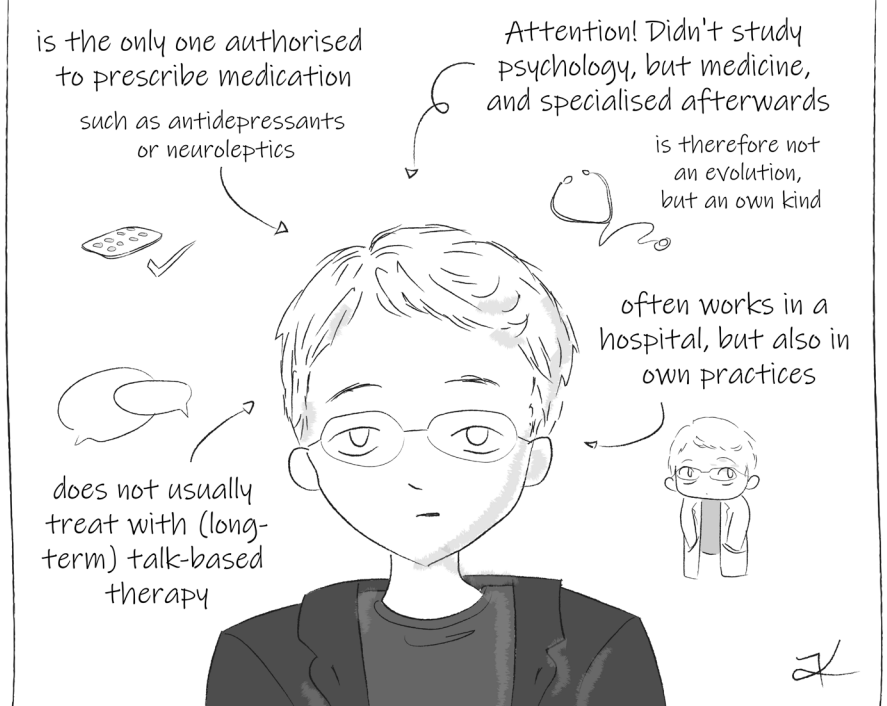
## Lito, psychologist



## Melina, psychotherapist



## Michael, psychiatrist





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.



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



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 ...

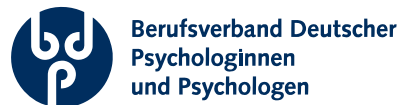


... AND ARE  
QUICKLY  
OVERWHELMED  
BY EMOTIONS.



✍





## LISA KILTZ, PHD

psychologist | illustrator | scientist

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



