



**Action against Stigma
EFNA-Advocacy-Awards-2021**

Hermann Krämer, Germany

Tourette
Syndrom

Overview

- Born on 27.11.1956 in Speyer
- Occupation: Industrial clerk (Training in the shipping industry: Inland shipyard BRD)
- Highest educational level: advanced technical college entrance qualification in business administration/economics
- Disease of Tourette's syndrome: 1968 ==> Diagnosis: 1986 ++ comorbid diseases: Anxiety and obsessive-compulsive disorders, depressions



About me

Hermann Krämer, Germany

My commitment

1987 - today

Tourette syndrome, the neuropsychiatric disease

- Affected people often helpless
- High demand for support
- Information and counseling strengthen affected families
- My support of a Facebook group



Tourette-Syndrom

Private Gruppe · 1.492 Mitglieder



+ Einladen



Info Diskussion Mitglieder Medien Dateien

Was machst du gerade?

Foto/Video Personen markieren Gefühl/Aktivität

Info

IMPRESSUM
Hermann Krämer
Albert-Einstein-Str. 11... Mehr ansehen

Privat
Nur Mitglieder können die anderen

Neue Aktivität

Public Work

Website about Tourette-Syndrome

Tourette-Syndrom Homepage www.tourette-syndrom.de

- Home
- Basisinformation
- Therapieoptionen
- Tourette-Sprechstunden
- Schulprobleme
- Lehrerinformation
- Kids & Jugendliche
- TGD e.V.
- Gilles de la Tourette
- Wissenschaft
- Dissertationen
- Tourette World
- Weblinks



www.tourette-syndrom.de

AKTUELLES: Tourette-Syndrom, Forschung, Psychiatrie, Neurologie, Presse etc. | | [mehr](#)

Leben mit dem Tourette-Syndrom: "Ich ticce, also bin ich eben etwas anders"
Symptomentwicklungen, Interpretationen, Öffentlichkeitsarbeit, Reisen, Ernährung ++ [weiter lesen](#)

Neuroforschung an deutschen Universitäten: Gilles de la Tourette-Syndrom
Probanden gesucht für Forschungsstudien an mehreren deutschen Universitäten | [mehr](#) |

Herausforderung Tourette-Syndrom: Resilienzpotenzial erhöhen
Leben Sie IHR LEBEN ++++++++ Realisieren Sie Ihre Ziele !!!!!!!!!!!!!!!!
[[mehr](#)]

Bunter Tourette-Aufkleber gratis, created by Hermy Tourette
"Ich ticce, also bin ich eben etwas anders" ... 1x gratis, online bestellen [[klick](#)]



special tourette-ARTwork
Tourette-Syndrom: Zerebrale Dysfunktionen, Netzwerkstörungen. Modifiziertes neuronales Sein. +++
[[ARTwork anschauen](#)] +++ Kontakt: Hermann info@tourette-syndrom.de

Mutmachlektüre für Kinder: "Ein Saurier mit Tourette-Syndrom"
Herausgeber: Tourette-Gesellschaft Deutschland ++ Leseprobe [[hier klicken](#)]
Online bestellen [[hier](#)]

Veganism and Tourette Syndrome
Since 1985 I live vegan, this special nutrition reduced my Tourette symptoms more than 50 % !!! Who made similar experiences?
Hermann Krämer info@tourette-syndrom.de ++ Tourette & Veganismus [[Audio](#)]

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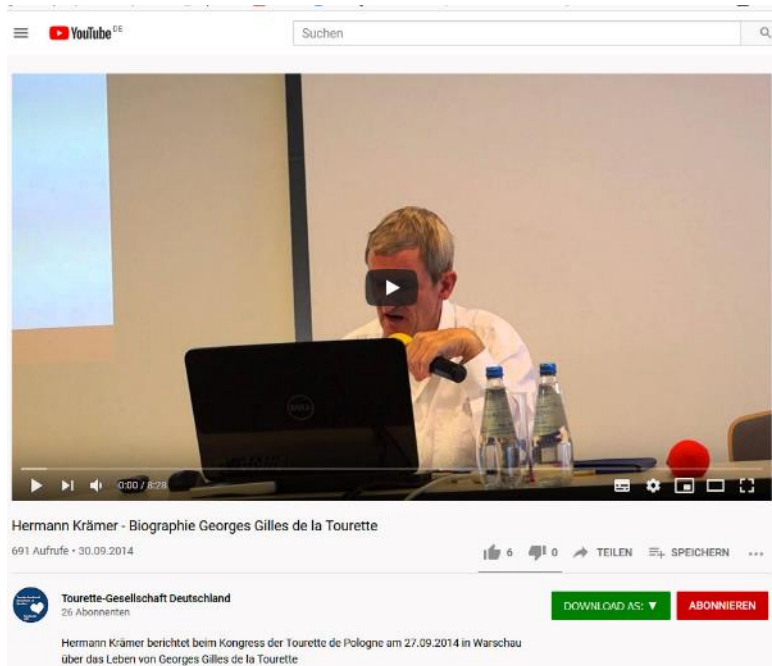
Tourette Syndrome Associations and Support Groups worldwide

	Schweiz	Tourette-Gesellschaft Schweiz Association Tourette Romandie
	Österreich	Tourette-Syndrom Homepage Österreich
	Deutschland	Tourette-Gesellschaft Deutschland e.V. IVTS e.V.
	United Kingdom	Tourette Syndrome (UK) Association
	Schottland	Tourette Scotland
	Frankreich	Association Française du Syndrôme de Gilles de la Tourette
	Italien	Associazione Italiana Sindrome Di Tourette
	Spanien	Forotourette Asociación Andaluza de pacientes con Síndrome
	Niederlande	Netherlands: Stichting Gilles de la Tourette
	Belgien	Vlaamse Vereniging Gilles de la Tourette
	Dänemark	Dansk Tourette Forening
	Norwegen	Norsk Tourette Forening
	Finnland	Suomen Tourette Yhdistys
	Polen	Polskie Stowarzyszenie Syndrom Tourette'a
	USA	Tourette Syndrome Association USA
	Canada	Tourette Syndrome Foundation of Canada
	Australien	Tourette Syndrome Association of Australia

Public Work (selection)

Participation in congresses, fairs, information events

Hermann Krämer reports at the congress of the Tourette de Pologne on 27.09.2014 in Warsaw about the life of Georges Gilles de la Tourette



<https://youtu.be/L7od4t6tddc>

Folge 41 B_redet Interview with Hermann Krämer Mai 2020



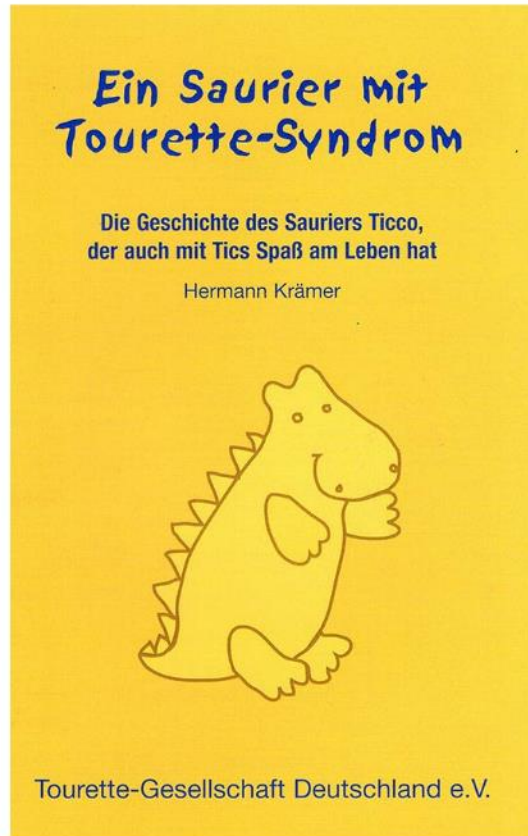
<https://youtu.be/obsQokXRtMw>

Public Work (selection)

Television and Radio reports

- SWR "Landesschau Rheinland-Pfalz" on December 18, 2012, Title: "Judith meets Hermann Krämer"
- VOX "Stern TV Magazine" on January 19, 2010, Title: "Twitch, scold, spit! Living with Tourette's"
- SWR1 Radio interview " The evening " on November 24, 2009, Title: "A Tic Different - Life with Tourette's Syndrome"
- SAT.1 "The Sat.1 Magazine" on September 14, 2008, Title: "Sick, but not crazy"
- ZDF "Hello Germany" on February 19, 2008, Title: "Tourette's patient finds his great love"
- PRO7 lunchtime magazine "SAM" on November 18, 2005, Topic: "Living with Tourette's Syndrome"
- RTL II "exklusiv - the reportage" on May 6, 2004, Title: "Sweat and cold shiver - What the Germans are afraid of", topics: Anxiety and compulsive disorders, Tourette's disease

Brochures (selection)

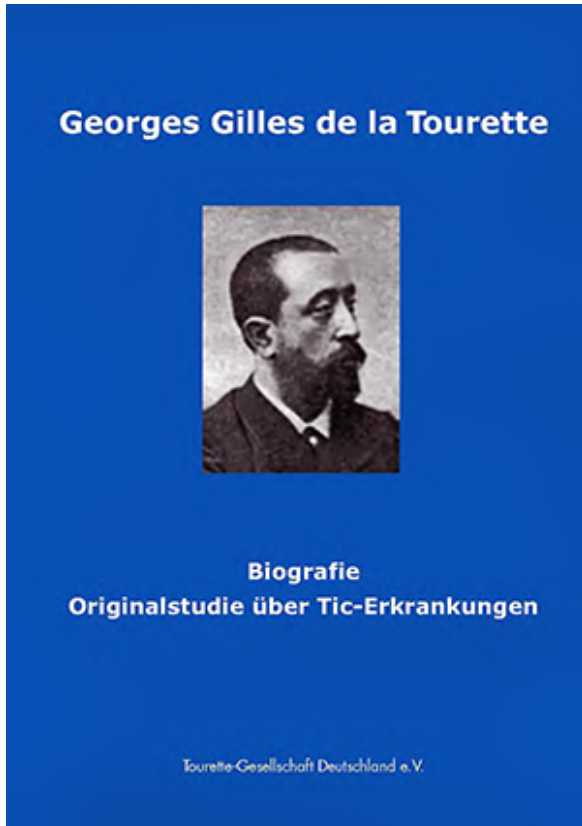


A dinosaur with Tourette's syndrome

Ticco - A dinosaur with Tourette's syndrome by Hermann Krämer 24 pages The story of the dinosaur Ticco, who also has fun with tics.

Since 2020 also as audio book:

<https://anchor.fm/smtdashoerspiel>



Biography - Original study on tic disorders

The Tourette's syndrome is named after the French neurologist Georges Gilles de la Tourette, who in 1885 in a study (title: Étude sur une affection nerveuse caractérisée par l'incoordination motrice accompagnée d'écholalie et de coprolalie de la Neurologie) described the illness of Marquise de Dampierre as well as eight other cases. De la Tourette described the nervous disorder characterized by motor coordination accompanied by echolalia (pathological compulsion to repeat sentences and words of interlocutors themselves) and coprolalia (pathological tendency to pronounce indecent, obscene words) as the "maladie des tics".

Hermann Krämer has studied the life of Georges Gilles de la Tourette in great depth. In painstaking work and from various sources he has compiled a biography.

In a joint project with relatives and affected persons cases two to nine were also translated into German.

special tourette-ARTwork

Designed by Hermann Krämer (selection)



Feedback of affected families (selection)

Your family Zaimoglu (Andrea, Cem, Phileas & Gianluca) Berlin, Germany 22.11.2021

For 33 years now, Hermann Krämer has been involved in voluntary work for people directly and indirectly affected by Tourette's syndrome. He is not only a very experienced, astute and competent contact person, advisor and supporter. No, he rather gives empathy, attention and encouragement to affected people of all ages. He gives you the courage not to "bury your head in the sand" or lose hope. Nevertheless, he always remains realistic and open. He has become an important part of our society through his dedicated work for the Tourette Society Germany, his committed public relations work, his work as editor-in-chief of the association's own members' magazine "Tourette aktuell", his work as administrator of the Facebook group "Tourette Syndrome", his years of work in self-help groups, as well as countless personal and individual counselling sessions.

We as a self-afflicted family have been supported and accompanied by him for the last 11 years as advisors and as a guide in difficult life situations.

Hermann has given us moral support and shown us a way where nobody seemed to be. He gave us recommendations where we were at a loss. Due to the Tourette's disease of our now 14-year-old son, we as a family experience what stigmatisation in our society means. We experience how important it is to educate the social community, school, family, work and the general public about this disease. Only if more and more people like Hermann are so committed to helping people at risk of stigmatisation and exclusion will children like our son have an equal chance in our society, on the road to their future.

Dear Hermann, thank you very much for your commitment !
Please keep up the good work!

Feedback of affected families (selection)

It greets Ute and Michael Treffer from Karlsruhe, Germany

Hello, we have known Mr Krämer for decades now. In this time we know it as an asset in terms of informing people about Tourette's syndrome (TS). Mr Krämer initiates articles in the press to help people understand what they may have. At the same time, other people are informed about the TS and this is a way of promoting tolerance, which helps TS sufferers in turn helps to cope with everyday life.

Furthermore, Mr Krämer gives lectures at clinics or at public events to inform about TS. Often there are also people who have a medical or nursing profession. The information then helps them to get along well with TS sufferers in their profession. Presentations in front of young people are a way of soliciting acceptance and consideration. He is also available by telephone or via his website with an attached forum as a contact person for people and thus contributes in all possible ways to the understanding of people with TS.

TS-affected persons it gives courage to lead a fulfilled life despite the illness. Hats off to this commitment to other people.

Monika and Jürgen Schreiber, Burgebrach, Germany

Hello, we are a family with two children (son 25 years, daughter 12 years) Our son has been suffering from Tourette's and AD(H)S since the age of 6. Our son's tics increased continuously from the age of 6. At around 12 years of age, at the peak of his Tourette's disease, we were devastated as a family.

Running from doctor to doctor for many years, but everything only got worse. At rock bottom... and hopelessly desperate, we contacted a support group on the internet about Tourette's. This is how we got to know Hermann Krämer. Through many conversations and getting to know him personally, we were able to experience his professional knowledge and his positive energy. Hermann helped us to get out of the low point. A long stony path, which was the right one today. Our son has learned a profession, and is now practising it with great pleasure. He owns his own flat and masters his life. We owe this path to Hermann... who showed us how to live with Tourette's and how to deal with it.

Feedback of affected woman (selection)

Gabi Richter, on 22 November 2020

My name is Gabi Richter, I am 46 years old and have been suffering from Tourette's syndrome since I was five years old. After I was finally diagnosed with Tourette's at the University Hospital Hamburg Eppendorf at the age of 31 years, I knew for the first time what kind of disease I really have. In contrast to the 80 years of our last century, the Internet offered me a good opportunity to exchange information with other Tourette's sufferers. I got to know the Tourette Forum of a person with Tourette's syndrome named Hermann Krämer, whom I had seen on television shortly before in a report. Through him and his forum, I not only learned everything worth knowing about the current state of medical research and what is worth knowing about this neuropsychiatric disease, but also made many new friends. Later I decided to become a member of the Tourette's Society Germany and with this I started a completely new, much better life with new friends and a lot of volunteer work.

Even today I still remember with pleasure and laughter the morning when my phone rang from my bed. Annoyed, I turned over to the other side, because I never dreamed who could call me at that moment.

The evening before I had written in Hermann's Forum that I was planning to found a Tourette's self-help group in Soltau. "Good morning Gabi, I am Hermann, from the Forum. The Tourette Society would like to help you found your group....." a friendly gentleman's voice spoke on my answering machine.

Then I understood, jumped with a mega sentence from my old bed frame so that it threatened to collapse under my ex-boyfriend and managed to answer the phone at the last second. He told me that he and the Tourette's Society would support me in founding my group, later on also with a small financial contribution in the form of subsidies. To this day, Hermann continues to fight against any kind of stigmatization on the subject of Tourette's syndrome for his fellow sufferers with broad, educational public relations work throughout the country. He is always a good contact person for everyone affected by the disease, who has never lost his sense of humor and laughter despite this serious illness, and is one of my greatest role models. One can also say that Hermann is one of the best Tourette's teachers of our time.

Feedback Tourette's Society Austria

Reinhard Schober, Vienna Austria 29.11.2020

Tourette activist and webmaster of the Tourette Society

Austria www.tourette.atwww.tourette.at

I met Hermann Krämer a few years ago at the annual meeting of the Tourette Society Germany. A very helpful, humorous and lovable person.

I was very impressed by his medical expertise. I find his voluntary work very good and important. He is the point of contact in Germany and also in Austria for Tourette's patients and relatives. He makes a great contribution to public relations work and has also appeared in many TV programmes. I am very happy and grateful to know him.



Feedback supported groups (selection)

Julia Leisner, State Humboldt Grammar School Weimar,
Germany 23.11.2020

Within the framework of our seminar paper entitled "A Dictator in the Head - the Tourette Syndrome", we have written to the Tourette Society of Germany, among others, to get in touch with those affected. Mr Krämer then contacted us. His friendly, humorous and open manner enabled us to conduct a very interesting interview, through which we were able to learn more about the Tourette Syndrome and the tics.

Mr. Krämer took a lot of time to answer all our questions in peace and quiet. With a lot of background knowledge we were able to understand even complicated connections and to develop a better understanding of the disease. His great commitment and helpfulness enabled us to establish further contacts with Tourette's sufferers. Furthermore, Mr. Krämer has provided us with a lot of interesting information material and is at our side with advice and support.

We are very grateful to him for his support in our work.

Emily Isik
Basel, Switzerland 22.11.2021

I had the great good fortune to get to know Hermann Krämer during my independent work for the FMS (Fachmittelschule-Technical secondary school).

I wrote about Tourette's syndrome and found in Hermann, who kindly agreed to answer my questions, the best interview partner I could have wished for. He answered my questions patiently and in detail and gave me an insight into his eventful life.

Thanks to him I learned an incredible amount about Tourette's syndrome. His educational work and his personality are an enrichment.



Thank you very much

Hermann Krämer

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gesellschaft.de

www.tourette-syndrom.de

