

Beata Szweryn [MA, BEd]

Certified IFS Practitioner (level 3 trained)
IFIO Practitioner (advanced)
Brainspotting Practitioner (phase 4)
(Family) Mediator
Somatic Trauma Informed Coach
Narcissistic Abuse Specialist™
Master Core Gift Facilitator (Core Gift Institute)
Member of NOBCO (Dutch Coaching Federation)

Education:

1. Master of Arts Slavic Linguistic and Literature, University of Amsterdam, the Netherlands
2. Bachelor of Education (BEd) Primary Education, HAN University Arnhem & Nijmegen Nijmegen, The Netherlands
3. Post-master study Non-violent Communication at Collegium Civitas (University) Warsaw, Poland

IFS official training:

1. Level 1, with Osnat Arbel
2. Level 2, with Osnat Arbel
3. Level 3, with Richard Schwartz
4. Level 2 IFIO with Nancy Wonder and Toni Herbine Blank
5. Advanced IFIO training (on autism and sexuality) with Nancy Wonder, Joanne Gaffney and Kim Bolling

Other IFS trainings/workshops

1. IFS Online Circles with Toni Herbine-Blank, Pamela Krause and Richard Schwartz
2. Daily Parts Meditation Practice, training with Michelle Glass
3. Somatic IFS, training with Susan McConnell
4. Drawing into Self, training with Ruth Culvert
5. IFS & Attachment Trauma, training with Osnat Arbel
6. Addictions and Firefighters, workshop with Bob Falconer
7. Introduction to Psychedelic Assisted Therapy for IFS practitioners, workshop with Bob Falconer

8. A Compassionate Approach to Trauma and Addictive Process, workshop with Frank Anderson and Cece Sykes
9. Self-led Sexuality: An IFS Based Model for Healing, Pleasure and Empowerment, with Patricia Rich (2 days workshop)
10. Bringing IFS Informed Practice to Groups, workshop with Sue Richmond
11. Befriending Difficult Protectors, workshop with Mike Elkin
12. IFS Perspectives on Families Affected by Autism, workshop with Helena Huckabee and Richard Schwartz
13. IFS and Legacy Burdens, training with Kay Gardner

Experience as a PA on IFS official trainings:

1. Level 1 #703 with Einat Bronstein, June-September 2021
2. Level 1 #762 with Osnat Arbel, November-December 2021
3. Level 2 #760 with Mary Kruger (Addictions and eating disorders), February 2022
4. Level 1 #747 with Osnat Arbel, June-September 2022

Other trainings and Certifications:

1. Mediation Training at Merlijn Training & Advies, The Netherlands
2. International Mediation Training (Non-violent Communication), Stockholm, Sweden (trainer: Liv Larsson)
3. International Training in Non-violent Communication (Embodied NVC, Train the Trainer), Amsterdam, The Netherlands (trainer: Yoram Mosenzon)
4. International Mediation Training in Non-violent Communication, Amsterdam, The Netherlands (trainer: Yoram Mosenzon)
5. Family Mediation Training at Merlijn Training & Advies, The Netherlands
6. Polyvagal Theory in Therapy, The Netherlands, trainer: Heleen Grooten
7. CTI Coaching Training (co-active coaching, full 104 hours training)
8. Family Constellations, The Netherlands
9. Brainspotting phase 1, Amsterdam, The Netherlands
10. Brainspotting phase 2, Amsterdam, The Netherlands
11. Brainspotting phase 3, London, United Kingdom
12. Brainspotting phase 4, London, United Kingdom
13. Somatic Archeology, trainer: dr. Ruby Gibson
14. The Latest Advances and Proven Techniques to Resolve Deeply Held Trauma, training with Janina Fisher

15. Revolutionizing Trauma Treatment, training with Babette Rotshild
16. Transforming Trauma with Emotionally Focused Individual Therapy (EFIT), training with Sue Johnson and Leanne Campbell
17. Anxiety Certification Course: Integrate CBT and Exposure & Response Prevention for Treatment of GAD, Panic Disorder, OCD, Social Anxiety and Phobias, training with Elizabeth DuPont Spencer and Kimberly Morrow
18. Parts, ego states and fragmented selves in shame and self-loathing, training with Janina Fisher
19. Applying Attachment Theory in Clinical Practice, training with Linda Cundy
20. ICF and CPD accredited Training in Somatic Trauma Informed Coaching, trainer Caroline Strawson
21. ICF and CPD accredited Narcissistic Trauma Informed Coaching Certification program, trainer Caroline Strawson
22. Narcissistic Abuse Specialist, training with Caroline Strawson
23. Trauma Informed Positive Psychology Coaching method, trainer Caroline Strawson
24. Narcissism Summit – Jung Platform
25. Hypnotherapy Training – School of Embodied Trauma Informed Living, trainer Caroline Strawson
26. Narcissistic Abuse Specialist™ - School of Embodied Trauma Informed Living, trainer Caroline Strawson

Ongoing IFS individual supervision with Emma Redfern

Different IFS group supervision with Mary Kruger, Mike Elkin and Robert Falconer