

I have been enthusiastically diving into the research on the “process of change” in many psychological disciplines, brain science, behavioral medicine, and the holistic field to gain a broad understanding and deep learning I can apply to my personal and professional life.

The goal has always been to help people to embrace change as a source of growth, health, energy, and resilience, so that they can achieve their full potential and enjoy a high-quality relationship with themselves, others, and the environment.

Here is a short list of the main courses and training I have completed since 2010:

Dr. Diane Poole Heller "Somatic & Trauma Resolution and Dynamic Attachment Re-Patterning Experience (DARe) series on Adult Attachment (Master Circle)" 2016

Gene Gendlin, Ann Weiser Cornell "Focusing Level 1, 2, 3, 4" (All levels certification) 2011~2012

NICABM "New Brain Science Webinar" : Dr. Bruce Lipton/Epigenetic, Dr. Daniel Amen, Dr. Dan Siegel, Dr. Peter Levine, Stephen Porges/PolyVagal Theory 2011~2016

Bessel van der Kolk "Rethinking Trauma" 2015

Dr. Rick Hanson "Foundations of Well Being" 2015

Dr. Dawson Church "EFT Universe - Tapping Deep Intimacy" 2015

Tara Brach "Loving Resilient Relationships" 2015

James Baraz "Awakening Joy" (2013~2016)

Bruce Phillips "Awakening Dynamics" 2015

Jack Kornfield "Mindful Meditation and Stress Reduction Meditation" 2011~2015

Dr. Joe Dispenza "Meditations and monthly seminars" 2016

Dr. Rick Collingwood "Hypnosis, Meditation, Sound Therapy" 2014-2015

Vinny Ferraro "Buddhist Meditation" 2013-15

Carol Look, Rick Wilkes "Emotional Freedom Technique EFT" 2011

2015 Women in Leadership: Inspiring Positive Change, Case Western Reserve University, leading national research university located in Cleveland, Ohio.

QA/Usability Testing of "Thriving On Change Online Courseware" by Elad Levinson: Provided prep, training and feedback for video training, 2015

Master Chunyi Lin Qigong 2016

Yoga (Hata, Sports)

Martial Arts (Brazilian Jujitsu, Taekwondo)

SAG Actress, ASCAP Artist, VO Talent (TizianaPerinotti.com)