

Relevante gevolgde opleidingen en bijscholing:

2025	PBBT Institute, Bachelor Proces Based Behaviour Therapy 2025/2026 ACT for Depression and Anxiety Disorders live by Dr Russ Harris
2024	Process-based Behaviour Therapy, PBBT: The Live Therapy Training Series by Yvonne Barnes-Holmes, Perspectives Ireland Learning RFT by Yvonne Barnes-Holmes, Perspectives Ireland Trauma Focused ACT live by Dr Russ Harris
2023	The Heart of ACT by Robyn Walser Zelf-als-Context door Lieve Bruijninx PBBT, Proces Based Behaviour Therapy Supervision by Yvonne Barnes-Holmes Perspectives Ireland Exploring self-criticism through a CBS lens by Jennifer Kemp
2022	ACT as a Brief Intervention: Focused ACT by Dr Russ Harris
2021	ACT for Trauma by Dr Russ Harris ACT for Worrying, Ruminating and Obsessing by Dr Russ Harris ACT for Depression and Anxiety by Dr Russ Harris ACT for People Pleasing and Perfectionism by Dr Russ Harris Life After Trauma: Using ACT to Revitalize Interrupted Lives by Dr Robyn D. Walser
2020	ACT in Coaching via SeeTrue ACT Matrix with Dr Kevin Polk

Interoceptie en lichaamsbeleving

2019	ACT de BASIS via SeeTrue ACT het VERVOLG via SeeTrue
2014-2018	HBO Opleiding Psychosociaal Counselor, OPC via Psychodidact
2014-2022:	HBO certificaten: Klinische Psychologie, Praktische Psychologie, Professioneel Hulpverleners de Gespreksmethodiek, Zelfcompassie en Zelfvertrouwen, Positieve Psychologie, Complexiteit in gezinsrelaties, Narcisme, Autisme, Gedragsverandering, Gedragsproblemen bij Jongeren, Borderline, Dementie, Hechting en Relaties, Dwang.

Relevante werkzaamheden

2024-heden	Organisatie van masterclasses Dr Russ Harris in Nederland
2024-heden	MeetUp commissielid van de ACBS
2024	Organisatie webinar Amy R. Murell "Where Polyvagaal Theory meets ACT"
2023-2024	PR commissielid van de ACBS BeNe
2021-heden	Videocommissielid van de ACBS BeNe
2021-2024	Bestuurslid ACBS BeNe
2019-heden	Praktijkondersteuner als zzp-er bij Dokter Wil de Jong
2015-heden	Praktijk Steenkamp Counseling

Community

2025 augustus	Co-leader Experiential Meeting "Belonging" with Mavis Tsai
2024-heden	ACL, Awareness, Courage and Love by Mavis Tsai (FAP, Functional Analytic Psychotherapy)

2019-heden

ACBS BeNe