

**CURRICULUM VITAE
FOR
ERIKA BEATA THORKILDSEN
PSYCHO THERAPIST**

WORK EXPERIENCE :

2010- Groups and Individuals with sexual traumatized
2010- TRE teach in group in School Institute of actors in Oslo
2009 - Organizing : SE - Training in / Oslo
2009 - Organizing & Assisting : Attachment Workshops with Diane Poole Heller / Stockholm
2008 - Organizing & Assisting : Attachment Workshops with Diane Poole Heller / Oslo
2008 - 2008 Leader Development Program for Norwegian Airforce Officers operating in Afganistan / Oslo
2007 - 2007 Organising & Assisting : Shame and Guilt with Laurence Heller / Oslo
2007 - Guide and Instructor for Center against Incest and Sexual Abuse / Oslo
2006 - 2007 Organising & Assisting : Character Structures with Laurence Heller / Oslo
2003 - Own Practice - Individual Therapy Gestalt and with emphasis on Shock and Traumas / Oslo
2004 - Quality Hotel & Spa Holmsbu - leader of activities such as, meditation, yoga,qigong and waterygym
2004 - 2005 Bærum Kommune - Teacher of Swimming and Water Sports / Oslo
2003 - 2004 Own Practice - Personal Coaching, Counseling and courses in Meditation
2002 - 2004 Teacher of Gymnastics at the Rudolf Steiner School in Bærum / Oslo
2001 - 2002 Hope - Governmental Organisation against Violence and Sexual Assault / Stockholm
1999 - 2001 Poolia Pedagogics, Recruiting of Teachers and Pedagogues / Stockholm
1998 - 1999 Frøsundavik Rehabilitation, rehabilitating and training people with severe Brain damage / Sthlm
1992 - 1996 Swedish Back Institute Inc, leading Work Rehabilitation / Stockholm
1991 - 1992 Royal Technical College, leading Work Rehabilitation of the employees
1990 - 1991 Masesgården, leading activities at Health Center / Dalarna
1984 - 1989 Several Advertising Bureaus, as Original and AD-assistant Layoutwork / Stockholm
1983 - 1984 Computer Industries Inc, Secretary at the Department for Information and Education / Stockholm
1981 - 1983 Taby Kommun, Nurse Assistant at Old People Home / Stockholm

EDUCATION :

2010 – 2011 EMDR, Eye Movement Desensitization and Reprocessing (EMDR) ^{certified in} Oslo
2009 – 2010 TRE level 3, Trauma Release Exercise with David Bercei Oslo/Sthlm
2009 – 2010 Sensorimotorisk Psykoterapy, RVTS in Oslo
2008 - 2009 Organisation Constellation Training with Marta Thorsheim, Hellinger Inst / Oslo
2008 - 2009 Attachment, Traumas and Relations - Diane Poole Heller / Oslo
2007 - 2009 Training and Certification / Family Constellations with Marta Thorsheim, Hellinger Inst / Oslo
2008 Resource and Trauma 4 days course with Marianne Bentzen / Oslo
2006 5 and 6 Jun workshop about refugees and clients with PTSD with Dr. Peter Levine, Denmark
2006 - 2007 Character Structures - Laurence Heller / Oslo
2005 - 2007 Training / Family Constellations with Tore Kvaal / Oslo
2005 - 2006 Shame and Guilt - Laurence Heller
2004 - 2007 Norwegian Gestalt Institue / Oslo
2004 - 2007 Somatic Experiencing - Training : Specializing in Shock and Traumas with Peter Levine / Colone,Germany
2004 - 2005 Treating Sexual Traumas - Diane Poole Heller
1996 - 1999 Training : Human Potential / Poona in India
1996 - 1997 Therapist Training : Liberating Dance (One Year) / Stockholm
1995 - 1996 Therapist Training : Liberating Dance (One Year) / Stockholm
1994 - 1995 Therapist Training : Breath (One Year) / Stockholm
1991 - 1991 Assessing Health Profile, Part 1
1991 - 1991 Ski Instructor Training, Part 1 / Hemsedal - Norway
1991 - 1991 Swimming Instructor Training at the Swedish Lifesaving Assosiation / Stockholm
1990 - 1990 The Swedish Federation, Test Leader Training / Stockholm
1989 - 1991 Lillsveds Gymnastic Highschool - Health Pedagogics with Gymnastics and Sports / Stockholm
1988 - 1990 Yvonne Links Workout, Workout Training / Stockholm
1986 - 1987 RMI-Bergh School of Advertistment / Stockholm
1983 - 1985 Figure Skating Federation , Figureskating-coach Training, Part 1 and 2 / Stockholm
1982 - 1983 ADB Training - Computer Basics / Stockholm

1981 - 1982 College : English classes / Marine County USA
1979 - 1981 Gymnasium : 2 - years, Social Studies / Stockholm
1970 - 1979 Compulsory Primary and Secondary School, 9 - years / Stockholm

EXPERIENCE SUMMARY

Giving Psykotherapy Sessions : About 3000 Sessions
Supervision in Somatic Experiencing training
Leading Therapy Groups : About 150 Hours
Leading Guiding Groups : 40 Hours
Groupdynamics
Leading Clinical Psykotherapy Guiding Groups : Gestalt, SE and Familyconstellation
Organisation Constellations

TRAINER & LEADER EXPERIENCE WITH CHILDREN & YOUTH :

Couch - Figure Skating / Norway and Sweden
Physical and Mental Coach / The National Swedish Basket Team / Sweden
Physical and Coordinating Coach / The National Swedish Handball Team / Sweden
Dance and Coreography Coach / The National Swedish Figure Skating Team
Swimming Instructor (Teacher), Life Saver and Instructor of Water Gymnastics / Sweden
Teacher of Gymnastics
Ski Instructor
Workout Instructor
Dancing Instructor / Leader of Liberating Dance