

Ana Gaia Vitória Adzersen

Ecotherapist and somatic facilitator



PROFESSIONAL EXPERIENCE

Since 2024	Neurocognitive and somatic coach for individuals and couples
Since 2011	Ecotherapist – workshops and retreats for groups
Since 2009	Facilitation for citizen initiatives and collective intelligence
05/2026	Psychoeducation on nervous system regulation for Iyengar Yoga Teacher Training
03/2026	Embodiment workshop on empowerment for the Fédération des Maisons Médicales
11/2025	Becoming Octopus Workshop in support of the Institute for Transhumanist Cephalopod Evolution
10/2025	Birthstory Circle with Irina Lavrinovich
05/2025	Wild Wedding ritual
05/2024–05/2025	wedding preparation process
10/2019–10/2023	Design, facilitation and facilitator training for Brussels Citizen Assembly for Agora.brussels
10/2019–10/2023	Co-coordinator in non-hierarchical self-management with citizen initiative Agora.brussels
07/2019	Retreat production for personal development and self-expression – Wxman, share your Voice! for WxmenTongue Belgium
05/2019	Large-group somatic ecotherapy at Symposium „Rebels for Peace – Sacred Activism“ for the eco-community Sulzbrunn
09/2018	Organisation and facilitation of citizen conference ‘Fearless Cities Summit’ Brussels
07/2018–08/2020	Initiation and coordination of neighbourhood project for societal cohesion – ‘Koro - een hart voor de Noordwijk – un cœur pour le Quartier Nord’ avec Cultureghem et Empowering Stories
06/2017	Collective intelligence training – ‘Facilitation change in times of uncertainty’, MomoLogue Trainings
01/2017–03/2017	Course ‘Affirm your direction in Life’ with Pour La Vie
01/2015–06/2018	Initiative for personal development and citizen activation ‘Pour La Vie’ (later ‘Empowering Stories’)
08/2009–07/2013	Social and sustainability science researcher on citizen participation for the environment

TRAINING

12/2025 – 02/2026	<u>Compassionate Inquiry in Action: An Experiential Course for the Healing of Deep Traumatic Wounds</u> – by Gabor Matè, PESI Inc.
10/2025 – 07/2026	<u>Coach in Neurosystemic Integration</u> – by Verena König, König Fortbildungen GmbH
08/2025 – 10/2025	<u>Understanding and Treating Disorganized Attachment and Dissociation</u> – by Dr Daniel Siegel, Mindsight Institute
04/2025 – 06/2025	<u>2025 Somatic Trauma Healing Summit: Advanced Methods in Body-Based Therapies</u> – with Bessel van der Kolk, Janina Fisher, Pat Ogden and more, Mindsight Institute
03/2025 – /2024	<u>Attachment, Trauma & Temperament Shape Personality: Applications from Interpersonal Neurobiology to Inspire Your Clinical Work</u> – by <u>Dr Daniel Siegel</u> , Mindsight Institute
Depuis 12/2023	<u>Formation en psychothérapie psychocorporelle</u> – with Violaine Declerck and Claudia Ucros, SomaVibrance
06/2024	<u>Biosystemic Approach</u> by <u>Dr Jacques Fradin</u>
09/2023 – 06/2024	<u>Neurocognitive and Behavioural Approach (ANC)</u> – <u>Institut for NeuroCognitivism</u>
10/2023 – 12/2023	Vunja! <u>Post-Activism</u> by <u>Báyò Akómoláfé</u> and the <u>Emergence Network</u>
04/2023 – 06/2023	<u>Attachment & Interpersonal Neurobiology in Couples Therapy</u> – by Dr Daniel Siegel, Mindsight Institute
2016 and 2018	Training in Theory U– Leading from the <u>Emergent Future</u> by Otto Scharmer
02/2016	<u>Focusing Coaching</u>
04/2015	<u>Dynamic Facilitation</u> by <u>Rosa Zubizarretta-Ada</u> and the Center for Wise Democracy
04/2014	<u>Mindfulness Teachings</u> by <u>Thích Nhất Hạnh</u> and Plum Village
07/2013	<u>Dragon Dreaming</u> by John Croft
06/2013 et 07/2015	<u>Ecotherapy</u> – by <u>Joanna Macy</u> and the The Work that Reconnects Network
11/2012	<u>Art of Hosting</u> Training (Open Space Technology, World Café, <u>Deep Democracy</u>)
11/2011	Systems Thinking by <u>Donella Meadows</u>
09/2008 – 06/2010	Training in foundations of facilitation and coaching: personal competences and gifts, conflict prevention, creative tools for large group facilitation and personal development
10/2007 – 06/2010	M.Sc. Environmental governance , Albert-Ludwigs University Freiburg
10/2006 – 10/2007	Certificate: Participative Cooperation for Sustainable Development , Technical University Kaiserslautern
09/2003 – 07/2006	B.Sc. Sociology , London School of Economics and Political Science (LSE)

LANGUAGE SKILLS

German	C2 native
English	C2 proficient
French	C2 proficient
Dutch	C1 advanced
Portuguese	B2 upper intermediate

PERSONAL INTERESTS

Climbing trees with my daughter

Singing call and response

Yoga and African dance

Reiki and meditation

Rollerblading with my daughter