



Anouk van Densingen, MSc.

Clinical Psychology & Body Movement Oriented Sciences

CONTACT DETAILS



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Aruba



Born
December 7, 1988



Nationality
Dutch



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OTHER EXPERIENCES and SKILLS

- 2019 Play therapy at *Gaia Practice Aruba*
- 2013 Psychomotor therapy for children 3-16 with special needs and/or psychological issues
Paramaribo, Surinam
- 2013 Aerobics classes to obese minors at *Paramedical Clinic Boeroeswing*
- 2011 Accounting: Registers, book keeping, debtors/creditors, invoices & loan agreements, at *Smartrac Amsterdam*

PROFILE

International work experience within mental health care and physical fitness. Great communication abilities in multiple languages. Able to function well individually as well as in a team.

Academic background in Clinical Psychology including Declaration of Diagnostics “Basisaantekening Psychodiagnostiek”; BAPD: a certificate from the Dutch Institute for Psychologists (NIP). Additioned with Labour & Organizational Psychology and Body&Movement Oriented Sciences (BOP).

Desire to grow both personally and professionally. Very open to (critical) feedback. Energetic, enthusiastic, quick learner, capable of adapting easily and working accurately whilst protecting integrity and confidentiality.



WORK EXPERIENCE

- Nov '19 -current **Psychologist**
SEPB: Stichting Educacion Profesional Basico
Fulfilling the role of a School Psychologist: Assessments and treatment of students with learning, behavioral and psychological difficulties. Psycho-education to parents and staff.
- Feb '19 -current **Trainer and Health coach**
YADE Corporate health solutions
Guide employees to adopt a healthier and fitter life style to improve overall well-being, productivity and work satisfaction
- Mar '18 -June '19 **Psychologist and Movement Therapist**
SVGA Aruba
Psychodiagnostic testing, therapies such as EMDR, support staff and parents of children with special abilities, write policies
- July '17 -Dec '17 **Survey Conductor**
GGZ Rivierduinen Leiden & Katwijk, Netherlands
Conducting surveys among clients, reporting the results. Mostly worked at the department specialized in eating disorders
- Feb '17 -June '18 **HR: Planner & Coordinator**
Randstad Source Right BeNeLux and France
Selecting the right candidates for vacancies after a reorganization
- July '16 - Dec '16 **Therapy Facilitator for Dolphin Assisted Therapy**
Dolphin Therapy and Research Center, Curaçao
Intensive therapy programs with special need patients and their families, assisted by dolphins. Brucker Biofeedback Method
- Jan '14 - June '15 **Clinical Psychology Intern MSc.**
Mentrum Amsterdam, Arkin
Specialized mental health care for inhabitants of Amsterdam with severe psychiatric problems, both at the clinic as well as at home.

LANGUAGES

Dutch

Mother tongue: Excellent writing and verbal skills

English

Fluent in speech and in writing; academic level

Papiamentu & Spanish

Professional level

German

Conversational level

Portuguese & French

Beginner level

INTERESTS within PSY

- CBT – II
- EMDR – II
- “GZ-opleiding”
- Sexuology
- School psychology

PROFESSIONAL ACTIVITIES

- Asociacion Arubano di Psicologo y Orthopedagogo (2022): member
- Head Administration Ad Interim, *Berlage Lyceum Amsterdam* (2016)
- Psychology Congress, Cancun, Mexico (2015): Attendee
- Toastmasters (2018): Charter member
- VU Sports Center (2012): Aerobics and Step Instructor

PRACTICAL

- Driver’s License: B

CERTIFICATIONS

Sept '22
-March '23



Cognitive Behavioral Therapy (CBT-I)

PAO Psychologie

Identifying irrational or maladaptive thinking patterns that influences people’s behavior and emotional responses negatively. Faulty thoughts are replaced with more realistic and serving ones.

Oct '22

Psychodiagnostic testing in Papiamentu

Psychiatersmaatschap

Workshop on reliable translation of questionnaires into the local languages of the ABC and BES islands.

May '21
-June '21



Diagnosing Dyslexia

PAO Psychologie

Two day course in diagnosing (complex cases of) dyslexia

Nov '20



The School Psychologist during Covid

RINO Amsterdam

Online symposium on how to stay connected with students

Oct '20
-Feb '21



Signs of Safety I & II

Omada Training & Coaching

Basic and advanced training in honest and respectful approaches to get and keep children and their families safe. Especially useful in high risk cases.

March '19

Positive Psychology

Frederike Bannink

Solution based therapy and conversational techniques.

Oct '18



System therapy

University of Aruba

Four day course on working with systems; family and schools, relation therapy, domestic violence, coaching.

Aug '18



Congress Child Abuse and Violence

Neuropsychological Ambulatory Aruba

An interdisciplinary approach to early detection of child abuse, intervention, prevention and protection, art therapy.

June '18

ComFor-2

Forerunners in Communication

Examine how to improve communication within people with autism

Nov '17
-Dec '17



Eye Movement Desensitization and Reprocessing

ACT-EMDR Centre The Netherlands

Applying EMDR for Type I/singular trauma, a training accredited according to the Accreditation Regulations of the Dutch Institute of Psychologists (NIP).

2011



Running Therapist

Dutch Running Therapy Foundation

Running therapy sessions for people with psychological issues.

2011



Suicide Prevention

113Online Foundation

Training in conversations with people in psychological distress and/or their loved ones.