



Léon Arthur Beckx

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WORK EXPERIENCE

- 2019 - present **HEART OF ECSTATIC DANCE**
- Founding member of Heart of Ecstatic Dance, an organization dedicated to training new Ecstatic Dance facilitators (organizers, dancers, DJ's)
- 2017 - present **LEARNING CONNECTED / STUDY2GO**
- Trainer cultural sensitivity for health care professionals via the Live Online Learning method
 - Developing and facilitating a training program (online & live) on inclusion for the Parnassia group
- 2008 - present **CONSCIOUS DANCE FACILITATOR**
- Teaching Conscious Dance & 5Rhythms dance classes and workshops internationally. The 5Rhythms is a mindful movement practice that helps people to embody and express
 - Ceremony leader Ecstatic Dance Amsterdam, guiding groups into mindful movement
 - Offering embodied classes on conflict resolution and resilience to youth at risk and refugees, among others through the IMOVE Foundation (in 2017 & 2018)
 - Facilitating weekly dance sessions for a group of people recovering from psychiatric disorders (2021 + 2022 for the Regenboog groep).
- 2007 - present **SENIOR TRAINER & CHAIRMAN DIVERSITY JOY**
- Board member and former co-director Diversity Joy, an Amsterdam based NGO concerned with bridging differences, dialogue, community development and conflict resolution
 - Lead trainer and educator in the *Alternatives to Violence Project (AVP)*, both national and international leading to independent practices in Romania, Sweden and Norway.
 - Training in neighborhoods, organizations, universities, and asylum seeker centers.
 - Responsible for marketing and project- & concept development
- 2014 – 2015 **THE AR(T)CHITECTS**
- Founding member of a Stockholm collective focused on *Creative Placemaking* and building social infrastructure through art
- 2004 – 2014 **BECKX, BEWUSTZIJN EN BEWEGING**
- Private practice in body-oriented psychotherapy and training
- 2010 **ARTISTIC LEADER PLATFORM1660**
- A cross-generational community dance project in the South East of Amsterdam
 - Concept- and methodology development, co-artistic leadership, performance
- 2006 – 2008 **PSYCHOLOGIST SHARED AMBITION**
- Therapy and psychological assessment (incl. biofeedback) across the Netherlands with psychic and work-related disorders
 - Trainer assertiveness and supervisor psychological testing
- 2003 – 2005 **SOCIAL WORKER HVO/QUERIDO**
- In a psychiatric halfway house in Amsterdam for HVO Querido
 - For diverse organizations in the mentally disabled care sector in the Netherlands
- 2000 – 2003 **PSYCHOLOGIST FOR GGZ MENTRUM IN AMSTERDAM**
- (Neuro) psychological assessment, cognitive group therapy, training and coaching in a long-term care facility mainly with people with psychotic spectrum disorders
 - Cognitive-Behavioral group trainings (Lieberman, CGT)
 - Chairman of the taskforce Cognitive Behavioral Therapy, co-author of a rehabilitation guideline 'Helping with Recovery'
- 1999 – 2000 **TRAINER/TEACHER FOR HANZE UNIVERSITY OF APPLIED SCIENCES**
- Communication and Management skills training and classes in Groningen, the Netherlands

OTHER EXPERIENCE

- 2019 - present **DJ** for Ecstatic Dance events, see my [Mixcloud](#)
- 2017 - present **ACTOR** in the playback theatre group '[wijspelenjouwverhaal](#)', playing back the stories of people whose voices are threatened to get lost (also responsible for marketing)
- 2016 - 2017 **AUTHOR BLOGS BUURTWIJS**. Writing blogs on neighbourhood rejuvenation on [buurtwijs.nl](#)

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2015 **CO-AUTHOR AND EDITOR** E-book '[Kwanda Amsterdam](#)' on the Organization Workshop methodology (published fall 2015)

CORE EDUCATION

2021 - 2022 **RELATIONAL WHOLE BODY FOCUSING.** Year training with Lara Peumans. 4 modules, each 2 days with weekly homework assignments.

2013 – 2014 **SOMATIC MOVEMENT PRACTITIONER TRAINING.** With the Somatic Movement Institute 5 modules 150 contact hours

2006 – 2008 **ALTERNATIVES TO VIOLENCE PROGRAM:** trained to a team leader level in this community building method by Phaphama Initiatives, South Africa over the course of two years

2007 – 2008 **5RHYTHMS TEACHER TRAINING** by *Gabrielle Roth* (US) etc, at the Moving Centre School. 700 prerequisite study hrs, and 35 on-site training days plus practicum requirements

2007 – 2009 Moving Centre School California. **UNDERCURRENTS:** Integrating 5rhythms dance and psychotherapy by *Andrea Juhan* (US). 4 Modules: 24 days – 160 hrs

2000 – 2003 **GESTALT THERAPY TRAINING** by *Daan van Praag* etc, the Dutch Academy for Psychotherapy. 30 modules, each 2 days, plus 10 sessions learning therapy, monthly assignments, intervision, and supervision.

1993 – 1999 **MASTERS DEGREE IN CLINICAL PSYCHOLOGY.** University of Groningen. Additional listing for psychological assessment and registration as a psychologist NIP

1987 – 1993 **PRE-UNIVERSITY SECONDARY EDUCATION,** Drachtster Lyceum & ASG te Heerenveen

SPECIALIZED EDUCATION / COURSES

2020 Jun - Jul **ON PHILOSOPHICAL ROOTS OF FOCUSING.** Course with Donata Schoeller (Focusing Institute)

2020 May **RELATIONAL WHOLE BODY FOCUSING.** Two-day introduction with Lara Peumans

2019 Oct - Nov **WHOLE BODY FOCUSING.** Online course (9x) with Alex maunders

2018 - 2019 **FOCUSING LEVELS 1-4** with Ria van Hage with an emphasis on an embodied approach. A total of 8 full days and 7 intervision/supervision meetings

2017 **BASIC LIVE ONLINE LEARNING METHOD** – training & teaching in a virtual class

2014 Oct - Dec **SOMATIC FIELDS.** Somatics course at DOCH, University of Dance and Circus in Stockholm. 30 hrs, 7,5 credits

2010 – 2014 Diverse Community Building Methodologies i.a.: facilitator training in the Brazilian **OASIS GAMES** (*Elos Foundation*), **ORGANIZATION WORKSHOP** (*Seriti Institute - Gavin Andersson, South Africa*), **TRANSFORMATIVE MEDIATION** (*Carol Bloom, US*)

2009 – 2012 **ORANJE FONDS GROWTH PROGRAM.** A business & leadership program for social pioneers by McKinsey, PWC and others, for which Diversity Joy received a royal distinction

2001 - present **DANCE WORKSHOPS & CLASSES:** *Julyen Hamilton, Suprpto Suryodarmo, Nancy Stark Smith, Katie Duck, Pauline de Groot, Gabrielle Roth, Andrea Juhan, Susannah & Ya'akov Darling Khan, and many more.*

2005 nov -dec Work study program **SPINAL AWARENESS** (Feldenkrais bodywork), Esalen Institute (US)

2000 - 2008 Diverse courses on psychotherapy: Cognitive therapy, EMDR, body-based methods

VOLUNTEER WORK

2000 June – July **BALKAN SUNFLOWERS.** Educational activities with Roma children in Skopje Macedonia

1999 april - mei **GREENPEACE NETHERLANDS.** Environmental education for children aboard the Albatros

1996 – 1998 **CHILD HELPLINE GRONINGEN.** Listening to children in need and doing publicity work

LANGUAGES Dutch, English, and German

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