



TIZIANA CASAZZA

PSICOTERAPEUTA 📍 VIA DEI GRACCHI 30, MILANO, 20146, ITALIA ☎ 3477917019

◦ PERSONAL INFORMATION ◦ 👤

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Data di nascita
09/10/1976

Nazionalità
Italiana

◦ WEBSITE AND SOCIAL PROFILES

www.tizianacasazzapsicologa.it

PROFESSIONAL PROFILE IN A NUTSHELL

Psycho-corporeal psychotherapist with 20 years of clinical experience. EMDR therapist. Neurooptimal brain trainer. Alongside these skills, she has years of experience in training and managing group dynamics. Bioenergetic practice teacher. She is also highly sensitive person and uses this trait in her work.

📁 PROFESSIONAL EXPERIENCES

Psychoterapist presso On her own professional study, Milano

September 2006 — Presente

I take care about adult psychological distress and disease since 2003, with different approaches from body-psychotherapy: bioenergetic, biosistemica, organismica. I use Polivagal Approach in trauma treatment, EMDR and Sensorimotor Psychotherapy Approach for trauma and Attachment Repair.

Psychoterapist Assistant presso Sensorymotor Institute Italia, MILANO

2022 — Presente

Tutoring of the training group, supervising laboratories. Collaboration with the management and staff of the institute in managing the entrusted group.

Psychoterapist Tutor presso IPSO -Istituto di Psicologia Somatorelazionale, MILANO

2015 — Presente

Tutoring of the training group, coaching, conducting bioenergetic practice laboratories and supervision in counseling laboratories. Collaboration with the management and staff of the institute in managing the entrusted group.

Bioenergetic practice teacher presso Freelancer, MILANO

September 2014 — January 2019

Bioenergetic practice in groups: body awareness work, familiarization and development of the perceptive and proprioceptive capacity, of the ability to feel, manage and charge / discharge / contain the psychocorporeal energy level individually and into the relationship.

Teacher presso Corpus in Fabula di Milano— Training school for professional counselors., MILANO and Brescia

October 2012 — October 2019

Lecturer in bioenergetic methodology and process of biosystemic counseling.

Psychologist consultant presso Camera del Lavoro Milano - Ospedale Fatebenefratelli, MILANO

January 2005 — October 2009

At the Clinical-Psychological Unit for Family and Work Discomfort and the PsychoSocial Center, zone 6, AO Fatebenefratelli and Oftalmico, Milan (Activity financed by the Milan Chamber of Labor - Social Policies Sector - Milan).

Clinical activity: psychodiagnostic evaluation for clinical-legal purposes through interviews and test batteries, interviews with support for workers subject to work discomfort. Networking with psychiatrists, social workers, trade union (CGIL) e private lawyers.

Psychological interviews with patients with psychological and psychiatric distress. Psychological support, diagnosis and evaluation testing of psychiatric patients and subjects with family and work discomfort. Integrated work in the health team.

Research-intervention on work discomfort and mobbing with data collected thanks to the aforementioned clinical activity.

Psychotherapies: adults with work, family and psychiatric problems of medium severity.

Lecturer in clinical and social psychology presso IAL CISL Lombardia, MILANO

January 2004 — march 2010

Lecturer in clinical and social psychology in courses for adults and in orientation in courses for boys.

Internship Psychoterapist presso The City of the Sun" - Day Center for mental health, MILANO

February — December 2006

Support and co-management of rehabilitation groups for social interaction with psychiatric patients of medium severity.



EDUCATION AND TRAINING

Formazione-Teorico Esperienziale sulla Applicazione Clinica della Teoria Polivagale nella Relazione

Marzo – Ottobre 2023

HSP-Empowerment, for HST operators, to support in Understanding, Transforming, Enhancing the High Sensitivity trait.

January — April 2022

Neurotrainer Neuroptimal – Neurofeedback dinamico non lineare (Facilitator of Therapeutic Processes)

January 2022

Sensorymotor Psychoterapist, level I and II Sensorimotor Institute, Milano

Level II: March — December 2021

Level I: March – October 2020

EMDR Psychoterapist, EMDR Institute, MILANO

February 2018 — June 2019

Insegnante di pratica bioenergetica e formata in counseling Somatorelazionale, IPSo – Istituto di Psicologia Somatorelazionale, Milano

January 2013 — June 2015

Advanced Biosystemic Psychoterapist , Scuola Italiana di Biosistemica, Bologna

January 2015 — December 2017

Advanced Training in Biosystemic Psychotherapy

Biosystemic Psychoterapist , Scuola Italiana di Biosistemica, Bologna

January 2006 — December 2009

Graduate school in Biosystemic Psychotherapy.

Psychologist, Università Statale degli Studi di Parma, Parma

May 2004

National qualification for the profession of psychologist.

Doctor of psychology, Università Statale degli Studi, Parma

January 1998 — December 2003

Degree in Work and Organizational Psychology



OTHER COURSES

HSP Consultant - Highly Sensitive Person Consultant, HSP

2017 — 2018

Ipso - Istituto di Psicologia Somatorelazionale, Deep Contact in Psychotherapy

Ottobre 2016 — aprile 2017

Ipso - Istituto di Psicologia Somatorelazionale, Bioenergetic practice teacher

gennaio 2013 — dicembre 2016

Adolescere - TTG, Conduttore di gruppi

gennaio 2005 — dicembre 2005