



Liana DUGARO Born in Nürnberg (D) on 12.01.69, Italian nationality
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Core competencies:

- **Psychology**: Degree in Psychological Science. Licensed Psychological Counselor (Italy).
- **Polyvagal Informed Practice** (Deb Dana): Application of evolutionary, neuroscientific, and psychological constructs regarding the vagus nerve in emotion regulation, social connection.
- **BioGestalt® Counseling**: A somatic-oriented Gestalt counseling approach focused on developing functional behaviours and relational health.
- **Somatic Experiencing® (SE)**: Specialized neurobiological approach to trauma healing, and resilience building, developed by Peter A Levine, PhD.
- **Integral Somatic Psychology™ (ISP)**: Advanced somatic psychology approach for deep *emotional embodiment*, developed by Raja Selvam, PhD.
- **Gine Coaching®**: A proprietary self-development method for women that combines the goal-oriented nature of ontological coaching together with the emotional and physiological focus of counseling, fusing them together within the framework of the natural cycles (feminine and lunar).

PROFESSIONAL EXPERIENCE

COUNSELING, and COACHING (2011 - present)

Psychological Counselor, Practitioner in Somatic Experiencing® (SEP) & Integral Somatic Psychology™

- Registered with the Italian Order of Psychologists - Ordine Psicologi FVG, Sez B n.22 (2021)
[https://www.ordinepsicologifvg.it/ordine-fvg/albo-iscritti-Liana Dugaro](https://www.ordinepsicologifvg.it/ordine-fvg/albo-iscritti-Liana-Dugaro)
- Member of Somatic Experiencing International (further than SE Italy, Spain, and Slovenia)
<https://directory.traumahealing.org/practitioner/liana-dugaro/>
- Member of AssoCounseling (www.assocounseling.it: REG-A1497-2014)
- Private practice: providing specialized support for personal development and emotional wellbeing

International Trainings Assistant, and approved Credit Session Provider

- Somatic Experiencing®: Assisting cohorts in Bosnia, Croatia, Georgia, Hungary, India, Italy, Romania, Spain, Ukraine-Belarus, USA online.
- Integral Somatic Psychology™: Assisting trainings in Belgium, EU online, USA online

Volunteer at the SE Ukraine Task Force and then the SE Humanitarian Response Committee since 2022

https://somatic-experiencing-europe.org/the7_team/humanitarian-committee-hc/

Coordinating translation efforts to make SE resources accessible to wider communities:

- SCOPE tool (available on <https://traumahealing.org/scope/>);
- Resources created for parents of refugee children and to support professionals and individuals (available on <https://cesiproxyrii.org/publications/>). These include the picture-book "Healing Trauma in Children" (based on Peter Levine and Maggie Kline's "Trauma Proofing Your Kids"), and the accompanying handbook.

Life-Career Coach since 2011

- Gine Coaching®: founder and specialist (since 2019)
- Coach for Alumni Bocconi (since 2017) - <https://www.bocconialumni.it/career/coaching>
- Member of AICP Associazione Italiana Coach Professionisti (since 2014)
<https://www.associazionecoach.com/scheda-coach/liana.dugaro/>
- Private practice supporting clients to reach their extra-ordinary objectives (since 2013)
- Integration of coaching practices as a Deutsche Bank manager (2011-2013)

TRAINING & ACADEMIA

Lecturer, SIBiG Scuola Italiana di BioGestalt® since 2023 <http://www.biogestalt.it/liana-dugaro/>

“Empathy and Active Listening: The Rhythm of the Encounter”

Corporate trainer, CEGOS Italia (2018-2019):

Key topics: emotion, impulse and stress management, self-regulation, active listening, assertive communication, expectations and limiting beliefs, time management.

Researcher & Tutor, SDA Bocconi - MBA Department of Bocconi University (1995-1997):

Junior consultant and researcher, MBA Tutor, and University assistant.

CORPORATE LEADERSHIP (Deutsche Bank Group, 1997 - 2013)

Global Project Coordinator (Cash Management Corporates - Learning & Development):

- Designed a unified framework for development initiatives across EU, US, and APAC;
- Developed a Global Mentoring program.

Cash Management Corporates - Head of Implementation & Service:

- Led multi-country teams (Italy, Spain, Portugal, Switzerland, Austria)
- Strategic coaching and project management.

EDUCATION & CREDENTIALS

Polyvagal-Informed Practice (2024-2025) <https://teoriapolivagale.it/>

Foundations and Masterclass with Deb Dana

Somatic Experiencing® (since 2016)

Practitioner, Training Assistant, and approved Credit Session Provider for all training levels

Post Advanced Trainings with Peter A. Levine (since 2023) <https://www.polarity.se/>

ISP Integral Somatic Psychology™ (since 2022) <https://integralsomaticpsychology.com/>

Practitioner, Training Assistant, and approved Credit Session Provider for all training levels

Degree in Psychological Science University of Padua (2020)

Registered with the Italian Order of Psychologists (2021)

Executive Coaching: EEC Escuela Europea de Coaching - ICF accredited ACTP (2014)

BioGestalt® Counseling: SIBiG Scuola Italiana di BioGestalt® (2014)

Master's Degree in Business Administration: Bocconi University (1994)

Chartered Accountancy equivalent license (1995).

LANGUAGES

Italian:	Native speaker
English:	Professional proficiency (C1 Level - Cambridge Proficiency)
Spanish:	Professional proficiency
German:	Intermediate (B1/B2)