

BIANCA KING

Meditation and Psychological Counselling

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Innovative courses for grounding, vigour and life balance.

Qualifications

- 2013 MBSR Teacher, University of Massachusetts Medical School (UMASS)
- 2010 MA Psychotherapy and Counselling, University of Wales, Regents College, London
- 2010 Cultivating Emotional Balance Teaching Certificate, Santa Barbara Institute for Consciousness Studies
- 2004 Post Graduate Diploma Of Counselling, Australian College of Applied Psychology, Sydney
- 2001 Bachelor of Arts (Psychology and Philosophy), Griffith University, Queensland

Memberships

- MBSR Swiss Association
- MBACP British Association for Counselling and Psychotherapy

Experience

Teaching groups of adults

Integrating theoretical and practical activities based on psychological awareness and interpersonal skills in the following:

2020	Neurosystemics Training Course Mentor – Geneva
2011 – present	MBSR Course teacher for general public – Geneva Mindfulness
2017	Peer Support Training Co-facilitator – ILO – Johannesburg
2017	Peer Support Training Manual for ILO
2013 – 2015	Mindfulness-based Therapy for Cancer (MBCT) Course teacher – English Speaking Cancer Association (ESCA) Geneva
2009 – 2016	Trainer for Volunteers and Peer Supporters – English Speaking Cancer Association (ESCA) Geneva
2003 – 2004	Group therapy for terminally ill patients – Quest for Life Retreat Centre Sydney

Organizational trainings and seminars in mindfulness

- UK Mission to the United Nations
- World Intellectual Property Organization (WIPO)
- International Labour Organization (ILO)
- United Nations High Commissioner for Refugees (UNHCR)
- World Health Organization (WHO)
- International Schools of Geneva and Morges
- Hong Kong and Shanghai Banking Corporation (HSBC)
- ALVEAN – Geneva
- Cereal Partners Worldwide – Nestlé and General Mills
- English Speaking Cancer Association (ESCA)
- United Nations Children’s Emergency Fund (UNICEF)
- HIS Markit – Geneva
- OAK Foundation – Geneva
- European Free Trade Association (EFTA)
- The European Organization for Nuclear Research (CERN)

Individual Psychological Care

2009 – present	Bianca King Therapy – private practice, Geneva Psychological counselling and mindfulness mentoring
2009 – 2015	English Speaking Cancer Association (ESCA), Geneva Psychological Counselling
2008 – 2009	NHS Guy’s Hospital Munro Centre, London Cognitive Analytical Therapy (CAT) with secondary care outpatients
2007 – 2008	The Awareness Centre, London Integrative Therapy
2006 – 2007	Get Connected, London Telephone counselling for children and young adults

Professional Trainings and Seminars

2019	Imago Relationship Therapy Level 1 - Online
2018 – present	Sensorimotor Psychotherapy 3 year Training – London
2018	Neuroaffective Therapy –Marianne Bentzen – Zurich
2018	Family Constellations Training Workshop – Yishai Gaster – Geneva
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2017	Somatic Experiencing – Introduction – London
2017	Hakomi Method Training – Introduction – Geneva
2016	Family Constellations Training Workshop – Yishai Gaster – London
2016	Imago Therapy Training – Introduction – London
2016	Eye Movement Desensitization and Reprocessing (EMDR) – London
2016	Family Constellations Training Level 1 – Svagito – Spain
2016	Oxford Mindfulness Summer Retreat – Oxford
2015	Family Constellations Training Workshop – Yishai Gaster – London
2014	.b Foundations: Mindfulness in Schools Project – London
2014	Mind and Life Conference – Germany

- 2013 MBSR Teacher Development Intensive – Florence Meleo-Meyer – Austria
- 2013 MBSR Mind, Body and Medicine – Jon Kabat-Zinn and Saki Santorelli – Italy
- 2012 MBSR Practicum – Florence Meleo-Meyer and Melissa Blacker – USA
- 2012 MBCT for Cancer – Trish Bartley – Bangor University, Wales
- 2010 Buddhism and Medicine Conference – Samye Ling – France
- 2010 Cultivating Emotional Balance Teaching Certificate – Santa Barbara Institute for Consciousness Studies
- 2009 Meditation Seminar for Neuroscientists & Mental Healthcare Professionals – Santa Barbara Institute for Consciousness Studies
- 2004 Family Constellations Training: Alun Reynolds – Edinburgh

Mediation Retreats

- 2016 Mindfulness Retreat – 7 days – Dzogchen Beara – Ireland
- 2016 Mindfulness and Movement/Dance Retreat – 7 days – Charles Genoud – Spain
- 2015 Vipassana Retreat – 7 days – Bob Stahl – Germany
- 2014 Metta Meditation Retreat with Carol Wilson and Fred Von Allmen – 7 days – Beatenberg, Switzerland
- 2014 Buddhist Study Retreat with Martine and Stephen Bathchelor – 7 days – Beatenberg, Switzerland
- 2014 Insight Dialogue Retreat with Gregory Kramer – 7 days – Gaia House, Devon, UK
- 2013 Vipassana – 7 days – Stephen Smith – Thailand
- 2012 Vipassana – 8 days – Joseph Goldstein, Kamala Masters and Steve Armstrong – Italy
- 2011 Insight Meditation Retreat with Ch. Genoud & P. Genoud-Feldman – 5 days – Beatenberg, Switzerland
- 2010 Cultivating Emotional Balance Teaching Certificate – 6 weeks, 2.5 weeks silence – Santa Barbara Institute for Consciousness Studies
- 2007 Vipassana Silent retreat – 10 days – Norfolk
- 2005 Vipassana Silent retreat – 10 days – Nepal
- 2004 Findhorn Meditation retreat – 5 days – Isle of Iona, Scotland