

Dr. Elena Dragotto



- Born in Rome on 10.02.1957, Elena graduated with a degree in Psychology from the University La Sapienza. She is a counselor supervisor.
- **1993/1996** Elena attended training in Voice Dialogue Facilitators, with Dr. Franca Errani
- **1998** Elena attended training in Voice Dance®, created by Dr. Franca Errani, a technique that she has developed **FlowEnergies Dance** to be used in conjunction with Psychology of Selves.
- **2003** Empowerment Course conducted by Robert Stamboliev, Director of the “Institute of Transformation” of Bergen Netherlands, and Dr Franca Errani
- **2005** Participation as Facilitator to the staff assistants of Hal and Sidra Stone, creators of Voice Dialogue, during the workshop held at the Faculty of Letters and Philosophy of Arezzo under the auspices of the University of Siena.
- **2006** Elena founded the Institute HeskaiHer – *Paths for evolving life* - with its headquarters in Tarano (RI).
- **2010** She invited like Institute HeskaiHer Judith Hendin, PhD, NMT, to provide training in CONSCIOUS BODY, and Elena has organized and participated in this training through 2012.
- **From 2014** Director and professor of the School of Counseling Voice Dialogue and of the Master in Voice Dialogue for professionals organized by the Institute HeskaiHer.
- She is a founding member and vice president of *Voice Dialogue Italia* - an Association that educates about the method of Voice Dialogue.
- She promotes conferences, meetings and workshops in Italy and in Spain, where introduced the method. Leads groups and individual sessions in Italy and in Spain.
- Elena has been interviewed for radio and magazines
- Her name is listed in the International Referral List of facilitators recommended by Drs Hal and Sidra Stone

TEACHING

University L.U.M.S.A. and UNIVERSITY CONSORTIUM HUMANITAS in Gubbio (PG):

- **A.A.2019/2020** Master in “INTEGRATED APPROACH PEDAGOGICAL CONSULTANCY”

University of Siena, Faculty of Letters and Philosophy of Arezzo.

- **2003-2011** Master in “COUNSELING AND TRAINING RELATIONAL”
- **August 2003** SE.R.EMO Summer school -

- **2002-2010** Advanced course “COMMUNICATION AND INTERPERSONAL RELATIONSHIPS”

TRAINER

- **2006 November 20/24** I.R.I.F.O.R. - ADVANCED COURSE QUALIFICATION - "Operators for counseling support for families with visually impaired children at an early age" - Tirrenia (PI) - ROLE OF THE COUNSELOR. COUNSELING SKILLS. FUNDAMENTALS OF ETHICS AND PROFESSIONAL ETHICS.
- **2007 May 11/12** Pegaso Soc.Coop - EQUAL Project - NEW WORKSHOPS - Cagliari - THE RELATIONAL DYNAMICS IN PROFESSIONAL SITUATIONS
- **2012 March 17/18** LEXIS LTD – Counseling School - Transformation of the intrapersonal and interpersonal conflicts - Transfert and Countertransfert - Milan.
- **2013 July 25/28 and October 31/November 3** - SKILLS High School Education - THE BREATH OF LIFE. Psychology of Selves and Voice Dialogue Training - San Leo (RN)
- **2018 January / September** CENTRO NATURA S.R.L. - CORPORATE COUNSELING PROJECT "All for one, one for all. Corporate counseling meetings "

THE CHAIR FOR THE:

- **2002 May** Interdisciplinary meeting "COMMUNICATION AS ANTIDOTE TO CONFLICT" organized in Arezzo from University of Siena, Faculty of Letters and Philosophy of Arezzo, with the conference "The mirror of internal conflict, external conflict: Voice Dialogue", published in the proceedings of the Conference;
- **2003** Interdisciplinary meeting "COMMUNICATION AS ANTIDOTE TO VIOLENCE", organized in Florence by University of Florence, with the conference "WOMAN: THE VALUE OF DIVERSITY";
- **2010 May 8/9** IX° University Conference “SEXUALITY, PSYCHISM AND LIFESTYLES, BETWEEN WELLNESS AND ILLNESS” organized at University of Rome of Tor Vergata by OMOIOS, with the conference “SEXUALITY AND PARTNERING: THE IMPORTANCE OF INTIMACY OUTSIDE THE BEDROOM”;
- **2011 October** She was the featured Voice Dialogue presenter in Firenze at the “PSYCHE AND SPIRITUALITY” Conference held by “Company of the Tao” sponsored by the City of Firenze sharing the stage with Alejandro Jodorosky and Claudio Naranjo.
- **2013 May 21** Conference THE SOLITUDE OF NUMBERS ZERO. WOMEN AT THE CORNER, organized at the Aula dei Gruppi in Parlamento in Rome with the conference "VIOLENCE AGAINST WOMEN: A CRIME AGAINST HUMANITY"
- **2013 July 23/27** XIX National Congress AIEMPR "BEYOND THE IDENTITY. POLYPHONY, DIVERSE HUMANITIES " organized in Assisi - The Citadel with the report "I AM MY MULTITUDE - The identity according to the Psychology of Selves "
- **2013 December 13/14** National Conference "COUNSELLING AND CAREER COUNSELLING: assessments and certifications" held in Padova from La.R.I.O.S. at the Department of Philosophy, Sociology, Education and Applied Psychology, University of Padova with the report: "HUMILITY OF VOICE DIALOGUE COUNSELING"
- **2015 September 3-6** International conference IAC (International Association of Counseling) "CAREER COUNSELING: BUILDING BRIDGES TO THE WELL-BEING” organized in Verona with the conference “EMPOWERMENT IN COUNSELING: FEMALE APPROACH. Self esteem and the value of the “Cyclicity”.
- **2016 March 5/6** Conference "COUNSELING: INSTRUCTIONS: FROM THE GOOD-TO BE OF THE THE COUNSELOR TO WELL-BEING OF THE CUSTOMER” organized from A.N.Co.Re. (Associazione Nazionale Counselor Relazionali) with the conference “ABOUT THE HUMILITY OF THE COUNSELOR: THE VOICE DIALOGUE COUNSELING”

- **2016 July 6/10** Conference “FROM FATE, TO HOPE AND CLARITY” organized from IAC (International Association of Counseling) in Malta with the conference “THE PATH TOWARD THE OWN UNIQUENESS. Voice Dialogue Counseling”
- **2016 September 16/17** 4th International Conference on Sustainable Development organized by European Center of Sustainable Development in Rome with the conference “EXPRESSING OUR UNIQUENESS TO CREATE A SUSTAINABLE WAY OF LIFE”
- **2017 April 1/2** 8th National Conference "STAGING COUNSELING: THE PROTAGONISTS OF THE CARE" organized by Assocounseling in Florence with the speech "FROM TAKING CARE TO THE COUNSELING AS A TRAVEL COMPANION: THE CONTRIBUTION OF VOICE DIALOGUE COUNSELING”
- **2018 April 12/13** Energy Forum Richmond Italy organized by Richmond Italia in Rimini with the workshop “In search of Uniqueness”
- **2018 June 3** "I DONNA, I CAN" organized by the HeskaiHer Institute in Rome and included in the 2nd Sustainable Development Festival organized by ASVIS, Italian Alliance for Sustainable Development, with the report "The inner roots of the patriarchal and matriarchal values “.
- **2018 September 22/23** IAC Conference 2018 "COUNSELING ISSUES AND PROCESSES ACROSS AGES AND CULTURES" organized by the IAC (International Association of Counseling) in Rome with the report "EVERYONE HAS A PLACE IN THE WORLD. WOMEN, TOO. Counseling Voice Dialogue and empowerment of women”.
- **2019 May 25** "GOALS...IN THE MIRROR! A sustainable reality starting from oneself", Gubbio (PG) organized with the HeskaiHer Institute and included in the 3rd Sustainable Development Festival organized by ASVIS, Italian Alliance for Sustainable Development with the report: “La realtà esterna è lo specchio della realtà interiore” (The external reality is the mirror of the inner reality).

Elena leads groups directed to research and develop the potential of women with the focus on the issue of self-esteem, social and cultural conditioning including the following at:

- **2003 October/2004 March** The Women's Council of Senigallia (AN) and Women's Council of the Province of La Spezia, with a project entitled: “WOMEN: THE VALUE OF DIVERSITY”;
- **2004 March 15/April 19** ASL of Bologna implemented a course for the corporate sector aimed at professional women entitled: MODELS OF CARE AND REPORT OF WOMEN: THE INFLUENCE OF DIVERSITY GENDER.
- **2006 May 6/7** Center for Women Self-Esteem of dott. Paola Leonardi has organized a seminar titled: INNER PATRIARCH AND INNER MATRIARCH for the training school "SOCIAL PSYCHOLOGY OF WOMEN. A journey of self-confidence and realization of self”.
- **2007 April 21/22** she organized with Institute HeskaiHer in Bologna a conference entitled "WOMEN AND MEN: THE INFLUENCE OF DIVERSITY" sponsored by the City and the Province of Bologna, by the ASL of Bologna and the University of Siena Faculty of Literature and Philosophy in Arezzo;
- **Gennaio/Aprile 2009** - Jesi (AN) Movimento Adulti Scout Cattolici Italiani Regione Marche. Polo di eccellenza Educazione alla Pace e Solidarietà internazionale has organized a Course titled: WOMAN UNIVERSE, THE FEMININE POWER. Project included in the training path for peace education.
- She was also trained in Family Constellations – the Bert Hellinger method- with ABHI and has organised Family Constellations groups in Italy.
- She has studied for many years the method of Musicosophia, a technique which uses the development of consciously listening to music, participating in workshops in Italy and at the

headquarters of the International School of St. Peter in Germany, held by the founder and creator of the method prof. George Balan and his assistants.

- She has conducted workshops in Musicosophia aimed at adults and pre-school children. In addition, she has taught for the municipality of Bologna two refresher courses aimed at teachers of kindergarten.

ARTICLES

- **IL CONFLITTO ESTERNO SPECCHIO DEL CONFLITTO INTERNO: IL DIALOGO DELLE VOCI INTERIORI.** In: LA COMUNICAZIONE COME ANTIDOTO AI CONFLITTI. Dalle relazioni interpersonali alle dinamiche macrosociali. A cura di Enrico Cheli. Punto di Fuga editore, 2003, EAN: 9788887239218, ISBN: 8887239215
 (THE EXTERNAL CONFLICT MIRROR OF INTERNAL CONFLICT: THE VOICE DIALOGUE. In: COMMUNICATION AS AN ANTIDOTO TO CONFLICTS. From interpersonal relationships to macrosocial dynamics. Curated by Enrico Cheli)
- **IL LAVORO SU DI SÉ: UN VIAGGIO CHE DURA PER TUTTA LA VITA.** In: Rivista FORMAZIONE IN. Psicoterapia, Counselling, Fenomenologia. Istituto Gestalt Firenze. Numero speciale. N. 23 - III quadrimestre 2013 Settembre-Dicembre. ISSN: 2282-2372
 (WORKING ON YOUR SELF: A JOURNEY THAT LASTS FOR ALL LIFE)
- **EXPRESSING OUR UNIQUENESS TO CREATE A SUSTAINABLE WAY OF LIFE.** In: European Journal of Sustainable Development (2016), 5, 4, 72-78 ISSN: 2239-5938 Doi: 10.14207/ejsd.2016.v5n4p72
- **DAL PRENDERSI CURA AL COUNSELING COME COMPAGNO DI VIAGGIO. L'APPORTO DEL COUNSELING VOICE DIALOGUE.** In: Il counseling in scena. I counselor protagonisti del prendersi cura. Atti del VIII Convegno nazionale Firenze, 1-2 aprile 2017 Rivista italiana di Counseling Volume 4. Numero speciale Novembre 2017. Pubblicazione di Assocounseling, Registrazione al Tribunale di Milano n° 394 del 16.10.2012 ISSN 2284-4252, EAN: 9772284425022-70407, Vol. 4 – Num. Speciale – Novembre 2017
 (FROM TAKING CARE TO COUNSELING AS A TRAVEL COMPANION. THE COUNSELING VOICE DIALOGUE PROVISION. In: On-site counseling. The counselors protagonists of caring. Proceedings of the VIII National Conference Florence, 1-2 April 2017 Italian Counseling Magazine Volume 4. Special Issue November 2017).
- Mariotti, D., McAuliffe, Garrett J., Grothaus, Timothy, & West-Olatunji, Cirecie. (2017). Towards a New Profession: Counselor Professional Identity in Italy. A Delphi Study. ProQuest Dissertations and Theses.

AWARDS

- **OLIVETTI PRIZE 2018.** The corporate counseling project "ALL FOR ONE, ONE FOR ALL", has won a prestigious award: "Corporate Counseling Mention", for the Adriano Olivetti Award of the AIF (Italian Association Formatori). The jury's motivation was "for inclusive approaches regarding work well-being" applied to the "HEALTH, PERSONAL AND ORGANIZATIONAL WELLNESS" sector.

CONFERENCES

- **"GILANIA PROJECT. MEN AND WOMEN: THE WEALTH OF DIVERSITY "**. Bologna 21/22 April 2007. Organized with the HeskaiHer Institute, sponsored, among others, by the Municipality and the Province of Bologna, the ASL of Bologna and the University of Siena Faculty of Letters and Philosophy of Arezzo.

- "I WOMAN, I CAN". Rome, 3 June 2018. Organized with the HeskaiHer Institute and included in the 2nd Sustainable Development Festival organized by ASVIS, Italian Alliance for Sustainable Development.
- "GOALS...IN THE MIRROR! A sustainable reality starting from oneself", Gubbio (PG) 25 May 2019 organized with the HeskaiHer Institute and included in the 3rd Sustainable Development Festival organized by ASVIS, Italian Alliance for Sustainable Development.

SPAIN

From 2003 she introduced the Psychology of selves and Voice Dialogue in Spain through conferences and workshops in Barcelona, Ibiza, La Coruña, Madrid, Tarragona and Seville.

Teaching the following workshops:

- **2007 April** "THE RICHNESS OF COMPLEXITY: the Psychology of selves and Voice Dialogue – at GROU, Dep. MIDE, Faculty of Pedagogy University of Barcelona
- **2007 June** "IMPROVE INTERPERSONAL RELATIONSHIPS AT WORK" - Barcelona City Hall "PORTA 22" in collaboration with "Cris Bolivar Consulting"
- **2008 November 26/27** "VOICE DIALOGUE EN COACHING: WORKING WITH THE ENERGIES" V JORNADAS PROFESIONALES DE COACHING" - Madrid
- **2009 September** "PSYCHOLOGY OF SELVES IN COACHING. The art of the complexity" – Escuela Europea de Coaching Madrid
- **2016 July 21/24** "THE ART OF COMPLEXITY" - in collaboration with FISS - Tarragona
- **2017 July 17/20** "THE ART OF COMPLEXITY. Voice Dialogue workshop" - in collaboration with FISS - Tarragona
- **2018 January 2/5** "YOU AND ME. The relationship as a teacher" - in collaboration with FISS - Tarragona
- **2018 July 26/28** "THE SPIRAL OF CREATION: THE INNER MASCULINE AND FEMININE" - in collaboration with FISS - Tarragona
- **2019 January 2/4** "THE ART OF COMPLEXITY. Voice Dialogue workshop" - in collaboration with FISS - Tarragona
- **2019 March 29/31** "THE ART OF COMPLEXITY. Voice Dialogue workshop" - in collaboration with FISS - Manresa
- **"SPECIALIZATION COURSE IN VOICE DIALOGUE"** - in collaboration with FISS - Tarragona, May 2019/January 2020
- **MASTER "THE VOICE DIALOGUE SESSION"** - in collaboration with FISS - in videoconference, August 2020/November 2020

COLLABORATIONS

- **Since 2008 to 2010** Teacher of Psychology of selves and Voice Dialogue in the "PROGRAMA INTEGRAL DE FORMACION DE COACHES" (Integral Program of Coaches Training) organized by "Cris Bolivar Consulting".

ARTICLES AND INTERVIEWS

- "DE LA CRITICA A LA AUTOESTIMA" (From criticism to self-esteem) - "MENTE SANA" N.9 – The magazine of the Positive Psychology
- "PARA EL EGO CONSCIENTE NO HAY EMOCIONES POSITIVAS O NEGATIVAS" (For the Aware Ego there aren't negative or positive emotions) - Portal de Inteligencia emocional

Languages



Italian, Spanish, English

Contacts

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