

Kinga de Wit

Psychology · Somatics · Energy Work



CONTACT

✉ kingadewit@mail.com

🔗 www.kingadewit.com

EXPERTISE

Holistic Psychology

Mind-Body-Soul

Chronic Pain, Psychosomatics, Stress

Mindset

Energy Healing

Empowerment, Freedom

WHAT I DO

I am a healer who wants to guide you back home to your authentic self, awaken you to your own possibilities, and empower you to get behind the wheel of your life.

MOTTO

Life is our greatest teacher and healer.

You've got to practice what you preach.

The most important relationship you will ever have is the one with yourself.

FORMAL TITLES

- Clinical and Health Psychologist, MSc/Drs
- ACT Practitioner
- EMDR Practitioner (Advanced)
- NLP Master Practitioner
- Time Line Therapy® Master Practitioner
- OldPain2Go® Practitioner
- Kundalini Reiki Master
- Usui Reiki Master
- Body Drum Release Practitioner
- EFT/Tapping Master Practitioner
- Feng Shui Practitioner
- Soul Body Fusion® Practitioner
- Breathwork Practitioner
- Akashic Records Reader
- Soul Realignment® Practitioner
- Human Design Reader
- and more



EDUCATION, COURSES, SUMMITS, MASTERCLASSES, WORKSHOPS, CHALLENGES & QUALIFICATIONS

PSYCHOLOGY | MINDSET

- Ikigai Coach (Certified Excellence, 2025)
- Systemic Family Constellations (Certified Excellence, 2025)
- Journal Therapy Coach (Certified Excellence, 2025)
- Couple Coach (Certified Excellence, 2025)
- Gestalt Therapy (Certified Excellence, 2025)
- Jungian Coach (Certified Excellence, 2025)
- Beliefs & Limiting Beliefs Masterclass, Pam Rigden, 2024
- 21 Century NLP, David Shephard, 2023
- Level 5 Fast Start To Liberation, Brian Ridgway, 2023
- Conscious Parenting Mastery, Dr. Shefali Tsabary, 2022
- Learning how to look Differently at your Child, Rian van Wel, 2021
- Stop Raising your Child, Rian van Wel, 2021
- ACT and Insomnia, Aline Kruit, 2021
- ACT practitioner training, Bekker Onderwijs- en Psychologisch Advies, 2022
- ACT Workshop @ SpecialistenNet Consultancy, 2014
- Overcoming Imposter Syndrome, Carolyn Goerner, 2021
- Summit Mindset Detox, 2021
- Congress Anxiety and Compulsive Disorders, Vincent van Gogh GGZ, 2017
- How To Get Out Of A Toxic Relationship Masterclass, Evette Rose, 2022
- Emotion Focused Couples Therapy, Workshop @ SpecialistenNet Consultancy, 2017
- Couples Counseling, Civas, 2011
- Effortlessly being yourself, Vera Helleman, 2016
- Mindfulness, home study, 2015
- NLP Nature Coaching, Ankie Stadegaard, 2015
- NLP Practitioner (Polish), Piotr M. Łabuz, 2015
- NLP Practitioner, Mind Academy, 2009
- Time Line Therapy (TM) Practitioner & Master Practitioner, David Shephard, 2011
- Solution Focused Therapy, Workshop @ SpecialistenNet Consultancy, 2014
- GZ-psychologist, Rino Utrecht (course terminated on own initiative after ¾ year), 2013
- Life-coach, NHA, 2011
- KOP-model within the 1st line GGZ, in-company training @ Indigo, 2010
- 5-conversations model follow-up course, Rob Stoffer, 2010
- 5-conversations model introduction course, Rob Stoffer, 2008
- Interpersonal communication, online course in Polish @ Rozwój 24 learning lab, 2010
- Stress Counseling, Civas, 2010
- ADHD-coaching, Civas, 2010
- Basic note Psychodiagnostics, certificate obtained @ NIP, 2009
- Introduction to neuropsychology and psychopharmacology, Open University, 2009
- Aggression: different forms, different treatment methods, Rino Amsterdam, 2009
- Parapsychology, NTI, 2009
- Clinical and Health Psychology Master Degree, with an emphasis on Developmental and Educational Psychology, Leiden University, 1999-2005

TRAUMA | EMOTIONAL WOUNDS

- Heal From Narcissistic Abuse, Tracy Malone, 2023 (in progress)
- Free Your Hips In 30 Days, the Workout Witch, 2023 (in progress)
- E4 Trauma Method® Free Video Series, Dr. Erin Fall Haskell, 2022
- Relationship Breakthrough, Dr. Erin Fall Haskell, 2022
- Healing Trauma and Emotional Stress, Evette Rose, 2022
- Thrive Again After Sexual Abuse Masterclass, Evette Rose, 2022
- What Happens After Trauma Masterclass, Evette Rose, 2022
- Trauma Recovery Summit, 2022
- Summit The Wisdom of Trauma, 2021
- Trauma Super Conference, 2021
- 7-Day Healing Program/Core Wound Healing, Artie Wu, 2017
- EMDR basic & in-depth course, Centrum Voor EMDR, 2010
- Attended the opening of the Psychotrauma Center and participated in workshops, Reinier van Arkel, Den Bosch, 2008



CHRONIC PAIN | HEALTH | BODY ORIENTED THERAPY

- Breathwork Practitioner (Certified Excellence, 2025)
- Polyvagal Therapy Practitioner (Certified Excellence, 2025)
- Daily Ayurvedic Medicine Coach (Certified Excellence, 2025)
- Body Healing Coach (Certified Excellence, 2025)
- Summit Cracking the Chronic Illness Code: Ticks, Toxins & Mold, 2024
- Unlock the Secrets of Your Body's Wisdom, Body Wisdom, 2024
- Mitochondrial Healing Masterclass, Carrie B. Wellness, 2023
- Resolving Backpain Masterclass, Evette Rose, 2022
- Resolving Neck Problems Masterclass, Evette Rose, 2022
- Heart Math, Hearth Math Institute, 2022
- Psychosomatics, Henk Fransen, 2022
- Your Dream Trail, Stephanie Maas, 2022
- Where Trauma is Stored in Your Body - Shift It Masterclass, Evette Rose, 2022
- Nervous System Regulation Free Videos, Irene Lyon, 2022
- Oerkracht (Primal Power), Richard de Leth, 2022
- Flow with the Feminine Free Training, Myra Lewin, 2022
- Menopause Secrets Free Training, Girls Gone Strong, 2022
- How to Eat for Your Soul Aligned Body, Steph Hendel, 2022
- The Power of Herbal Tea, 't Kruidenhuisje, 2022
- Metameric Massage, Francesco Ciaccia, 2022
- Summit Health Freedom, 2021
- Masterclass: Diseases as a Sign of Healing, Biologika Nederland, 2021
- Regulate, Lindsay Dam, 2021
- Clear Sight Method Free Program, Ainhua de Federico, 2021
- Headaches Masterclass, Biologika Nederland, 2021
- The Logical and Meaningful Causes of Diseases Webinar, Biologika Nederland, 2021
- The 5 Biological Laws of Nature Webinar, Biologika Nederland, 2021
- How to Find Freedom from Stress Mini Series, Peter Crowne, 2020
- OldPain2Go® Updated Training, Steven Blake, 2018
- OldPain2Go®, Martin Rothery, 2017
- MDR Therapy, treatment of chronic pain by psychologists, Lifeworks Pain Clinic, 2017
- Reinventing The Body, Resurrecting the Soul, Deepak Chopra, 2017
- Physically Unexplained Bodily Complaints at the GP's Office, in-company @ ZiO, 2015
- Basic course Behavioral approach to chronic pain, Adelante, 2012
- Nutritional Therapy, Civas, 2010
- Interventions for chronic somatic disorders, Rino Amsterdam, 2009



ENERGY HEALING

- Lightworker Practitioner (Certified Excellence, 2025)
- Violet Flame Practitioner (Certified Excellence, 2025)
- Angelic Healing Practitioner (Certified Excellence, 2025)
- Golden Triangle of Isis Practitioner (Certified Excellence, 2025)
- Divine Child Healing Practitioner (Certified Excellence, 2025)
- Karmic Realignment Practitioner (Certified Excellence, 2025)
- Karmic Reiki Practitioner (Certified Excellence, 2025)
- Moon Cycle Ritual Facilitator (Certified Excellence, 2025)
- Atlantean Dolphin Reiki (Certified Excellence, 2025)
- Kundalini Activation Practitioner (Certified Excellence, 2025)
- Soul Body Fusion®, Jonette Crowley, 2024
- Conscious (5-Level) Breathing, Brian Ridgway, 2023
- Chakra Activatie, Rianne Manten, 2023
- Zelfhelingsmodules, Robert Bridgeman, 2023
- Breathwork Teacher Training Certificate Course, Jessica Fleming, 2023
- Inner Child Therapy, Civas, 2023
- Trust, Lindsay Dam, 2023
- Zelfhelingsmodules, Bridgeman Academy, 2022
- Quantum Jumping, Burt Goldman, 2022
- Chakra Healing, Anodea Judith, 2022
- Tapping Into Emotional Mastery, Jennifer Partridge, 2022
- Modern Qigong, Lee Holden, 2022
- Sound healing, Vienna Möllers, 2022
- Light Medicine Introduction Training, Karen Kan, 2022
- How to Receive Masterclass, Evette Rose, 2022
- Rebirthing Yourself Masterclass, Evette Rose, 2022
- Don't just survive, Thrive! Masterclass, Evette Rose, 2022
- How to Heal with Water Masterclass, Evette Rose, 2022
- How to Heal with Crystals Masterclass, Evette Rose, 2022
- Devine Union Between a Man and a Woman Masterclass, Evette Rose, 2022
- How to Release Suppressed Emotions Masterclass, Evette Rose, 2022
- Shift How Your Ancestors Influence Your Life Masterclass, Evette Rose, 2022
- Shift your Relationship with Your Mother Masterclass, Evette Rose, 2022
- Shift your Relationship with Your Father Masterclass, Evette Rose, 2022
- Womb Healing, Lindsay Dam, 2022
- Bitch, Please, Lindsay Dam, 2022
- Become A Money Healing Queen, Lindsay Dam, 2022
- Lightworkers Academy, Lindsay Dam, 2021
- Anxiefree, Lindsay Dam, 2021
- Reiki Level I, II and Master/Teacher Program, Lisa Powers, 2021
- The Power of Energy Medicine, Donna Eden & David Feinstein, 2021
- Tapping World Summit, 2022
- Summit The Tapping Solution, 2021
- Love or Above, Christie Marie Sheldon, 2019
- Access Bars, Vienna Möllers, 2019
- Kundalini Reiki Master, Vienna Möllers, 2018
- Kundalini Reiki Level I & II, Vienna Möllers, 2017

- Rite of the Womb Initiation, Marjan 't Lam, 2017
- Crystal Healing, Centre of Excellence, 2017
- Emotional Freedom Techniques (EFT/Tapping) Master Practitioner, Steven de Nie, 2011
- Ho'oponopono, David Shephard, 2011
- Body Drum Release, BIVT, 2009

INTUITION | READINGS | HUMAN DESIGN

- Akashic Records (Certified Excellence, 2025)
- Human Design Coach (Certified Excellence, 2025)
- Human Design Foundations: the Basics & Advanced, Kelsey Carter, 2024
- Radiant Reader, Kelsey Carter, 2024
- 7-Day Parenting by Design Masterclass Series, Karen Curry Parker, 2024
- The Profile Lines (Human Design) Masterclass, Cat Skreiner, 2022
- Duality (How To Reconnect With Your Energetic System - And Harness It To Create An Extraordinary Life), via Mindvalley, door Jeffrey Allen, 2022
- Jump Start Your Intuition Free Training, John Holland, 2022
- Spiritual Shamanic Initiation: The Munay Ki, Sharon Ramel, 2020
- Shamanic Moon Magic & Psychic Mediumship Guide, Sharon Ramel, 2019
- Discover Your Energy Body, James Seriph, 2020
- The Art of Energy Healing, James Seriph, 2020
- Summit: You Can Heal Your Life, 2020
- Animal Communication – Intermediate, Claire Bloomfield, 2019
- Akashic Record Practitioner Certification, Emily Blatt, 2018
- Soul Realignment®, Andreea Hess, 2017
- Child in Mind®, Marjan 't Lam, 2016
- Intuitive Development, 2011

OTHER | MISC

- 21 Day Reports to Revenue Experience, BodyGraph/Vickie Dickson, 2024
- 5-Day Build Your Business Bootcamp, BodyGraph/Vickie Dickson, 2024
- Moon Magic Mini Course, Sianna Sherman, 2024
- Spiritueel Leven Met Beide Benen Op De Grond, Robert Bridgeman, 2023
- Super Brain, Jim Kwik, 2022
- Super Reading, Jim Kwik, 2022
- Elevate Your Visibility Course, Sharmeen Abeysinghe, 2022
- Year (Business) Coaching & Healing 1:1, Groups, Modules and Masterminds, Lindsay Dam, 2022
- Year (Business) Coaching 1:1, Groups, Modules and Masterminds, Vanessa Simpkins, 2017

MANIFESTING

- Rewire Your Money Nervous System, The Reconnected, 2024
- Abundance Accelerator, Brian Ridgway, 2023
- Complete Body Transformation Protocol, Brian Ridgway, 2023
- Manifesteren Vanuit Het Hart, Robert Bridgeman, 2022
- The Money Trip, Robert Bridgeman, 2022
- Unlimited Abundance, Christie Marie Sheldon, 2022
- Manifesting Workshop & Audio Vision Board, Andrew Donovan, 2022
- Success Come From Within Free Program, Debbie Bernasco, 2022
- Cash Code for Human Design Projectors, Nicole Gangloff, 2022
- Step Into Your Future Self Free Training, Relinde Moors, 2022
- The Trailblazer Body Free Training, Steph Hendel, 2022
- How to Thrive in Uncertainty Masterclass, Dr. Kim D'Eramo, 2022
- The Soul Mission Blueprint, Maartje Koper, 2022
- Money Loves Speed , Dr. Joe Vitale, 2022
- The 3-day Rule, Dr. Joe Vitale, 2022
- Zero Limits Maui (Ho'oponopono), Dr. Joe Vitale, 2022
- The Missing Secret, Dr. Joe Vitale, 2022
- Money Breakthrough Free Program, Dr. Erin Fall Haskell, 2022
- Reset to Soul, Jessica Caver Lindholm, 2022
- Prepared to Receive, Jessica Caver Lindholm, 2022
- Fit, Sexy, Free, Jessica Caver Lindholm, 2022
- The Law Of Attraction Masterclass, Kim Munnecom, 2022
- Limitless, Lindsay Dam, 2021
- The Year Of Wealth Summit, 2021
- Feng Shui for Life, Marie Diamond, 2021



WORKING EXPERIENCE

- February 2011 – Present: Owner/Entrepreneur, Psychologist, Holistic Wellness Coach, Trainer, Guide, Mentor, and Healer at Wellness In Mind, KingAcademy, Home Flow Design, and the Soul Compass (current: Kinga de Wit). Initially the practice was located in Schiedam and was focused towards short-term f2f psychological treatment. Through the years it shifted towards (online) holistic wellness coaching and spiritual mentorship, with an emphasis on stress-related complaints, self-worth issues, and chronic pain. through: emotional bodywork, energetic trauma treatment, mindset, awareness, the mind-body connection, emotional stability and self-regulation. From 2024 the emphasis is on guiding people (online) to their true, authentic selves, using Human Design, energy healing, and holistic coaching programs.
- November 2024 - Present: Online Psychologist at Psycholoog op Afstand.
- February 2020 – Present: Mental coach / Psychologist (freelance) for Drive.
December 2011 – 2022: Freelance psychologist (initially franchisee) and reintegration expert for SpecialistenNet Consultancy. This involved carrying out specialist coaching programs for SpecialistenNet with an emphasis on reintegration, working towards recovery of clients' working capacity, acting as a case manager, and maintaining contacts/relationships with clients, including managers and occupational physicians.
- February 2020 – Mei 2024: Holistic Psychologist at Oh my Mood, including 2 years as Team Leader and 9 months in the Works Council.
- August 2018 – February 2020: POH-GGZ at PsyZoh, Landgraaf.
- August 2017 – January 2018: Psychologist at Max Ernst GGZ, Roermond.
- 2015 – 2020: Freelance psychologist and job coach for Polish-speaking employees at ArboPolska.
- April 2012 – April 2017: Freelance psychologist for rehabilitation center OCA (initially in Rotterdam, from 2014 at 3 locations in the Province of Limburg). The work involved psychosomatic treatment of people with chronic pain complaints in a team of rehabilitation doctors, occupational therapists and (company) physiotherapists.
- February 2014 – July 2015: POH-GGZ at ZiO in Maastricht and Valkenburg.

- April 2008 – February 2011: Psychologist, Parnassia Bavogroep: basic care team and general practice) in Hellevoetsluis, registration service (CAT PsyQ & BE, 8 months) in Schiedam and Back On Track in Rotterdam (Employment Assistance team, 4 months). The job consisted of conducting intake interviews and short-term general treatment of adolescents and adults, referrals within and outside the organization, waiting list bridging (all common problems, such as eating disorders, grief, depression, anxiety, psychotic complaints, traumatic experiences, relationship problems, etc.). Ensuring the provision of the best possible care to patients through referrals to specialist assistance, independent treatments and professional development. Reacting alertly in the event of an emergency or crisis. Psychological research (in particular into intelligence, personality problems and ADHD). Participation in team meetings, supervision, intervision, case discussions, consultation to referrers.
- February 2007 – February 2008: Psychologist, Emergis in Middelburg, Adult Care Department.
Conducting intake interviews and reporting them for diagnostics, advice and treatment (cognitive behavioral therapy). Conducting psychological research into intelligence, personality, abilities, vulnerabilities, complaints and various disorders (such as ADHD and autism). Attend and actively contribute to meetings and internal consultations within a multidisciplinary team. Maintaining contacts with various healthcare institutions in accordance with guidelines of the NIP for information exchange and referral of clients.
- March 2004 – December 2004: Intern, Ensis in Rotterdam.
Protocolized treatments using cognitive behavioral therapy.

