

My Most Recent CPD includes:

Working Creatively with the Inner Child Weekend – 15hrs (4/25)	Deep Release
Interpreting Unconscious Patterns in Relationships – 3hrs (2/25)	NScience
Working with Trans and non-binary clients – 2 days (2/25)	Gendered Intelligence
Working with Suicide and S/Harm within the IFS model – 4hrs (9/2024)	PESI
Certificate in couples Counselling – Mark Widdowson – 42hrs (1/2024 – 6/2024)	Manchester Link Centre
Existential Therapy Helping Clients Reclaim Choice & Purpose – 6hrs (3/2024)	NScience
Building an Effective Neurodivergent Affirmative Practice, Working with Traumatized Adults with Undiagnosed ADHD & ASC – 6hrs ((1/2024)	Nscience
Integrating Coaching into Counselling Practice – 3.5hrs (11/2023)	BACP
PDD: Working with Suicide and Self-harm, Working ethically and safely with clients at risk – 3.5hrs (9/2023)	BACP
Professional Development Day: How to help clients with their anger – a therapists toolkit – 6.5hrs (9/2023)	BACP
Childhood Sex Abuse and its Effects – 3.5hrs (7/2023)	Deep Release
Internal Family Systems Therapy: A non-pathological Way of Working with Dr Zandra Bamford – 2.5hrs (6/2023)	AD4E
Using Creative Techniques with Children & Teens with Dr Karen Treissman – 2.5hrs (6/2023)	AD4E
Neuroscience in a Nutshell – 3.5hrs (6/2023)	Deep Release

Using Erikson's Life Stages in Counselling – 3.5hrs (5/2023)	Deep Release PESI
Single Session Therapy Maximising the Effect of Every Therapeutic or Coaching Encounter – 3hrs (5/2023)	
Play Therapy with Pre-Teens and Teens – 3hrs (5/2023)	N Science CYP
No Child Is An Island – 1hr (4/2023)	Conference - BACP
Trauma and Eating Disorders: A conversation about their association – 1hr (4/2023)	CYP Conference – BACP
Linking Principles of Polyvagal Theory to Clinical Work with Children and Young People – 1hr (4/2023)	CYP Conference - BACP
Introduction to working with low self-worth and Imposter Syndrome – 3.5hrs (4/2023)	Deep release
Working Creatively with Dissociation - 1hr (4/2023)	CYP Conference – BACP
Trauma: - Counselling Children and Young People in Foster Care – 1hr (4/2023)	CYP Conference - BACP
Trauma, Healing & Hope: An Identity Conscious Approach to Resilience – 1hr (4/2023)	CYP Conference - BACP
Chaos to Order – complex trauma and dissociation in children and adolescents – 1hr (4/2023)	CYP Conference – BACP
Children cannot leave their trauma at the school gate: the fragile interplay between learning and healing – 1hr (4/2023)	CYP Conference - BACP
Tilting the Diamond of Understanding when Working with Traumatised Children - Keynote speaker CYP Conference – 1hr (4/2023)	CYP Conference - BACP
Level 1 Safeguarding Training – 2hrs (3/2023)	Staffs Safeguarding Boad –
Integrating Artwork into Your Counselling Training – 4hrs (2/2023)	BACP

Compassion Focused Therapy – Prof Paul Gilbert – 2.5hrs (1/2023)	AD4E
Normal and Abnormal Eating in a World of Plentiful Food - .5hr (1/2023)	BACP
CISM Training Conference – 7.5hrs (12/2022)	NHS
Training the Amygdala Brain Based Strategies for Quietening the Brain – 2.5hrs (12/2022)	PESI
BACP Conference – 2hrs (11/2022)	BACP