



## Continued Professional Development

As a Registrant Member of NCS, I undertake a minimum of 30 hours continued professional development per year, as well as undertaking clinical supervision appropriate to the number of clients I am seeing. This is a list of recent training I have completed (most recent completed training first):

- **Foundation Certificate in the Application of the Polyvagal Theory in Counselling and Psychotherapy.**  
25 hours CPD  
Temenos (April-June 2024)
- **Addiction, the Brain and Recovery**  
6.5 hours CPD  
MindBody Breakthrough (May 2024)
- **Practical Considerations for an Eco Practice: workshop 5 of 5.**  
2 hours CPD  
Physis Scotland (May 2024)
- **The Impact of Outside on Client Presentations: workshop 4 of 5.**  
2 hours CPD  
Physis Scotland (May 2024)
- **Metatheory, Philosophies & Approaches: workshop 3 of 5.**  
2 hours CPD  
Physis Scotland (May 2024)
- **Script & Ecology: workshop 2 of 5.**  
2 hours CPD  
Physis Scotland (May 2024)
- **What is Eco TA: workshop 1 of 5.**  
2 hours CPD  
Physis Scotland (May 2024)
- **Assessment for Clients in the Online Context, including Risk and Safeguarding**

2 hours CPD  
Online Events (March 2024)

- **Module 1&2, Introduction to Safeguarding Adults: Level 1&2**  
2 hours CPD  
eLearning for Healthcare (March 2024)
- **Preparing to work with Sexual Abuse**  
2 hours CPD  
Counselling Tutor (March 2024)
- **Walk & Talk Therapy in the Outdoors**  
3 hours CPD  
Creative Counsellors (February 2024)
- **Adults with ADHD and/ or Autistic Spectrum Traits**  
4 hours CPD  
Brighton Therapy Partnership (January 2024)
- **The Parent and It's Problems Workshop**  
2 hours CPD  
Online Events (January 2024)
- **Thank Goodness for Games Workshop**  
2 hours CPD  
Online Events (January 2024)
- **Addiction Awareness: Helping Addicted Clients Recover**  
1 hour CPD  
Online Events (December 2023)
- **Working with Addictions in Clinical Practice Workshop**  
2 hours CPD  
Online Events (December 2023).
- **Trauma and the Brain**  
1.5 hours CPD  
Counselling Tutor (November 2023)
- **Assessments in Counselling**  
1.5 hours CPD  
Counselling Tutor (November 2023)
- **Certificate in Online and Telephone Counselling**  
80 hours of CPD  
Counselling Tutor (October 2023)

- **Counselling Clients in Substance Misuse**  
1.5 hours CPD  
Counselling Tutor (August 2023)
- **The Ben Raemers Foundation: Counsellor's Awareness Course**  
3 hours CPD Training  
National Counselling & Psychotherapy Society (August 2023)
- **Foundations in Dementia**  
18 hours CPD Training  
University of Nottingham (May 2023)
- **The Many Faces of Dementia**  
8 hours CPD Training  
University College London (April 2023)
- **Polyvagal Theory by Stephen Porges**  
10 hours CPD Training  
Embodied Philosophy (April 2023)
- **An Introduction to Walking Therapy**  
2 hours CPD Training  
Online Events (April 2023)
- **Foundation Certificate in Bereavement Counselling**  
18 hours CPD Training  
Temenos (March 2023)
- **GDPR- Data Protection**  
1.5 hours CPD Training  
Counselling Tutor (Jan 2023)
- **Anxiety: Attachment, Neuroscience and The Body**  
6 hours CPD Training  
Brighton Therapy Partnership (Oct 2022)
- **Forgotten Mums, Supporting the Emotions of Mums at Risk of Child Removal**  
2 hours CPD Training  
Online Events (June 2022)
- **Black Identities + White Therapies Conference**  
11 hours CPD Training  
Online Events (July 2022)
- **Engaging in Supervision**

1.5 hours CPD Training  
Counselling Tutor (January 2022)