



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):

- **Working with Complexity in Grief**
6 hours CPD
Brighton Therapy Partnership (Oct 2024)
- **Rewilding Therapy: Ecotherapy and Social Change**
1 hour CPD
Online Events (Oct 2024)
- **Anger- Disconnecting the Unhelpful Components: A Creative Approach using the ChrisLin Method**
2 hours CPD
Online Events (Oct 2024)
- **Creative Counselling Interventions: Nesting Dolls**
2.5 hours CPD
Creative Counsellors (Sept 2024)
- **Introduction to Breathwork**
12 hours CPD
The Bedfordshire Centre for Therapeutic Studies (Aug 2024)
- **Accessible Creativity for Practitioners: Introducing the ChrisLin Method**
4.5 hours CPD
Online Events (Aug 2024)
- **Working with PTSD and Trauma Responses**
6 hours CPD
KRD Training (Aug 2024)
- **Ego States and Parts Work for Trauma**

2 hours CPD
Online Events (Aug 2024)

- **Neuroscience of Social Anxiety**
1.5 hours CPD
Online Events (Aug 2024)
- **Menopause in Conversation**
1.5 hours CPD
Online Events (June 2024)
- **Foundation Certificate in the Application of the Polyvagal Theory in Counselling and Psychotherapy.**
25 hours CPD
Temenos (June 2024)
- **Therapeutic Relationships: Honouring the Human Connection.**
5 hours CPD
NCPS Conference (June 2024)
- **Addiction, the Brain and Recovery**
6.5 hours CPD
MindBody Breakthrough (May 2024)
- **Eco TA**
10 hours CPD (5x 2-hour weekly workshops)
Physis Scotland (May 2024)
 - 1) What is Eco TA
 - 2) Script & Ecology.
 - 3) Metatheory, Philosophies & Approaches.
 - 4) The Impact of Outside on Client Presentations.
 - 5) Practical Considerations for an Eco Practice.
- **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)
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- **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)
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- **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)