



## 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):

- **Suicide and Trauma**  
5 ½ hrs CPD  
Sleeping Mountain Ltd (Feb 2025)
- **Certificate in Trauma Informed and Aware Practice**  
7 hrs CPD  
The Psychology Studio (Jan 2025)
- **Working with Suicidal Clients**  
1.5 hrs CPD  
Counselling Tutor (Jan 2025)
- **Introduction to Suicide Awareness**  
1.5 hrs CPD  
Counselling Tutor (Jan 2025)
- **Foundation Certificate in the ChrisLin Method**  
12.5 hours CPD (4x 2hr workshops & 1x 4.5 workshop)  
Awaking Creativity (Jan 2025)
  - 1) Introducing the ChrisLin Method (Online Events 16.08.24)
  - 2) Anger- Disconnecting the Unhelpful Components (Online Events 04.10.24).
  - 3) Working Creatively with Anxiety (Online Events 06.11.24)
  - 4) Healing Emotional Scars (Online Events 22.11.24)
  - 5) Boundaries- What are they & why do we need them (Online Events 06.12.24).
- **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)
- **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)
- **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)

- **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)