

**PROFILE**

I am a qualified counsellor, Registered and Accredited with the British Association for Counselling and Psychotherapy (BACP).

**EDUCATION/QUALIFICATIONS (in full)**

2018	University of the West of Scotland – Institute of Counselling	<b>Certificate in CBT</b>
2017	The EMDR Academy	<b>Basic 7 day EMDR Europe Accredited Training</b>
2015	Metanoia Institute	<b>Certificate in Supervision: An Integrative Relational Approach</b>
2010/13	University of Greenwich	<b>MSc: Therapeutic Counselling, distinction</b>
2010:	London University, Goldsmiths	<b>Certificate: Humanistic &amp; Psychodynamic Counselling</b>
2009:	Birkbeck	<b>Diploma: Applied Psychology</b>
2008	Birkbeck	<b>Certificate: Applied Psychology</b>
2008:	Roehampton University	<b>Counselling &amp; Psychotherapy (1 term of MSc)</b>
2008:	Birkbeck College	<b>Introduction to Counselling</b>
2003:	London University, Goldsmiths	<b>BA (Hons) 1st Class, Spanish &amp; Latin American Studies</b>

**Further training/CPD (completed and scheduled)**

<b>Dates</b>	<b>Provider</b>	<b>Facilitator</b>	<b>Content</b>	<b>CPD Hours</b>
11.01.2019	EMDR Works		Part 4 Advanced Consultation Day	6.5
13.11.2018	ISPS		Psychosis & Institutional Racism	6
07.07.2018	Wimbledon Guild	Graham Music	Developmental trauma, brains and bodies	5
06.07/2018	CSTD	Robin Shohet & Joan Wilmot	Annual Supervision Conference	7
14.04.2018	PODS	Carolyn Spring	Working with dissociative disorders in clinical practice	6
27.01.2018	Wimbledon Guild	Ernesto Spinelli	Existential approach to psychotherapy	5
13-14 Sept 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part III	15.5
06-07 June 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part II	15.5
29.04.2017	Brighton Therapy Partnership	Colin Feltham, Helena Hargarden, Robin Shohet.	Clinical supervision in the 21 <sup>st</sup> Century.	6
24.04.2017	Alzheimer's Society		Data Protection 2017 Safeguarding (adults) Prevent Equality, Diversity and Inclusion	2

Dates	Provider	Facilitator	Content	CPD Hours
01.04.2017	Dawn Smith Yoga	Dawn Smith	Pranayama, Gong Bath	
12-15 Feb 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part I	24
02016 – 2017	Ruth Morgan	Ruth Morgan	Couple Dynamics	
26.11.16	ISPS		Trauma and psychosis: perspectives on psychodynamics	
11.11.2016	South Bank University	Dr Bruce A Fernie	CBT for Metacognitions & Worry	
01.10.2016	Talk To A Counsellor		Effective Telephone Counselling	
2016 Sept 24	BACP Private \Practice Conference	Mary Morgan Mark Head Stepahnie Palin Emmy VanDeurzen	Relationships: Why do we bother? The Games People Play in the Therapy Room Sexual issues in relationship counselling Love and its Shadows: Existential perspectives on relationships	6
26.07.2016	University of Derby (online)	Dr Simon Bignall	Understanding Autism, Asperger's and ADHD	
16.06.16	Anna Freud Centre/EBPU	Miranda Wolpert	Making evidence-based practice a reality in child mental health	
21.01.16	Education Child Protection Ltd	Luke Brent-Savage	E-safety	
21.01.16	Croydon Council	Carl Parker	Anti-radicalization	
27/28.11.15	Anna Freud Centre	Peter Fonagy & Trudie Rossouw	Mentalization-based Treatment for Adolescence (MBTA-A)	
15.11.15	Mindways	Luke Wreford	Mindfulness half-day retreat	
07.11.15	Brighton Therapy Partnership	Maxine Aston:Raising	Awareness of Asperger Syndrome	
07.09.15	Octavo	Mike Smith	Safeguarding & Child Protection	
23.05.15	Luke Wreford	Mindways	Mindfulness half-day retreat	
16.04.15	Anna Freud Centre:	Duncan Law & Kate Martin:	Mental Health Master Class: Personalised Care for Youth	
15 Apr-5 June 2015	Mindways	Luke Wreford	8-week Mindfulness-based Stress Reduction	
16.04.15	Anna Freud Centre	Duncan Law & Kate Martin	Mental Health Master Class: Personalised Care for Youth	
14.03.15	Greenwich University	Dr Andrew Powell	Medicine, Science & the Mind	
Sept 2014/Jan 2015	Tavistock	Graham Music	Child Development Research for Professionals Working with Children, Young People and Families	
30.01.14	Waterloo Community Counselling	Patrick Casement	Seeking a balance between knowing and not knowing in the therapeutic relationship	
22.11.14	Greenwich University	Dr Meg Barker	Mindful therapy: How can Buddhist ideas and practices help our work with clients?	
01.10.14	Tavistock	Marcus Evans	Suicide and self-harm	
10.04.14	Young Minds		Teens, Turmoil and Transition: Mental Health in Adolescence	
15.05.14	Young Minds		Resilience: 'Ordinary Magic; and Learnable Skills	