

PROFILE

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

EDUCATION/QUALIFICATIONS (in full)

2019	University of the West of Scotland – Institute of Counselling	Diploma in CBT
2018	University of the West of Scotland – Institute of Counselling	Certificate in CBT
2017	The EMDR Academy	Basic 7-day EMDR Europe Accredited Training
2015	Metanoia Institute	Certificate in Supervision: An Integrative Relational Approach
2013	University of Greenwich	MSc: Therapeutic Counselling, distinction
2010:	London University, Goldsmiths	Certificate: Humanistic & Psychodynamic Counselling
2009:	Birkbeck	Diploma: Applied Psychology
2008	Birkbeck	Certificate: Applied Psychology
2008:	Roehampton University	Counselling & Psychotherapy (1 term of MSc)
2008:	Birkbeck College	Introduction to Counselling
2003:	London University, Goldsmiths	BA (Hons) 1st Class, Spanish & Latin American Studies

Further training/CPD (completed and scheduled)

Dates	Provider	Facilitator(s)	Content
2018/2019 (ongoing)	CSTD London	Robin Shohet & Joan Wilmot	Diploma in Supervision
08.06.2019	Piece by Piece Recovery	Rochelle Craig	Understanding anorexia and bulimia
11.01.2019	EMDR Works		Part 4 Advanced Consultation Day
13.11.2018	ISPS		Psychosis & Institutional Racism
18.09/2018	Alzheimer's Society		Adult safeguarding Children safeguarding
28.08.2018	SOSI	Peter Levine	Refugees & War Trauma
07.07.2018	Wimbledon Guild	Graham Music	Developmental trauma, brains and bodies
06.07/2018	CSTD	Robin Shohet & Joan Wilmot	Annual Supervision Conference
14.04.2018	PODS	Carolyn Spring	Working with dissociative disorders in clinical practice
27.01.2018	Wimbledon Guild	Ernesto Spinelli	Existential approach to psychotherapy
13-14 Sept 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part III
06-07 June 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part II

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2018/2019 (ongoing)	CSTD London	Robin Shohet & Joan Wilmot	Diploma in Supervision
29.04.2017	Brighton Therapy Partnership	Colin Feltham, Helena Hargarden, Robin Shohet.	Clinical supervision in the 21 st Century.
24.04.2017	Alzheimer's Society		Data Protection 2017 Safeguarding (adults) Prevent Equality, Diversity and Inclusion
01.04.2017	Dawn Smith Yoga	Dawn Smith	Pranayama, Gong Bath
12-15 Feb 2017	The EMDR Academy	Matthew Wesson	EMDR Training Part I
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
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

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2018/2019 (ongoing)	CSTD London	Robin Shohet & Joan Wilmot	Diploma in Supervision
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