

My Training:

- BA (Hons) Therapeutic Counselling and Psychotherapy (Top-up) - University Centre Peterborough
- Diploma in Therapeutic Counselling - Peterborough City College
- Certificate in CBT | Centrum Rozwoju Personalnego- Online Training - Application and effectiveness of CBT • Procedures and processes in CBT • Cognitive Behavioral Therapy techniques • Cognitive Behavioral Therapy for: depression, panic • disorder, post traumatic stress disorder, schizophrenia
- Certificate in Counselling (Level 2 and 3) - Peterborough City College
- The Science of Well-Being Yale University (via Coursera)
- Trauma Informed Certificate for Coaches - The Centre of Healing
- How to do Counselling Online - The Open University
- Understanding Anxiety Disorders and Supportive Strategies - Counselling Tutor
- Certificate in Understanding Mental Health First Aid & Mental Health Advocacy in the work place (Level 2) - NCFE
- The Complete SEND Diploma – Level 4 - New Skills Academy
- How to use the Blob Tools