In addition to the regular mandatory training completed for NHS employment, I have completed a variety of 1-2 days training courses over the last 12 years to enhance my knowledge and skills, these include:

* Domestic Violence and Abuse Awareness and Safety 2009
* Domestic Violence and Abuse Individual Structured Interviews 2009
* Domestic Violence and Abuse Assessment and Intervention 2009
* Working with Gay, Lesbian and Bisexual People 2010
* Sexual Addiction 2010
* Focus on Forensics (sexual abuse/assault) 2010
* Men, Masculinity and Trauma 2011
* Mindful Relationships, Mindful Sex 2012
* Integrating a Non-Medical View of sexual Problems 2013
* Sexual Addiction and Couples 2013
* Using the Relate Sexual Addiction Tool 2014
* Sexual Addiction and the Couple Relationship 2014
* Adult Survivors of Sexual Abuse 2014
* Erotic Transference 2014
* Northwest perinatal mental health network conference 2014
* An Introduction to EFT (Emotionally Focused Therapy) 2015
* Bereavement Conference 2015
* Monsters or misunderstood? Towards an understanding of men who abuse 2015
* Maternity, Midwifery and Baby Conference 2015
* North west coast perinatal mental health network conference 2016
* Bereavement training day 2016
* Maternity, Midwifery and Baby Conference 2017
* Psychosexual therapy from an object relations standpoint 2017
* Sexuality and breast cancer international conference 2017
* An introduction to motivational interviewing skills 2018
* Understanding and Treating Hoarding BABCP workshop 2018
* Vaginismus and Dyspareunia: a multi-disciplinary approach Conference 2018
* Treating anxiety problems across cultures BABCP workshop 2018
* CBT for social anxiety BABCP workshop 2018
* Gender identity and sexuality across the lifespan CPD event 2019
* Intolerance of uncertainty BABCP workshop 2019
* ACT in physical health, GMMH (2-day training) 2019
* Facilitating self-help groups, GMMH Recovery Academy (2-day training) 2020
* Culture and diversity in therapy, COSRT 2020
* Working with Sex Addiction - advanced skills and understanding of GSRD, ISAT 2020
* An introduction to The Dream Completion and Flash Techniques, and their integration into EMDR therapy, EMDR UK, 2020
* CFT for Shame Based Difficulties in Sexual Minorities, Compassionate mind foundation, 2020
* EMDR therapy in the Perinatal Period, EMDR UK, 2020
* Using EMDR in Addiction and Dissociation, EMDR Kent Group Workshop, 2020
* Cognitive behaviour therapy for menopause symptoms, (2-day training) BMS, 2021
* Chemsex, COSRT, 2021
* Perfectionism: the good the bad and the reality, Bespoke mental health, 2021
* CBT for social anxiety disorder, Bespoke mental health, 2021
* Principles and practice of menopause care virtual theory course, (2-day training) BMS, 2021
* Essential supervision skills - BPS approved certificate in clinical supervision, (2-day training) SDS, 2021