

My Qualifications

I have a comprehensive and very diverse training. It's really important to me to be able to approach any problem from as many different angles as possible. My thorough approach to learning enables me to do just that.

Here's a rundown of my key qualifications:

- ✓ MA in Psychotherapy & Healing from the University of Middlesex
- ✓ PGCert. CBT/CAT and Mindfulness from the Society for Psychology & Healing (SOPH)
- ✓ PG Diploma in Supervision from InterPsyche, Kent & Medway NHS & Social Care Partnership Trust
- ✓ Postgraduate training in Dynamic Interpersonal Therapy (DIT) at the Anna Freud Centre, London
- ✓ BSc (Hons) in Traditional Chinese Medicine (TCM): Acupuncture, from the University of Westminster
- ✓ PGCE from the University of Greenwich
- ✓ Diplomas in Zen Shiatsu, Aromatherapy, Reflexology and Massage from Essential Care Training and other institutions
- ✓ I am an accredited member of the British Association for Counselling and Psychotherapy (BACP) and the British Acupuncture Council (BACC) and a Fellow of the Higher Education Academy (FHEA).