# **Eves Counselling Training and Counselling Qualifications**

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| YEAR | TRAINING |
| 2001 | Postgraduate Diploma Dramatherapy. Hertfordshire University. Trainer: Professor Phil Jones. |
| 2006 | Anger Management Diploma. British Association Anger Management. Certified Consultant in Anger and Stress Management. Trainer: Mike Fisher |
| **2008** | Domestic Violence: The Freedom Programme for Facilitators. Trainer: Pat Craven  |
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| 2021 | Counselling and Psychotherapy Central Awarding Body (CPCAB) Level 2 Certificate in Counselling Skills. Bournemouth and Poole College. |
| 2021 | Counselling and Psychotherapy Central Awarding Body (CPCAB) Level 3 Certificate in Counselling Studies. Bournemouth and Poole College. |
| 2023 | Counselling and Psychotherapy Central Awarding Body (CPCAB) Level 4 Diploma in Therapeutic Counselling. Bournemouth and Poole College. |
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| Cognitive Behavioural Therapy (CBT) Training. Skills Development Seminars (SDS) British Psychology Service (BPS) Approved. *Disclaimer: I am not a qualified CBT therapist as an integrative therapist I can use CBT techniques in sessions.*  |
| 2018 | CBT: Introductory Course Trainer: Dr Paul Grantham Clinical Psychologist.  |
| 2019 | Reintroduction to CBT and Applying These Models to Children and Adolescents. Trainer: Dr Paul Grantham Clinical Psychologist. |
| 2020 | Working with Anger Problems. Trainer: Dr Paul Grantham Clinical Psychologist. |
| 2022 | Impact of Trauma and Post Traumatic Stress Disorder in children & adolescents. trainer: Dr Lisa Anderson. |
| 2023 | ACT Integrating ACT and Compassion Focussed Therapy. Trainer: Dr Nuno Ferreira.  |
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| 2024 | Healing Trauma Essential Strategies for Shame, Self-Loathing & Working with the Body. Trainer: Dr Janina Fisher. |
| 2024 | Using Compassion Focused Therapy (CFT) for trauma: Enhanced applications for understanding and using compassion in trauma treatment. Trainer: Dr Chris Irons Clinical Psychologist.  |
| 2024 | Finding Meaning in Loss: The Sixth Stage of Grief. Trainer: David Kessler. |
| 2024 | Somatic Therapy for Complex Trauma Certification Training: Body-Based, Polyvagal & Neurobiological Techniques for Mind-Body Healing. Trainers: Dr Abi Blakeslee, Dr Ariel Shwartz, Dr Janina Fisher. |

I am deeply committed making sure I am up to date and have the skills and knowledge to support my clients safely and ethically therefore I have attended many CPD training sessions since qualifying covering: over eating, anxiety, addiction, sand tray to create safety and healing from anxiety & trauma, gestalt empty chair, healing shame, domestic violence, reclaiming inner child, sleep training, addiction, modern relationship diversity, OCD.