

Professional Development*

Mar 2024	The Fundamentals of Clinical Hypnosis: CSCH Ontario Division
Aug 2022	EMDR Advanced: Target Sequence Planning, Ad de Jong
Aug 2022	EMDR Advanced: When There Are No Words (pre-verbal trauma), Sandra Paulsen
July 2022	Emotionally Focused Therapy (EFT) and Attachment, Psychwire (Sue Johnson)
June 2022	Motivation Interviewing, Psychwire (William Miller, Stephen Rollnick & Theresa Moyers)
May 2022	ACT (Acceptance and Commitment Therapy) for grief and loss, Psychwire (Russ Harris)
May 2022	ACT (Acceptance and Commitment Therapy) for beginners, Psychwire (Russ Harris)
Mar 2022	EMDR Advanced: Integrating Hypnosis and EMDR in the Treatment of Trauma and Medically Unexplained Pain, Mark Grant
July 2021	Flash technique, Phil Manfield
June 2021	EMDR Advanced: EMDR for treatment of OCD, phobia, and anxiety disorders.
Oct 2020	DBT for families and adolescents (Drs. Miller, Rathus & Linehan)
Oct 2020	EMDR Advanced: Feeling State and Addiction Protocol
Mar 2020	EMDR Advanced: EMDR 2.0, Ad De Jong and Susy Matthijssen
Mar 2020	EMDR Advanced: Simplifying complex PTSD, Ad De Jong and Susy Matthijssen
Oct 2019	Mastery of Anxiety and Panic for Adolescents, Behaviour Tech
Sept 2019	Foundations of Exposure Therapy, Behaviour Tech
Aug 2019	Dialectical Behavior Therapy (DBT) Essentials, Marsha Linehan/PsychWire
June 2019	Life Stress Reduction, Pauline Carey
April 2019	Traumatic Incident Reduction (TIR) Expanded Application, Pauline Carey.
Mar 2019	Gottman Couples Therapy Training Level 1, Gottman Institute

Mar 2019	Cognitive Behavior Therapy (CBT) for Depression, Beck Institute
Feb 2019	Eye Movement Desensitization and Reprocessing (EMDR) Level 1, Marshall Wilensky
Feb 2019	High Conflict Co-parenting: Interventions for Children's Alignment and Resistance.
Feb 2019	Cognitive Behavior Therapy (CBT) for Mindfulness, Beck Institute (Judy Beck)
Feb 2019	Powerful Non-Defensive Communication
Jan 2019	Traumatic Incident Reduction (TIR) Basics, Pauline Carey.
Dec 2018	Sandplay Therapy Training, International Society for Sandplay Therapy.
Dec 2018	Treating Trauma Master Series, National Institute for the Clinical Application of Behavioral Medicine
Dec 2018	How To Work With Shame, National Institute for the Clinical Application of Behavioral Medicine
Nov 2018	Cognitive Behavior Therapy (CBT) for Anxiety, Beck Institute (Judy Beck)
Nov 2018	Clean Language and Symbolic Modelling, Penny Tompkins and James Lawley,
Oct 2018	Cognitive Behavior Therapy (CBT) Essentials, Beck Institute (Judy Beck)
Oct 2018	Hypnosis for Health Professionals, The Canadian Society for Clinical Hypnosis.

*This list only includes courses that count for Continuing Education (CE) credits. This list does not include conferences, seminars, books, movie screenings, or podcasts used for professional development.