

Refresh Hypnotherapy - relax into freedom

My Training

Level 3 Diploma in Hypnotherapy and Introduction to Counselling Skills - Chrysalis UK, - Princes Trust, passed Jan 2023

Level 4 Diploma in Counselling Skills - Chrysalis UK, Princes Trust, passed Jan 2024

Level 5 Diploma in Counselling Skills - Chrysalis UK, Princes Trust, passed Aug 2025

Additional Courses:

Suicide awareness training, Chrysalis UK - 2022, 2023, 2024, regularly updated

Trauma, the Brain and Recovery - Mindbody Breakthrough - July 2022, 1 day

Anchoring Techniques with introduction to Parts Therapy and Rewind Technique - 2 days Chrysalis UK (specialist guest tutors) - Dec 2022

Mindful Self-Compassion course - February-April 2023 (in-person), 12x3 hours

Pain Management training day - Holly Wincote - April 2023

Hypnobirthing training day - Holly Wincote - April 2023

BEAT Eating Disorders Diversity Training - September 2023

Dr. Brené Brown - Dare To Lead online race inclusivity training - Nov 2023

Treating Complex PTSD - Mindbody Breakthrough - Feb 2024 (in-person)

BEAT online training (eating disorders) - Sept-Oct 2023

PTSD, the Brain and Recovery - Mindbody Breakthrough, Feb 2024

RNIB placement/volunteer counsellor and IT training for working with clients with sight loss - 4 days, June 2024.

RNIB Sight loss and domestic abuse training - 1 day, July 2024.

Healing Trauma With Compassion-Based Approaches, online international training - 3 days, September 2024

Counselling Tutor Trauma informed practice Course (few wks including modules, reading, training videos and whole tuition days) – August 2025

Continuous Professional Development

Books/paper resources*:*

Hunter, C. R. (2010) ***The Art of Hypnosis.*** 3rd edn. Carmarthen: Crown House
Hunter, C. R. (2010) ***The Art of Hypnotherapy: Mastering Client-Centred Techniques.*** 4th edn. Carmarthen: Crown House
Hadley, J. and Staudacher, C. (1996) ***Hypnosis for Change.*** 3rd edn. Oakland: New Harbinger
Karle, H. W. A. and Boys, J. H. (2010) ***Hypnotherapy.*** 2nd edn. London: Free Association
Thomelin, Z. (2018) ***The Healing Metaphor.*** Tolworth: Grosvenor House
Gunnison, H. (2003) ***Hypnocounseling.*** Monmouth: PCCS
Rogers, C. R. (1951) ***Client-Centred Therapy.*** London: Robinson
Rogers, C. R. (1967) ***On Becoming a Person.*** London: Robinson
Rogers, C. R. (1980) ***A Way of Being.*** New York: Houghton Mifflin
Jacobs, M (2012) ***The Presenting Past.*** Maidenhead: Open University Press
House, R. and Lowenthal, D. (eds.) (2008) ***Against and For CBT: Towards a Constructive Dialogue?*** Ross-On-Wye: PCCS
Gottlieb, L. (2023) ***Maybe you should talk to someone.*** London: Scribe
Cooper, M. (2016) and Dryden, W. ***The Handbook of Pluralistic Counselling and Psychotherapy.*** London: Sage
McLeod, J. (2019) ***An Introduction to Counselling and Psychotherapy: Theory, Research and Practice.*** London: Open University Press
Mearns, D. and Thorne, B. (2007) ***Person-Centred Counselling in Action*** 4th edn. London: Sage
Jacobs, M. (2011) ***Psychodynamic Counselling in Action*** 5th edn. London: Sage
Sainsbury, Clare (2009) ***Martian in the playground*** (2nd edn.) London: Sage
Cook, B. and Garnett, M.(2018) ***Spectrum women: walking to the beat of autism.*** London: Jessica Kinglsey

Belcher, H. L. (2022) ***Taking off the mask.*** London: Jessica Kinglsey
Murphy, D. (2019) **Person-centred experiential counselling for depression** (2nd edn). London: Sage.
Effective Metaphors for Hypnotherapy by Allegra Etheridge (Author), Tayma Wallbridge (Author)

Home Coming: Reclaiming and Championing Your Inner Child

Before We Were Trans: A New History of Gender

The Living Legacy of Trauma Flip Chart: A Psychoeducational In-Session Tool for Clients and Therapists

In the Realm of Hungry Ghosts: The award-winning guide to the causes of addiction – and how to heal it (Vermilion)

Counselling Adult Survivors of Child Sexual Abuse: Third Edition
It's Not A Bloody Trend: Understanding Life as an ADHD Adult

A Self-Determined Future with Asperger Syndrome: Solution Focused Approaches
Unshame: Healing trauma-based shame through psychotherapy
Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse (Essential Skills for Counselling)

Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects

Racism research and development

I follow the work of BAATN, the Black African and Asian Therapy Network. I welcome black clients and people of all races and ethnicities who are willing to work with a white therapist. I work to increase my understanding of others and myself and to minimise the impact of white privileged thinking, behaviour and assumptions.

Books on racism:

McKenzie-Mavinga, I (2016) ***The challenge of racism in therapeutic practice: engaging with oppression in practice and supervision*** London: Palgrave Macmillan

Dabiri, E. (2021) ***What white people can do next: from allyship to coalition*** Milton Keynes: Penguin

Online research:

Racism and Intersectional Oppressions - Dr Isha Mckenzie-Mavinga

Discussing Racial Trauma in Therapy - Nancy Boyd-Franklin

Talking Race in Psychotherapy - Lauren Dockett and Ronan Levy interviewing Deran Young, Black Therapists Rock

Black Folk Mental Health: Generational Trauma, Traditions & Truth - Jelan Agnew, TEDx talks

Breaking Generational Cycles of Trauma - Brandy Wells, TEDx talks

On suicide prevention, safety planning, crisis intervention and client support:

(464) How to Assess for Suicide: Role Play Counseling - exploring, connection and support, severity scale, safety plan including in-session, 2-way commitment, regular check ins

suicide prevention training for counsellors

How to Create a Crisis Safety Plan for Suicidal Thoughts

The Suicide Crisis Line: An Education in Listening | Dylan Gunaratne | TED- **LEARN Forefront Suicide Crisis Prevention Training** - suicide can be preventable. There are usually multiple complex factors. Women attempt suicide more, men use more lethal methods, so it's dying my suicide is more common for men than women. High rate in LGBTQ+ community and ethnic minorities.

Historical challenges/trauma, thwarted belongingness, perceived burdensomeness, acquired capability = higher risk. Comes of a desire to end immense pain in the moment, can be like being in a dark tunnel, psychological exhaustion, can be hard to reach out for the help.

Notice signs (experiences, emotions, behaviours - self-hatred, hopelessness, withdrawal, increased alcohol/drugs, changed behaviour, self-harm, euphoria after depression), listen, ask directly, reduce the risk, preventative steps.

=> Next steps - suicide prevention line, specialist helplines and services, friends and family, mental health providers. Check in.

Preventing Suicide: 15 minutes, 6 words & the power of postvention

Assessment and Intervention with Suicidal Clients: Volume 1 - exploration, history, mood rating

https://www.youtube.com/watch?v=wKz_W_AavEo Assessment and Intervention with Suicidal Clients: Volume 2 - alternatives

Suicide Assessment and Crisis Intervention

Safety Planning with Suicidal Clients

What it's like answering calls for a suicide and crisis hotline -Night times, prank callers, listening not solving

The Suicide Crisis Line: An Education in Listening | Dylan Gunaratne | TE

Further training/information:

A Comprehensive Overview of Self-Compassion in Therapy
https://www.youtube.com/watch?v=ZNgM50KfGgI - Christopher Germer, May 2023 and ongoing

Compassion in therapy - self-compassion: an antidote to shame
https://www.youtube.com/watch?v=rTFN8t9SXiQ - Kristin Neff and Christopher Germer, May 2023 and ongoing

Complex (childhood) PTSD Recovery **https://www.youtube.com/CrappyChildhoodFairy** - Anna Runkle, Youtube and website training - June-July 2023 and ongoing.

Eating disorder research - September 2023 and ongoing, gathered and studied resources and information on local specialist services. Joined BEAT and FEAST for ongoing training and understanding

Addiction recovery - March 2026 and ongoing - Continuing to develop ongoing training and understanding within my role and non-specialist counsellor. Gathered and studied resources and information on local specialist services including UK-wide residential rehab.

Hypnotherapy/calming piano music -
https://www.youtube.com/watch?v=t9Sm--qQkjE&list=RDjcqZnR_RVB8&index=3

https://www.theguardian.com/lifeandstyle/2026/mar/16/i-couldnt-stop-worrying-until-i-learned-about-the-630pm-rule

How EMDR works? Look at this animation (English)

EMDR Therapy in Action: Watch Trauma Processing Step by Step

Tap with Brad (tapping) https://www.youtube.com/tapwithbrad

Quick Vagus Nerve Reset for Instant Neck & Anxiety Relief
https://www.youtube.com/watch?v=tC8oF9zGLnY (sent to client as requested)

Home Coming: Reclaiming and Championing Your Inner Child by John

John Bradshaw Homecoming - #1 Problem Of the Wounded Child

You Are Affirmations - Overcome Addiction (While You Sleep) - Sent to client

Law of Sustainment Psychology Explained By Tim Han – shifting what you believe about yourself before you can sustain changed behaviour

'6 Sneaky Ways So-Called Friends Try to Make You Feel Ashamed' - Anna Runcle

Top Harvard Professor: The Psychology Of Why People Don't Like You

How to Be a Better Friend - courses.crappychildhoodfairy.com – downloaded worksheet

9 Things You Should NEVER Tell Anybody!

The Silent Moment an Empath : Detaches Forever || DR. GABOR MATÉ

Do This to an Empath and They Will Disappear From Your Life

Friendship Red Flags courses.crappychildhoodfairy.com

(270) 14 Signs You Were Raised by a Toxic Mother

(289) 12 Super Specific Signs That Your Childhood Was Extremely Dam

(289) Alain de Botton: How To Fall In Love Again Philosopher - How to learn to cope with what life throws at you – dawn after the dark – return of light/perspective/possibility and appreciation of joy, tenderness

[(464) Above the 🗣️, 🛠️ an online voice | ScHARR Sheffield](#) – **creating an online voice**

[Theatre of the Oppressed (Forum Theatre): Therapists Managing Complicity in hospitals](#)

Healing Days expert trauma training - 5 days, 2026:

1) Dr. Gabor Maté, Tim Fletcher, and Marisa Peer
https://www.youtube.com/watch?v=qQZecOZ44HM

Don't have to recall memories to heal.

Regulate emotions when triggered to rebuild bridge between limbic system and neocortex. Parenting yourself and seek connection from place of independence. Tell yourself what you need to hear. Look in the right places, where people are healing themselves. Bring joy, like yourself, allow praise. State I'm enough.

Kids - apologise, be present, praise.

High cortisol => diseases - diabetes, cardiac, autoimmune, cancer, brain.

2) Reconnecting with Your Authentic Self with Dr. Gabor Maté
https://www.youtube.com/watch?v=OG-Yv55a7-c

We have two core needs: 1) attachment (connection and belonging) and 2) authenticity (living as our true selves). Often beginning in childhood, when we fear losing love or acceptance, we avoid authenticity to maintain attachment, leading to self-disconnection, chronic stress, and sometimes illness. Healing and thriving requires reclaiming our agency and building a life where we can be our authentic selves.

When we are hurt, we close the heart to ourselves and others to protect ourselves in the short term and this becomes habit. We spend a lifetime reopening the heart. Our body tells us when our heart is open, with deep breathing and an open relaxed chest. Deep compassion is the key to seeing the truth about ourselves and others and enables us to lay down our defenses.

3) How to Get Out of Survival Mode
https://www.youtube.com/watch?v=ryizHIclj4A

No-one is born disconnected from their body - we learn to do this, say yes to things that damage us and disconnect from our feelings. This can cause gene mutations and impact our body, causing autoimmune diseases, cancer and more.

4) Exclusive excerpts from Gabor Maté and Bessel van der Kolk
https://www.youtube.com/watch?v=VK51H4HlDks

Transactional Analysis revision

Ego states & basic transactions https://www.youtube.com/watch?v=nKNyFSLJy6o

'Games' https://www.youtube.com/watch?v=YOqJ4sc9TAc

Gimmicks https://www.youtube.com/watch?v=58F2qYyAzME

The therapeutic approach to psychosis and schizophrenia 2026:

https://www.rethink.org/media/ssqphhks/psychosis-ntp.pdf (incl info on peer support and NHS Recovery Colleges)

https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/psychosis

https://my.clevelandclinic.org/health/symptoms/23012-psychosis

NICE - Psychosis and schizophrenia in adults: prevention and management
https://www.nice.org.uk/guidance/cg178/chapter/Recommendations

Therapeutic stance towards persons with psychosis – a Grounded Theory study
https://pmc.ncbi.nlm.nih.gov/articles/PMC10984242/

The psychodynamics of psychosis
https://www.cambridge.org/core/journals/advances-in-psychiatric-treatment/article/psychodynamics-of-psychosis/95DD237908479A2E17BE3215AD0AF4F1

The Dynamics of Psychosis: Therapeutic Implications
https://www.psychiatrictimes.com/view/dynamics-psychosis-therapeutic-implications

Systemic Therapies and Consultation for People who Experience Psychosis
https://www.clinicalschizophrenia.net/articles/systemic-therapies-and-consultation-for-people-who-experience-psychosis-86737.html