

## COURSES & TRAINING

HERE ARE THE MOST RECENT COURSES I'VE TAKEN.

Acceptance and Commitment Therapy for Anxiety and Depression  
(2018)

Mindfulness for Trauma- Acceptance and Commitment Therapy (2018)

Acceptance and Commitment Therapy-Introduction  
(2018)

Neufeld Institute Intensive Level 1-Making Sense of Kids  
(2015)

Externship in Emotionally Focused Couples Therapy  
(2014)

Core Skills in Emotionally Focused Couples Therapy  
(2013)

I ALSO MEET WITH MY COLLEAGUES ON A REGULAR BASIS FOR SUPERVISION, CONSULTATION AND PROFESSIONAL DEVELOPMENT.