

- 2022: Somatic Experiencing® Adv Level 1 Cert. – Edinburgh, UK (SOSI)
Somatic Experiencing® Intermediate Level Cert. – SE Spain
SE™ for Chronic Pain Series, Peter Levine
- 2020: Coaching Academy (Personal Performance Diploma) non-cert.
- 2018: Myofascial Release Therapy: Structural Series 1 & 2 Cert. Myofascial Release UK™
- 2018: Klinikdrift Cert., Nordlys. RAB authorisation, Denmark
Energy Lines & Thai Anatomy, with Felicity Joy, UK
Pathology & Further Pathology Level 3 Diplomas, Cert. EST, UK
- 2016: Dynamic Thai Massage, Krishnataki & David Lutt
2015: Osteothai for the Breathing Process, David Lutt
- 2010-2015: Specialist Mentor Mental Health Training Days, UWE, UK
- 2008-2010: Foundation Diploma in Tuina Chinese Massage Cert., Bodyharmonics, UK
Mindline Volunteer Skills counselling programme, Bristol (100 hours)
Dance Movement Psychotherapy, w. Dance Voice Therapy Centre (60hrs)
- 2008: Massage for People with Cancer, Andy Fagg (BCMB)
- 2007: Awarded Instructor Level in Traditional Thai Massage, THAI
Anatomy & Physiology Diploma, Raworth International, UK
Anatomy & Physiology Diploma, ITEC, UK
- 2006: Chi Ne Tsang Level 1, with Doris Kolling

CST 1 (Craniosacral Therapy), The Upledger Institute, Inc. UK
Yoga Teacher Training, Yoga Arts (RYS 200 Yoga Alliance), Australia
Introduction to Drama & Movement Therapy, Sesame, UK
- 2004-2005: Professional Thai Massage Diploma, Bodywisdom School, UK
- 2001-2005: 750 hours' Thai Massage Teacher Training Cert., The Sunshine Network (Asokananda), Thailand
- 2001-2004: Thai Massage training in Thailand: Ralf Marzen (180 hours), Asokananda (90 hours)
Krishnataki (270 hours), Pichet Boonthume (180 hours)
- 1999: CELTA Diploma, University of Cambridge
- 1998: Trainer Development Course, Pilgrims Canterbury, UK
- 1989-1992: BA Drama & English (2:1), Exeter University, UK