

Sarah Witt

Continuing Professional Development

I have always loved learning and am committed to accessing training and development.
The following are a selection of the CPD courses I have accessed in recent years.

Course	Training Provider	Date
<i>Ongoing:</i> Trauma-Informed Creative Practice for Counsellors and Psychotherapists (12 month programme)	Creative Counsellors	2026
Exploring career mentoring and coaching	OpenLearn	2026
Making Polyvagal Theory Accessible to Young People, Parents, Carers and The Neurodivergent Individual	Yasmin Shaheen -Zaffar Creative Counsellors	2026
Attachment: What counsellors need to know	Rory Lees-Oakes, Counselling Tutor	2026
Weight Stigma and Weight Loss Drugs	Bernie Wright and Lisa Smith, Counselling Tutor	2026
Difference and Diversity	Mamood Ahmad, Counselling Tutor	2026
Helping Children and Young People Manage Anxiety: A CBT Approach	Creative Counsellors	2026
A Neurodiversity-Informed Approach to ARFID	Bernie Wright and Lisa Smith, Counselling Tutor	2026
A Somatic Toolbox	Child Therapy Service	2025
Drumming for Regulation	Child Therapy Service	2025
2-day Trauma Conference: The Body Keeps the Score – Trauma Healing Through the Senses with Bessel van der Kolk	Bessel van der Kolk, PESI	2025
Deb Dana’s Polyvagal Informed Therapy Master Class with Special Guest Stephen Porges	Deb Dana PESI	2025
Integrating Games in Play Therapy: Clinical Tools to help kids address anxiety, trauma, grief, attachment, self-regulation and more	Liana Lowenstein PESI	2025
CBT Training: Master the Core Skills and Competencies of CBT	Charles Jacob PESI	2025

Sensory Inclusion Facilitator Certificate course	Sensory Integration Education	2025
Working with Gender Diversity in the Therapy Room	Claire Archbold, InsideOut Therapies	2025
3-day training: DBT for Children and Adolescents Certification Course. Evidence-Based Tools for Managing Anxiety, Trauma, ADHD, Depression and More	Julianna Elsworth and Anastasia Harmeyer (PESI)	2025
3-day training: Mastering Polyvagal Theory for Trauma	Dr Sherrie All and Dr Arielle Schwartz (PESI)	2025
1-day training: The ADHD Brain: Moving Beyond Medication. Neuroaffirming strategies to support ADHD clients.	Dr David Nowell (PESI)	2025
1 ½ Day training: DBT	Katelyn Baxter-Musser (PESI)	2025
ADHD Coaching Diploma	Centre of Excellence	2025
Neurodiversity Affirming Child and Play Therapy	AutPlay: Robert Jason Grant	2025
Creating a Sensory Friendly and Affirming Office and Playroom	AutPlay: Robert Jason Grant	2025
Play Therapy Theories: A Basic Overview	AutPlay: Robert Jason Grant	2025
Introduction to AutPlay Therapy	AutPlay: Robert Jason Grant	2025
Understanding Selective Mutism, Autism and Reactive Mutism	Andy Smith, Spectrum Gaming	2025
2-day Trauma & Memory Workshop: Somatic Experiencing® Skills to Help Clients Get Unstuck and Restore Their Lives	Peter A. Levine, PhD (PESI)	2025
Children's Safeguarding Training	Creative Counsellors: Tina Hesse	2025
Prevent awareness course	HM Government	2025
Level 3 Award in Emergency First Aid in Work	Ark Medical Solutions	2025
Various short courses with 'Creative Education' including: - Developing Safeguarding Practice – Level 2 -Simple Ideas to Support with Eating Disorders -Autism & ADHD: Sensory Regulation in the Classroom -Playful Approaches for Teaching Emotional Regulation -Help Anxious Children Feel Calm & in Control -Understand Anxiety: 10 Things You Need to Know -Spot & Support Speech, Language & Communication Needs	Creative Education	2025
DBT Crash Course for Clinicians: 15 Core Techniques to Improve Emotional Regulation, Manage Distress and More	Alexa Mulee (PESI)	2024
ADHD Course: What's New & What's Next in Supporting Neurodiverse Clients. Over 25 hours, with Topics including:	PESI:	2024

<ul style="list-style-type: none"> -Let's Talk About Stigma: Normalizing ADHD in Black and other Marginalized Communities -ADHD, Social Anxiety and Rejection Sensitivity -ADHD Struggles with Self-Esteem and Labels -ADHD 2.0: Shifting the Narrative from Deficits to Strengths -How Attention Works, Why It Fails, & How To Train It -ADHD, Executive Functioning, and Health Outcomes -The Critical Intersection of ADHD & Addiction 	<p>Dr Ned, Hallowell, Russell Barkley, Ari Tuckman, Jessica McCabe, Evelyn Polk Green, Rene Brooks, and others</p>	
3-day Dialectical Behaviour Therapy Training	Lane Pederson (PESI)	2024
2-day Trauma Treatment Training: The Latest Advances and Proven Techniques to Resolve Deeply Held Trauma	Janina Fisher (PESI)	2024
Bringing the Energy and All of the Autism Level UP! Tools to Regulate it.	Autism Level UP! Dr. Amy Laurent and Dr. Jacquelyn Fede	2024
1-day training. Healing Through the Therapeutic Power of Play: Stimulating Posttraumatic Growth in Children and Young People.	PESI	2024
<p>3-day Play Therapy Training: Innovative Interventions to Meet the Needs of Young Clients.</p> <p>Topics include:</p> <ul style="list-style-type: none"> -Creating Diversity in the Practice of Play Therapy: More Than Color, More Than Gender -Creative Interventions for Engaging Resistant Children in Play Therapy: "I Don't Want to Talk About it" -Pathways to Attachment Security in Play Therapy -Applying Polyvagal Theory to Your Play Therapy Practice for Safety, Connection & Healing -Superheroes and Video Games: Creating Epic Adventures in Child & Adolescent Therapy -Sand Therapy: A Powerful Tool to Create Safety and Healing for Trauma, Anxiety & More -Affirming Play Therapy Approaches - The Agent of Change for Neurodivergent Kids -LEGO®-Based Play Therapy Techniques: Unlocking Creativity to Strengthen Relationships, Encourage Flexible Thinking, and Promote Problem Solving -Big Behaviors in Small Containers: Trauma Informed Play Therapy Interventions for Dysregulation 	<p>PESI:</p> <p>Daniel Siegel, Jackie Flynn, Sophia Ansari, Tammi Van Hollande, Marshall Lyles, Carmen Jimenez Pride, Clair Mellenthin, Robert Grant, Paris Goodyear-Brown and others</p>	2024
2-day Anxiety Certification Course	PESI UK	2024
<p>2-day Play Therapy Training. The Healing Power of Play Therapy: Innovative Approaches to Help Young Clients Break Free from Trauma, Anxiety, Attachment Ruptures, Suicidal Ideation and More.</p> <p>Topics include:</p> <ul style="list-style-type: none"> -Polyvagal and Play Therapy: Inside Out Approaches for Sensory & Somatic Regulation -The Role of Interoceptive Awareness in Play Therapy for Self-Regulation 	<p>PESI UK:</p> <p>Daniel Siegel, Dora Henderson, Paris Goodyear-Brown, Sophia Ansari, Lisa Dion, Clair Mellenthin,</p>	2024

<ul style="list-style-type: none"> -LEGO®, Pop Culture, Sandtray & Expressive Arts: Tools to Increase Engagement, Flexibility & Gain Greater Emotional Awareness in Young Clients -Culturally Sensitive Approaches to Play Therapy -Diversity Awareness in Play Therapy: Working with Immigrant and Refugee Clients 	<p>Tammi Van Hollander, Carmen Jimenez Pride and others</p>	
<p>Animal-Assisted Therapy: Meeting Clients' Therapeutic Goals One Paw at a Time!</p>	<p>PESI UK</p>	<p>2024</p>
<p>Over 25 hours of CPD with 'Creative Counsellors' including:</p> <ul style="list-style-type: none"> -An Introduction to Therapeutic Doodling -Art Club: Exploring Therapeutic Art Approaches -'Big Boys Club': Working with Men and Boys -Burnout from an Autistic and ADHD Perspective – The 8 Senses -Celebrating your Neurodiversity -Creative Ice Breakers -Exploring our Skills and Strengths -Exploring Shame -Introduction to ACT -Neurodivergence Life Mapping -Soothing through Art for Self-Regulation -The Healing Journey: Supporting Survivors of Sexual Violence -Therapeutic Cards -Understanding OCD – Tools and Techniques for Practitioners -Working Creatively with Anxiety 	<p>Creative Counsellors</p>	<p>2024 - 2025</p>
<p>Over 50 hours of CPD with 'Counselling Tutor' including:</p> <ul style="list-style-type: none"> -5 Practical Trauma-Informed Interventions -Adapting Your Practice to Work with Men and Boys -Autism Masking -Bereaved Children -Bereavement Awareness -Children and Loss -Compare Modalities -Counselling Carers -Eating Disorders, Disordered Eating and Neurodivergence (Parts 1,2 and 3) -Embracing Emotions -Endings in Counselling -Exploring and Addressing Perfectionism -Exploring Beliefs, Values and Attitudes -Exploring Eating Disorders -Exploring Neurodivergence Creatively -Exploring Neurodiversity in Later Life -Introducing Autism-Informed Practice -Introducing Creative Arts in Counselling -Introducing Email Counselling -Note Taking -Overcoming Perfectionism and Self-Sabotage -Polyvagal Theory -Practising Good Self-Care 	<p>Counselling Tutor CPD</p>	<p>2024 - 2025</p>

<ul style="list-style-type: none"> -Practising Walk-and-Talk Counselling and Other Ecotherapy -Providing Time-Limited Counselling -Reflecting and Paraphrasing -Single Session Therapy -Supporting Clients through Life Transitions -Supporting Clients with Body Dysmorphia -Taking Risks in Therapy -Transference-Countertransference -Understanding about Gender and Gender Identification -Understanding Anxiety Disorders and Supportive Strategies -Unmasking Neurodivergence and Ethnicity Using Digital Tools -Use of Questioning -Using Digital Tools in Online Counselling -Using Language to Convey Empathy -Using Silence Effectively -Using Timelines in Counselling -Using Trauma-Informed Grounding Techniques -Working Inclusively with the LGBTQ+ Community -Working with Children in Therapy -Working with Clients with Depression -Working with Goals in Therapy -Working with Shame -Working with the Inner Child -Working with Transgender Individuals -Working with Young People 		
Helping Your Autistic Child with OCD	Dr Naomi Fisher	2024
Working with Demand Avoidant Children: The Art and Science of Low Demand Therapy	Dr Naomi Fisher	2024
Helping Your Autistic Teen with Anxiety	Dr Naomi Fisher	2024
An Interoception-Based Approach for Supporting Traumatized Learners	Kelly Mahler (OT)	2024
Modern Emotion Regulation Supports for Neurodivergent Learners: Are you Keeping with the Times?	Kelly Mahler (OT)	2024
Providing Interoception-Based Supports in Various School Settings	Kelly Mahler (OT)	2024
The Art of Low Demand Parenting - In the Real World	Dr Naomi Fisher	2023
The Art of Low Demand Parenting – Emotions	Dr Naomi Fisher	2023
Helping Your Autistic Child with Anxiety	Dr Naomi Fisher	2023
Helping Your Child Recover From Trauma and Loss	Dr Naomi Fisher	2023
Kristy Forbes inTune Families Programme	Kristy Forbes (with Kieran Rose)	2021