

# Cover Page

Hi,

My name is Aisling Ryan-Doherty, I am a student on the Master of Counselling and Psychotherapy with CBT modalities at ICHAS. I am 35 years old and am also currently working with Tipperary ETB as a youth resource person teaching LCA, QQI and wellbeing to early school leavers. I have previously completed an MA in Psychology and a degree in Psychology and Digital Communications and Cultural Studies at the University of Limerick. I am passionate about helping others and offering support to those who need it. I am extremely competent and diligent in all the work I do and would love the opportunity to work with your organization to further develop my skills and gain valuable knowledge and experience. I look forward to hearing from you.

# Aisling Ryan-Doherty

YOUTH RESOURCE WORKER / MA IN COUNSELLING AND  
PSYCHOLOGY STUDENT AT ICHAS

**Tipperary/Ireland | 0879664059 | 20205721@ichas.ie**

## Objective

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To work in a dynamic environment to gain as much experience and knowledge as possible to help me develop the skills I need to become a competent and compassion psychotherapist.

## Experience

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### Youth Resource Person- Tipperary ETB (2023-Present)

- Teaching LCA to early school leavers. My subjects are Social Education and ICT skills.
- Promoting wellbeing among students.
- I deliver many extra-curricular initiatives- FIT, The Big Idea and VR in teaching.
- Offer support and guidance to students struggling.

### Research Assistant –University of Limerick (2022-2023)

- Data collection and uploading onto SPSS computer system.
- Conducting experiments on primary school children in school settings.
- Training and implementation of experimental design.

### Tutor – University of Limerick (2022-2023)

- Delivered a psychology module on the access course which supports students from diverse backgrounds to gain access to college.
- Supported students in their development of academic skills.
- Delivered wellbeing strategies to cope with the demands of college life.

### Hairstylist (2002-2018)

- I worked in various hairdressing salons including Peter Marks and Patrick Gildea.
- Managing a column of clients daily.
- Managing staff and education in various salons.

## Education

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**Irish College of Humanities and Science- MA in Counselling and Psychotherapy (Cognitive-Behavioral Therapy Modalities) (2024-Present)**

Expected completion date Nov 2026

**University of Limerick - MA of Psychology (2022-2023)**

Second Class Honors Grade 1

**University of Limerick – BA of Arts (2018-2022)**

BA in Psychology and Digital Communication and Cultural Studies

First Class Honors

**Skills & abilities**

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- Management
- Problem solving
- Communication
- Leadership
- Data analysis
- Excel
- Teaching
- Empathy
- Patience
- Active listening skills
- Garda vetted
- Children first

**Volunteering experience**

I have a passion for helping others and being an active member in my community. I have been a Girls Guide leader, coach for the U14 football team, on the fundraising committee for a local basketball team, UL academic ambassador for children and am a recipient of the UL Presidential Volunteer Award for my service to voluntarily work.