

Brian O'Shea

Qualifications:

- BSc (Hons) Integrative Counselling & Psychotherapy, IICP, 2024
- Pre-Accredited Member of IACP, 2024 (M16153)
- Certified Mindfulness Teacher, Irish Mindfulness Institute, 2023
- The Greenane Centre, Diploma in Adolescent Psychotherapy, January 2025

PROFESSIONAL EXPERIENCE

Clare Haven Services – Co. Clare

March 2024 – Present

Domestic Abuse Therapist and Client Support Worker (Permanent)

- Individual Therapy and Emotional Support Sessions: Providing empathetic and non-judgmental emotional support to clients, helping them navigate the complexities of their experiences and promoting emotional well-being.
- Safety Planning: Collaborating with clients to develop personalised safety plans, ensuring they have strategies to protect themselves and their children in potentially dangerous situations.
- Support to Build Self-Confidence and Social Skills: Facilitating activities and providing guidance aimed at building clients' self-confidence, enhancing their social skills, and fostering independence.
- Assistance with Accessing Services: Assisting clients in accessing essential services, such as health care, social services, and educational opportunities, ensuring they receive comprehensive support.

Cuan Mhuire – Bruree, Co. Limerick

July 2023 – April 2024

Addiction Counsellor and Group Facilitator (Contract)

- One-to-one counselling therapy sessions with residents.
- Facilitate group therapy meetings of up to 30 residents.
- Oversee and takes responsibility for all matters regarding the day to day running of the drug unit house.
- Support and encourage all residents to share in the group setting.
- Maintains good quality, factual records relating to each resident.
- Follow policies and procedures of Cuan Mhuire.

Turn2Me – Online Counselling Service

May 2023 – June 2024

Clinical Placement Psychotherapist (Flexi-Hours)

- Working with people suffering from a range of mental health problems.
- Developing a relationship with clients to explore the underlying causes of their conflicts and behavioural difficulties.
- Listening and responding empathetically to clients in a confidential setting.
- Helping clients to identify their current and underlying problems and enabling them to decide appropriate courses of action.
- Undergoing personal therapy or de-briefing supervision and professional development.
- Keeping up to date with treatments and theories.

Bluebird Care – Ennis, Co. Clare

September 2022 - Present

Dulick Rehabilitation Center - Care Worker (Part-Time)

- Responsible for providing daily care for service users with intellectual disabilities, mainly autism.
- Getting to know service users' interests and needs providing attention, support, and companionship.
- Display knowledge and ability to deal with any challenging behavior that may arise daily.
- Accompany service users on various outings.
- Enabling and assisting clients to eat/drink and achieve physical comfort.
- Participating and carrying out social activities.

Care About You – Shannon, Co. Clare

June 2021 – September 2022

Social Care Worker

- Responsible for caring for more than 10 elderly and disabled clients within their home, close to their family and own community.
- Promoting the mobility of residents, supervising and assisting as necessary using hoists, wheelchairs and other aids to ensure optimum mobility is maintained and improved where possible
- Recording and reporting of Accidents/Incidents to the Care Manager in line with company policies & procedures.
- Enabling and assisting residents to maintain their personal appearance and hygiene needs while always maintaining their dignity
- Enabling and assisting residents to with their meals and achieve physical comfort
- Sustaining a high level of communication between resident's family and other team members.
- Assisting in the upkeep of high standards of cleanliness and disinfection within the home.
- Contributing to the maintenance of Health and Safety procedures in the home.

FRS & Turas Nua – Limerick,

June 2019 – June 2020

Employer Services Consultant (Contract)

- **Candidate Preparation:** Deliver high-quality candidate preparation prior to interview/job start, including application, interview/assessment center and job start preparation activities.
- **Business Development:** Identify opportunities for the development and growth of 'key employer accounts' through following sales process, including qualifying opportunities and escalation. Attend networking events through local enterprise / economic boards, employment / skills partnership forums, job fairs, FSB /CBI events (Ireland equivalent)

Bethesda Rehab & Senior Care – Chicago, IL

Oct 2018 – Feb 2019

Human Resources Generalist & Corporate Recruiter (Contract)

- **Business Strategy:** Established proactive recruitment strategy and sourcing plans to ensure adequate applicant flow for open positions. Managed required documentation in accordance with legal and company requirements and ensured accuracy and completeness. Assisted in special projects as part of project team or independently.
- **Recruitment Cycle:** Managed recruitment function including posting open positions, reviewed and evaluated employment applications, conducted pre-screening telephone interviews. Collaborated with department directors and administration to develop interview plans. Responsible for extending job offers to selected candidates.
- **Employee Induction:** Conducted new employee orientation; processed and ensured timely completeness of new hire packet, including new hire paperwork, employment verification, background check, drug screen.

EDUCATION & QUALIFICATIONS

Certified Associate Professional in Human Resources *HR Certificate Institute, Chicago, USA* 2017

Master of Arts in Business Management *University of Limerick (UL)* 2009 – 2010

Bachelor of Arts in Economics & Information Studies *University College Dublin (UCD)* 2003 – 2007

Fetac Level 5 – Care for the Elderly, 2022

Fetac Level 5 – Social Care Skills, 2022

Manual Handling Certificate, 2024

IT SKILLS /SYSTEMS

- Proficient in working with MS Outlook, Word, Excel, SharePoint, Salesforce, Oracle and SAP
 - Experience with HR software such as MicroJ Plus, Bullhorn, Talent Reef ADP, Kelmar and Kronos
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REFERENCES AVAILABLE UPON REQUEST