

## Professional Profile

Experienced and accredited psychotherapist with over 20 years in child protection and mental health. Skilled in trauma-informed therapy, art psychotherapy, integrative counselling and EMDR for trauma. Proven ability to design and deliver interventions across diverse populations including children, adolescents, and adults.

## Key Skills and Certifications

- Established private practice offering integrative psychotherapy and art therapy (2021–present).
- MSc in Child Art Psychotherapy; Dip. Counselling and Psychotherapy.
- Certified Clinical Trauma Professional; EMDR trained (children, adolescents, and adults).
- Training in CBT, ASIST, Child Protection, Sensory Attachment Intervention, and Shame Studies.
- Experienced in NVR and Meitheal; trauma-informed therapeutic interventions.
- Fully accredited member of IACP.
- Strong familiarity with HSE and Tusla.

## Work History

Jan 23 – Present  
Counselling,

**Associate Lecturer, Institute of Integrative Psychotherapy and**

Dublin.

- Design and delivery of lectures in psychotherapy for adults at IICP.

Sept 21 – Present                      **Psychotherapist, Fern Therapy, Dublin and Leinster.**

- Providing psychotherapy, counselling, art psychotherapy and trauma therapy to children, adolescents and adults in private practice in the Dublin area.

Sept 21 – Jan 25                      **Child and Adolescent Psychotherapist, ARC Cancer Support Centres, Dublin**

- Providing art psychotherapy to children and adolescents affected by cancer.

Sept 18 – Mar 22                      **Project Worker, IHSS, Extern, South Dublin/Wicklow/Wexford.**

- Providing best possible care for families referred to the project through Social Work Department.
- Support for families experiencing mental health concerns, addiction, domestic violence, and infringement.
- Educating and supporting individuals in mental health through delivery of tailored programmes.
- Programme development and case management, including support and risk management plans.
- Development of trauma-informed workshop for professionals in the organisation.
- Liaising with and working in partnership with colleagues and professionals within outside agencies to achieve best possible outcomes.
- Development and facilitation of planned and responsive interventions.
- Risk management.
- Multi-agency and multi-disciplinary work focus.
- Ensure recording procedures adhered to, including Data Protection Policy and Safeguarding.

Oct 17 – Sept 18                      **Social Care Worker, Daffodil Care Service, Dublin 5.**

- Working in line with the National Standards governing the provision of care in Children's Residential Centres.
- Programme Development, placement plans and personal care plans in partnership with the young people, family and other relevant parties.

- Liaising with and working in partnership with colleagues and professionals within outside agencies to achieve best possible outcomes.
- Participating in the completion of Review Reports and to act as an advocate for the young person within Review meetings.
- Student Supervisor.

Dec 16 – Dec 17                      **Social Care Worker, Orchard Children's Services, Kildare.**

- Supporting carers and children within the service, working closely within a team and care plan.
- Assisting with access and helping maintain the child's link with family.
- Presenting issues include homelessness, addiction, depression, suicidal ideation, anxiety.
- Maintaining the autonomy and confidentiality of the client at all times, with continued support.

Oct 14 – Oct 17                      **Trainee Psychotherapist and Counsellor, Tivoli Institute and IICP.**

- Seeing clients referred by external practitioners for low cost therapeutic intervention.
- Person-centred approach used, including where applicable cognitive therapeutic approaches and trauma-informed therapeutic interventions.
- Presenting issues include homelessness, addiction, depression, suicidal ideation, anxiety, trauma and PTSD.
- Maintaining the autonomy and confidentiality of the client at all times.
- Undergoing regular internal and external supervision.

June 15 – June 16                      **Social Care Worker, Nua Healthcare and Quality Homecare, Dublin.**

- Responsible for the social care of individuals with intellectual disabilities, ASD, physical disabilities, mental health issues.
- Working individually and within a team to create comprehensive care plans for each individual, with family relations and community inclusion of high importance.
- Key-working with individuals in complex cases.
- Completion of clinical notes on a regular basis.
- Maintaining a high level of care for each case and individual, their safety and confidentiality.

Aug 14 – Aug 16                      **Child Art Psychotherapist, HSE with Park House and Tusla, Dublin.**

- Responsible for the delivery of Art Psychotherapy to the young person.
- Liaising with the Social Work Department at Park House, including relevant client meetings, and liaisons with the families.
- Responsible for the completion of clinical and supervisory notes.
- Maintaining a high level of care for the client, their safety and confidentiality.

Aug 11 – May 15  
Spectrum Disorder

**Social Care Worker and Art Psychotherapist, Autism**

Initiatives, Wicklow.

- Responsible for the care and support of the service users.
- Maintaining a high level of social work on a daily basis, including key working, risk assessments and support plans.
- Development and implementation of a person-centred programme in art psychotherapy specifically catered to adults diagnosed with ASD.

Oct 13 – Apr 14

**Child Art Psychotherapist Trainee, Mater CAMHS, Dublin.**

- Implementation of the modality of Child Art Psychotherapy.
- Working with clients on an individual basis, alongside their family and caregivers, and the clinical team.
- Responsible for the completion of clinical and supervisory notes.
- Maintaining a high level of care for the client, their safety and confidentiality.

Oct 11 – Aug 13

**Child Art Psychotherapist Trainee, Lucena Clinic, Wicklow.**

- Implementation of the modality of Child Art Psychotherapy.
- Working with clients on an individual basis, alongside their family and caregivers, and the clinical team.
- Responsible for the completion of clinical and supervisory notes.
- Maintaining a high level of care for the client, their safety and confidentiality.

**Education and Qualifications**

2025	EMDR for Children, Adolescents and Adults, Colloquy Trauma Centre & Open Minds Centre.
2024	Certificate in Shame Studies, PESI.
2023	Sensory Attachment Intervention, Sensory Attachment Foundation, N. Ireland.
2022	Sensorimotor Psychotherapy, PESI.
2022	Dip. Counselling and Psychotherapy, IICP, Ireland.
2021	Certified Clinical Trauma Professional, PESI.
2020	Professional Certification in CBT. IICP, Ireland.
2013-2017	Dip. Psychotherapy and Counselling, Tivoli Institute, Ireland.
2011-2013	Masters in Child Art Psychotherapy, UCD with CAMHS, Ireland.
2006-2008 Ireland.	Masters in Fine Art, Burren College of Art and NUI Galway,
2000-2004 Iowa, USA.	Bachelors in Fine Art, Painting, Minor Spanish, University of

- Erasmus/Socrates BA History through Spanish, ECTS Diploma in Spanish

La Universidad de Salamanca, Spain. Transferred to University of Iowa.

- BA History through Spanish, Anthropology, Greek and Roman Civilization,

NUI Maynooth.