

Maríosa Scully

Master of Science in Pluralistic Counselling & Psychotherapy Student

Professional Profile

A dedicated and compassionate Trainee Psychotherapist with a Bachelor of Arts (Honours) in Applied Social Studies (Professional Social Care) and extensive experience supporting individuals with Intellectual Disabilities, Autism, and Complex Needs. Currently completing a Master of Science in Pluralistic Counselling & Psychotherapy (graduating 2027), I am deeply committed to client-centred care, ethical practice, and continuous professional growth.

I take great care to ensure that I provide a safe, non-judgemental space where clients feel at ease, supported, and truly heard. My therapeutic approach is rooted in respect, empathy, and collaboration, with a strong passion for exploring and researching mental health to enhance therapeutic outcomes. I strive to create an environment in which every client feels safe, valued, and empowered to work towards their personal growth and well-being.

Education

Master of Science in Pluralistic Counselling & Psychotherapy (In Progress)

Expected Qualification: 2027

Evidence Based Therapies Course | Mental Health Coach (In Progress)

Expected Qualification: 2026

Belong To LGBTQ+ Ireland Information Session

October 1st – CPD Certificate Awarded

Higher Diploma in Counselling and Psychotherapy
2023 - 2025

BA in Applied Social Studies (Professional Social Care)
Institute of Technology, Carlow
September 2015 – May 2019

Relevant Experience

Social Care Worker

Private Homecare Family

March 2022 – Present

- Providing individualised care to a young man with full-body cerebral palsy, ensuring emotional and physical well-being.
- Preparing detailed reports and maintaining clear, professional documentation.
- Applying person-centred practices and fostering a safe, supportive environment.

Social Care Worker

SOS Kilkenny

September 2020 – January 2021

- Supported adults with autism, implementing individualised care plans to promote independence.
- Worked within a multidisciplinary team, ensuring holistic support for service users.

Social Care Worker

Kare Plus Ireland

October 2019 – September 2020

- Delivered residential care for individuals with intellectual disabilities and challenging behaviour.
- Applied low-arousal techniques and person-centred care to de-escalate situations and support clients.

Skills

- Garda Vetted
- Certified in Children First
- Therapeutic Communication and Active Listening
- Client-Centred and Integrative Approaches
- Empathetic & Kind
- Ethical Practice and Confidentiality
- Researching Mental Health and Psychotherapy Trends

References

Available upon request.