

Nuala Morris

Counsellor & Psychotherapist

Professional Summary

Nuala Morris is an Integrative Counsellor & Psychotherapist working with adults and young people experiencing a wide range of emotional, psychological, and relational difficulties. She holds a Level 9 Postgraduate Diploma in Gambling Studies, a Level 8 BA (Honours) in Counselling & Psychotherapy, and a BA in Counselling Skills with Addictions. Nuala works from a humanistic, person-centred, and trauma-informed perspective, integrating psychoeducation and evidence-based therapeutic approaches to support clients in developing emotional regulation, resilience, and meaningful personal change.

Nuala has significant experience across residential, community, and private settings. She has worked extensively with women presenting with complex trauma, including developmental trauma and childhood sexual abuse, along with grief, addiction, anxiety, emotional dysregulation, and co-occurring mental health concerns. Her therapeutic style is warm, grounded, and collaborative, fostering a safe space where clients can explore their internal world at a pace that feels right for them.

Professional Experience

PKD – Paul Kennedy Dalton & Associates, Swords, Dublin

Counsellor & Psychotherapist (Private Referrals)

2022 – Present

- Provide ongoing private referrals from PKD – Paul Kendi Dalton & Associates, specialising in complex adult mental health presentations.
- Conduct clinical assessments, develop case formulations, and deliver integrative therapy for clients presenting with trauma, grief, anxiety, addiction, and emotional dysregulation.
- Offer trauma-informed interventions, psychoeducation, and long-term therapeutic support.
- Liaise with GPs, social workers, and other mental health professionals where appropriate.

Cuain Mhuire, Athy – Women's Residential Treatment Programme

Counsellor & Psychotherapist

2022 – 2025

- Delivered therapy within a high-intensity women's inpatient programme, supporting clients with complex, high-risk trauma histories, including developmental trauma and childhood sexual abuse.
- Provided integrative, trauma-informed therapy focusing on stabilisation, emotional regulation, grief work, addiction recovery, and relational trauma.
- Conducted assessments, risk evaluations, and participated in multidisciplinary team meetings.
- Worked closely with courts, probation services, social services, and external agencies.
- Facilitated therapeutic groups, psychoeducation sessions, and relapse-prevention programmes.

Misneach Centre, Moate, Co. Westmeath

Counsellor & Psychotherapist (Groups & Individual Therapy)

2025 – Present

- Provide group facilitation and one-to-one therapy within a community-based wellbeing centre.
- Work with adults experiencing trauma histories, grief, anxiety, emotional distress, relational difficulties, and addiction-related issues.
- Deliver integrative therapeutic interventions with an emphasis on grounding, emotional regulation, and client empowerment.

Primary Care / Public Health Clinical Support – Co. Offaly

Clinical Support Worker – HSE Adult & Children Health & Community Care

(During Training Years)

- Supported adults with complex psychosocial and emotional needs in a primary healthcare setting.
- Assisted with care planning, multidisciplinary support, and community mental health interventions.
- Developed strong communication, crisis support, and client-centred care skills.
- Gained deep insight into long-term health needs and trauma-related presentations.

Education

- Level 9 Postgraduate Diploma in Gambling Studies
- Level 8 BA (Honours) in Counselling & Psychotherapy
- BA in Counselling Skills with Addictions

Professional Memberships & Compliance

- APCP (Association of Professional Counsellors & Psychotherapists) – Registered Member
- Garda Vetted
- Fully insured for private practice
- Adheres to APCP ethical guidelines and professional standards

Clinical Skills

- Integrative Counselling & Psychotherapy
- Humanistic & Person-Centred Practice
- Trauma-Informed Therapy
- Working with Complex & Developmental Trauma
- Supporting Survivors of Childhood Sexual Abuse
- Anxiety & Depression Treatment
- Grief & Bereavement Support
- Addiction & Recovery Work
- Emotional Regulation & Stabilisation
- Clinical Assessment & Case Formulation
- Risk Assessment & Safety Planning
- Psychoeducation
- Group Facilitation & Therapeutic Groups
- Multi-Agency Collaboration
- Ethical Practice & Professional Boundaries
- Accurate Clinical Record Keeping

Areas of Clinical Interest

- Trauma & Complex Trauma
- Women's Mental Health
- Grief & Loss
- Anxiety & Emotional Dysregulation
- Addiction & Recovery
- Self-worth & Identity
- Relational & Family Dynamics
- Life Transitions

References

Available on request.