

Professional Summary

An experienced Advanced Nurse Practitioner (ANP) Candidate specialising in the assessment, management, and treatment of adults with eating disorders. Brings a strong clinical background in eating disorder services, with previous experience within Child and Adolescent Mental Health Services (CAMHS), providing a well-rounded understanding of mental health across the lifespan. Skilled in comprehensive clinical assessment, risk management, care planning, multidisciplinary collaboration, and delivering evidence-based, person-centred interventions.

Professional Experience

Advanced Nurse Practitioner Candidate Adult South East Eating Disorder Team

HSE Adult Mental Health, St Canice's Hospital, Kilkenny,

May 2026-Current

- Undertake comprehensive assessment and clinical formulation of adults presenting with eating disorders and complex mental health needs.
- Provide evidence-based intervention, primarily EMDR Therapy
- Provide advanced clinical assessment, diagnosis, treatment planning, and ongoing management of patients with eating disorders.
- Monitor physical and mental health, including nutritional status, vital signs, blood results, ECGs, and associated medical complications.
- Identify and manage clinical risk, including self-harm, suicide risk, medical deterioration, and risks associated with eating disorder behaviours.
- Develop and review individualised, evidence-based care and treatment plans in collaboration with patients, families, and multidisciplinary teams.
- Provide specialist therapeutic interventions and psychoeducation to support recovery, engagement, and relapse prevention.
- Work collaboratively within a multidisciplinary team, liaising with psychiatrists, psychologists, dietitians, GPs, acute hospitals, and other healthcare professionals.

Clinical Nurse Specialist

HSE CAMHS, Clonmel, County Tipperary, Ireland

April 2020 – May 2023 and from January 2025-May 2026

- Delivered direct and indirect care to children and adolescents with complex mental health needs.
- Advocated for young people and families attending the service.
- Conducted audits to improve clinical practices.
- Liaised with multidisciplinary teams and external organizations.
- Managed administrative duties related to caseload.
- Developed and implemented the first CAMHS day programme in Munster.
- Triaged referrals and supervised BSc nursing students from WIT.

A/Team Coordinator

HSE CAMHS Team 1 & Team 2 South Tipperary, Ireland

May 2023 – January 2025

Team Coordination & Operational Management

- Oversee daily operations of one or more CAMHS teams, ensuring effective use of caseload systems
- Manage incoming referrals, allocate cases, and maintain equitable waiting lists processes.
- Coordinate logistics for clinics, including weekend or extended sessions during consultant absence.
- Organize duty rotas, staff meetings, team development, and CPD initiatives.

Clinical Coordination & Governance

- Provide clinical advice and operational guidance during complex case presentations or risk situations.
- Act as care coordinator for selected cases, responsible for risk assessment, planning, and multi-disciplinary coordination.
- Contribute to clinical governance through audit, quality assurance, and compliance with service KPIs

Liaison & External Engagement

- Maintain effective communication with internal colleagues, multidisciplinary teams, external agencies (e.g. schools, GP, social services) and carers
- Facilitate appropriate referrals outside CAMHS where indicated.

People & Resource Management

- Provide line management and supervision to CAMHS nurses.
- Monitor team Performance, training, attendance, leave, and professional development

A/Clinical Nurse Specialist

HSE CAMHS, Clonmel, County Tipperary, Ireland

January 2016 – April 2020

- Provided patient care and advocacy for young clients and families.
- Audited and improved team practices.
- Collaborated with internal and external professionals.
- Managed caseload-related administration.
- Innovated the CAMHS day programme in Munster.

Staff Nurse –Linn Dara Inpatient Unit March 2014-January 2016

Staff Nurse –Adult Mental Health Services 2013-2014

Careworker- Rehabare Knocklofty 2009-2013

Careworker-Brothers of Charity 2008-2009

Education & Qualifications

Trinity College Dublin, Ireland

MSc Advanced Nursing Practice

September 2026 -Current

Trinity College Dublin, Ireland
MSc Child, Adolescent and Family Mental Health
September 2017 – August 2021

- Focus on eating disorders, theoretical frameworks, and practice enhancement.
- Completed dissertation; awarded Master's degree.

Waterford Institute of Technology, Ireland
Degree in Psychiatric Nursing
September 2009 – October 2013

- Graduated with a 2:1 classification.

Multi Family Therapy for Eating disorders May 2025- Maudsley Centre for Child and Adolescent Eating Disorders

Family Therapy for Eating disorders December 2019 - Maudsley Centre for Child and Adolescent Eating Disorders

EMDR Europe Standard Training 2023-2024-EMDR Training Gus Murray

ADOS-2 Training for the Clinical Setting February 2017-Trinity Centre for Health Sciences, St James's Hospital, Dublin

Presentation Secondary School, Clonmel, Ireland
Leaving Certificate Passed

Skills

- Child & Adolescent Mental Health assessment and intervention
- Complex mental health care management
- Multidisciplinary team collaboration
- Patient and family advocacy and education
- Clinical auditing and quality improvement
- Student supervision and mentorship
- Administrative and organizational skills

