AISLING RYAN-DOHERTY

Chief Operating Officer | Assistant Psychologist | CBT and DBT Therapist

Tipperary, Ireland | aisling@privatetherapyclinic.ie

Professional profile

Mental health services leader and therapist combining operational management with experience in psychological assessment, CBT, psychoeducation and multidisciplinary care. Chief Operating Officer at Private Therapy Clinic Ireland, with responsibility for service development, workforce coordination, referral pathways and operational governance. Brings postgraduate training in psychology and counselling and psychotherapy, alongside DBT Essentials and Foundational Training completed with British Isles DBT Training in 2026.

Core expertise

Service leadership and development • Multidisciplinary coordination • CBT and DBT
ADHD and autism assessment • Clinical report writing • Group facilitation
Operational governance • Workforce planning • Tender and service proposal development

Professional experience

Chief Operating Officer

Private Therapy Clinic Ireland | Present

- Lead day-to-day operations and strategic service development across psychotherapy, psychology, psychiatry, ADHD and autism assessment pathways.
- Translate organisational priorities into operational plans, clinical pathways and service models, working closely with the Director/Clinical Governance Lead and senior clinicians.
- Coordinate multidisciplinary professionals and administrative teams; lead recruitment, workforce planning, clinician onboarding and capacity development.
- Develop policies, procedures and operational governance frameworks, supporting safeguarding, risk management, quality assurance and compliance.
- Oversee referral systems, client pathways, clinical administration and reporting; monitor demand and clinician capacity to improve service access and delivery.
- Contribute to business development, public-sector procurement, tender submissions, service proposals, pricing and commercial planning.
- Develop new service offerings, including structured DBT-informed programmes for adolescents and young adults, and build relationships with clinicians, referrers and external stakeholders.

Clinical and professional experience

Assistant Psychologist / Junior CBT Psychotherapist

Private Therapy Clinic | 2025–Present

- Contribute to ADHD and autism diagnostic assessments through clinical interviews, standardised measures, behavioural observation and collateral information.
- Prepare clear, evidence-informed assessment reports, communicating findings and recommendations to clients and relevant stakeholders.
- Collaborate with multidisciplinary colleagues on case formulation, treatment planning and coordinated care.
- Deliver weekly CBT sessions using structured, goal-oriented interventions and review progress against therapeutic objectives.
- Design and facilitate psychoeducational and support groups for autistic adults, promoting skills development, peer support and engagement.

Dialectical Behaviour Therapy

DBT Therapist | DBT Essentials and Foundational Training completed in 2026

British Isles DBT Training, an internationally recognised specialist provider delivering training in affiliation with the Behavioral Tech Institute.

Key areas of DBT training

- Mindfulness: developing awareness of thoughts, feelings and present-moment experience without judgement.
- Emotion regulation: understanding emotional responses and developing skills to manage intense emotions more effectively.
- Distress tolerance: building practical strategies to cope with distress without escalating unhelpful behaviours.
- Interpersonal effectiveness: strengthening communication, boundaries and relationship skills while maintaining self-respect.
- Acceptance and change: combining validation with behavioural strategies to support meaningful therapeutic goals.

Youth Resource Worker

Tipperary Education and Training Board | 2025–Present

- Deliver social education and ICT programmes using trauma-informed, youth-centred approaches, covering wellbeing, relationships, citizenship and practical skills.
- Provide mentoring and individual support to encourage attendance, participation and progression; adapt learning for varied abilities and additional needs.
- Maintain accurate records and programme documentation, supporting referrals and multi-agency communication within safeguarding and data protection requirements.

Earlier professional experience

Research Assistant

University of Limerick | 2022–2023

- Collected, cleaned and managed research data using SPSS, maintaining data integrity and accurate study records.
- Delivered research procedures with primary school children, following ethical and safeguarding protocols; coordinated materials, participants and on-site logistics.

Tutor

University of Limerick | 2022–2023

- Taught psychology on the Access Programme, supporting students from diverse backgrounds in preparation for third-level study.
- Developed critical thinking, academic writing, referencing and study skills through inclusive teaching and responsive academic support.

Hairstylist

2002–2018

Built strong client relationships through personalised consultation and consistent service standards, managing busy appointment schedules in customer-facing environments.

Education and specialist training

MA in Counselling and Psychotherapy with CBT Modalities

Irish College of Humanities and Applied Sciences | 2024–2026

Second Class Honours, Grade 1

MA in Psychology

University of Limerick | 2022–2023

Second Class Honours, Grade 1

BA in Psychology, Digital Communication and Cultural Studies

University of Limerick | 2018–2022

First Class Honours

DBT Essentials Training — British Isles DBT Training | Completed 2026
DBT Foundations Training — British Isles DBT Training | Completed 2026
ADOS training • DIVA-5 training • Children First training • Garda vetted

Research and digital skills

SPSS • Microsoft Excel • Research data management • Clinical documentation
Evidence-informed report writing • Ethical data handling and research protocol adherence

Volunteering and recognition

Girl Guides Leader; U14 Football Coach; local basketball fundraising committee member; University of Limerick Academic Ambassador supporting children's educational engagement.

University of Limerick Presidential Volunteer Award — recognition of sustained voluntary service and community contribution.