

**Biography:**

I am a HCPC Counselling Psychologist with 20 years experience working with clients from diverse backgrounds and within different organisational structures. Since 2019, I have established a private practice working in both Edinburgh and Glasgow offering short and long term therapeutic interventions for individuals.

Previously, I have been employed as the sole, full time Student Counsellor from 2004 (14 years)-2018 in Ireland. This is a specialist role. During this period of employment, I have gained invaluable experience from my contact with students and their mental health presentations, and also with the organization and the local mental health community. From the annual quality assurance measures that are conducted (Student Counselling Service Annual Reports); all feedback for the service has been consistently high in terms of meeting the needs of the students and the organization

My elected roles include: Non Academic Staff Representative on the Governing Body (2006-2009); Equality Officer (2010-2011) for academic staff in the Teachers Union of Ireland (TUI) and IAUCC Executive (2014).

The Student Counsellor role, in the Institute of Technology sector, predominantly now recruits practitioners from Clinical, Counselling or Educational psychology. I trained as a Counselling Psychologist at Trinity College Dublin which is recognized as a Centre of excellence. I am on the ‘live’ register as a Chartered Counselling Psychologist with the Psychological Society of Ireland, with Registration Certificates issued annually. The registration processes requires evidence, submitted in 3 year cycles, of continuous professional development. My training involves responses to complex trauma, critical incidents (basic and advanced), mindfulness and a range of psychological presentations. I am a current member of the Division of Counselling Psychology, PSI and a member of the British Association of Counselling and Psychotherapy (BACP).

I was also a member of the Psychological Counsellors Higher Education Ireland (PCHEI) which is a professional organization that guides ‘best practice’ and facilitates a professional network for psychologists, psychotherapists and counsellors with approximately 70 members. I have represented PCHEI nationally in conversations with the Health Service Executive (HSE) and Union of Students of Ireland (USI) in the context of alcohol policy. I was also the national representative for the PCHEI for the Free (depression) pack in relation to the HSE and USI. In 2014, the IAUCC (now PCHEI) Executive nominated my role to represent PCHEI (elected June 2014) in the development of a partnership with [www.reachout.com](http://www.reachout.com/)/college and the provision of high quality mental health resources, inclusive of animations, for third level students and ongoing research activity (recommended by HUCS, 2014) with the further formation of an Editorial Team with formal published guidelines.

I was invited to train with the local mental health service in Dialectical Behavioural Therapy & a member of the external consultation group, as required, with the Cluain Mhuire mental health team. My current professional training, building on previous trauma work, involves the Comprehensive Resource Model (www.comprehensiveresourcemodel.com), which incorporates a neurobiological basis of interventions resourcing clients to attend to traumatic experiences. My work has led me to be involved in a range of settings within education that included the role to mediator for the Pro Youth Portal targeting eating concerns in third level students. My experience to date has involved: Lecturing, working in psychiatry and consultancy, combined with providing Employee wellbeing services. Prior to my training in psychology, I trained as a Registered General Nurse, at St Thomas’s Hospital London which is recognized as a Centre of excellence and where I received my nursing award from a member of the Royal Family.

**Key Highlights**

Formation of Editorial team in 2014 with formal published guidelines. Retrieved on 9th August 2016 from <http://ie.reachout.com/wp-content/uploads/2014/11/Guidelines_IAUCC_RO.pdf>

Conference Presentation: Confederation of Student Services in Ireland, with ReachOut colleagues, on 19th June 2015: Paper 2 Reaching out in College: Mental Health Information and Support for third level students.

Poster Presentation at IADT ([www.iadt.ie](http://www.iadt.ie)) Teaching & Learning Showcase June 2015 & Irish Association of University and College Counsellors ([www.iaucc.ie](http://www.iaucc.ie)) Conference June 2015.

Formal research publication of ‘Reaching Out in College’ was launched by ReachOut/Iaucc/HSE/USI in November 2015 by the HSE.

Karwig G, Chambers D & Murphy F (2015). Reaching Out in College: Help-Seeking at Third Level in Ireland, ReachOut Ireland.

Retrieved on July 27th 2016 from <http://ie.reachout.com/wp-content/uploads/2015/11/research-report-final-lo-res.pdf>

ESB funding was successfully received in 2015 by Reachout/IAUCC for the commissioning of animations from IADT 3rd year students and this work is currently hosted within the dedicated website [www.reachout.com/college](http://www.reachout.com/college).

Member of the Judging Panel for Technology and Wellbeing Best Presentation (Research) at

ReachOut Conference Sept 14th 2016.

Bespoke mental health animations submitted for ‘electric picnic’ psychological PSI event 2017.

National Digital Skills Week Presentation: Reachout/PCHEI/ESB commission of IADT animations

**Private Practice in Scotland 2019.**

Registration with the Health Care Professions Council, ICO and HMRC.

Further training in Athens, Greece with Comprehensive resource model and core self and Glasgow. Deep Brain Re-orientation, Glasgow May 2019.

Child Protection online training renewed April and training in June 2019.

Private insurance confirmed with Howdens and an application to PVG scheme with Disclosure Scotland approved for private work in 2019.

Business Training with Gateway Edinburgh and Digital Training, Google Garage.

CORE training refresher for assessments.

Dissociation on-line training, Carolyn Springer 2019.

Data Protection on line training, ICO, 2019

Group and individual clinical supervision in Glasgow & Dublin, via Psychiatrist and Senior Psychologist.

Commencement of post graduate diploma with the University of Derby 2018-20120.