

PROGRAMME OF CPD EVENTS FOR 2019



Association of Professional
Counsellors and Psychotherapists
Ireland

The 2019 offering of Continuing Professional Development events will see APCP continue to broaden its range of CPD opportunities, providing new opportunities and insights that will support the membership in their everyday practice both as Counsellors and as Psychotherapists.

Overview of CPD Events for 2019

Identifying Domestic Violence in Intimate Relationships	Sex and the Law
The Healing Pen	Transitions
Working with Parents & Youth in a Digital Age	Working with Suicidal Clients
Motivational Interviewing	Shame
Becoming an Integrative Counsellor in the Modern Age	Relationship Infidelity
Incorporating Spiritual Beliefs	Conquering the Fear of Working Around Sexual Issues
Inner Child Work	Intensive Short-term Dynamic Psychotherapy
Working with Low Self-Esteem	The Psychology of Emotional Eating

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06 MARCH
6.30PM – 9.30PM

Speakers

Donna Breen and
Michelle Walsh

Venue

APCP Boardroom
Innovation Works,
National Technology
Park, Castletroy,
Limerick

Web

www.apcp.ie



Sex and the Law (Part 1)

This session will aim to help Counsellors identify and understand the law in Ireland in terms of sex and sexual violence in order to help improve their understanding and work with clients who present unclear about sexual violence. To give them specific examples of how this applies in practice and how to ensure they are informed and clear when working with such issues.

Main topics covered during the day:

1. Understanding and defining sexual violence
2. Understanding the legal system in Ireland and the process of reporting sexual crimes
3. Understanding informed consent, using case examples

By the end of the evening it is hoped that participants will have a better understanding of sexual violence, the law and the legal system in Ireland regarding reporting crimes of a sexual nature and have a much more informed approach to consent.

NOTE: Part 2 is available on the 9th October 2019

Speaker Information

Donna Breen: Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

Michelle Walsh: Michelle is currently completing a PhD in NUI Galway, she is a trained Sexual Assault Treatment Unit (SATU) worker and also works as a trainer in the Rape Crisis Midwest, training SATU support workers. In addition to working as a counsellor there, Michelle has worked in several roles with the RCMW including delivering training on Sex and the Law on behalf of RCNI for Foroige, she has also worked as a court accompaniment support worker. She is also clinical Supervisor who graduated with an M.A. (1st), in Clinical Supervision.

09 MARCH
10AM – 5PM

Speakers

Jess Angland and
Deirdre Barrett

Venue

ADAPT House
Rosbrien
Co Limerick



Identifying Domestic Violence in Intimate Relationships (Part 2)

This CPD aims to provide a deeper awareness and understanding of Domestic Violence. To highlight what is normal and what is dangerous in a relationship. To provide an insight and understanding into how Domestic Violence can manifest.

The main topics to be covered:

- Impacts of different forms of abuse and who is affected.
- Beliefs and facts about domestic abuse
- The Importance of personal safety
- Power and control
- Recognising the behaviour for what it really is and surviving while staying or getting out and staying out

Participants will gain an understanding of the perplexities of Domestic Violence. Challenge participants' thinking around the impact of some forms of abuse. They will practice skills and develop ways of addressing their own thinking patterns, look at the impact of these and how it determines outcomes/behaviours for them.

NOTE: Part 1 (October 2018) should have been previously completed to get the most from this CPD. Alternatively, participants should have previous training in this area.

Speaker Information

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una Mc Cluskey

06 APRIL
10AM – 5PM



Speaker
Tom Mullane

Venue
Griffith College Dublin
City Centre Campus
Wolfe Tone Street
Dublin 1

Web
[https://www.griffith.ie/
locations/city-centre](https://www.griffith.ie/locations/city-centre)

The Healing Pen

This new workshop, the Healing Pen is designed for counsellors with an interest in writing as a means of self-development. The techniques learned here can also be adapted for use with clients. This workshop will cover the benefits of Journaling, Expressive writing and self-discovery through writing.

Participants do not have to have writing experience to benefit from this workshop.

NOTE: Members are encouraged to please check the Web address to the left to check the location as this is a new CPD venue for APCP members.

Speaker Information

Tom Mullane has been involved in writing for eight years and facilitated the Compass Writers Group in Waterford. His preferred medium is the Short Story but he has also had poetry published.

His latest project is working in the area of 'Writing As Therapy' where he has developed a very successful programme in the Solas Cancer Support Centre, in Waterford. He has also facilitated one-day workshops in Dungarvan and Kilkenny.

13 APRIL
10AM – 5PM



Speaker
Declan Staunton

Venue
Clayton Hotel Galway

Web
<http://www.claytonhotelgalway.com/>

Conquering the Fear of Working with Clients around Sexual Issues

The topic of sex and sexuality is often a difficult subject for therapists. This workshop is aimed at challenging the reluctance to address in-depth sexual issues with clients. Normalising sexual language and conversations relating to sexuality will assist the therapist in becoming more competent with the topic. This workshop will address the following areas:

- How to talk to clients about sex
- Sexual language in society
- Sexual Transference and Countertransference
- Sexual History
- Sexual Response Cycle – Male and Female
- Porn and Sexting
- Masturbation
- DSM 5 Sexual Disorders

Speaker Information

Declan Staunton (MS, BA, APA, ACP, IACP, NCC) has worked as a psychotherapist and counsellor in both Ireland and the USA for 20 years. He currently runs a private practice in Westport, Co. Mayo and specialises in individual, group, couples and family therapy. He has lectured in Counselling and Psychotherapy at College and University level in Ireland and California, USA. He also developed several workshops for Arthritis Ireland. Declan has led psychotherapy groups for students with learning and psychological disabilities. He has also worked as a substance abuse counsellor and was trained in the diagnosing and treatment of mental illness, utilising the DSM. Areas of professional interest include: Cognitive based mindfulness therapies, Eastern Psychology and mind, body and spirituality.

11 MAY
10AM – 5PM



Speakers

Jess England

Venue

APCP Boardroom
Innovation Works,
National Technology
Park, Castletroy,
Limerick

Web

www.apcp.ie

Transitions

Change is probably the only thing we can count on in life. Sometimes we choose those changes and sometimes they are put on us without warning. Life transitions are challenging because they force us to let go of the familiar and face the future with a feeling of vulnerability. Most life transitions begin with a string of losses:

- The loss of a role
- The loss of a person
- The loss of a place
- The loss of your sense of where you fit in the world

This workshop seeks to examine the impact of transitions, the stages of life transitions and the coping skills we can develop to face a new and uncertain future.

Speaker Information

Jess England, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been exploring same, under the tutelage of Dr Una Mc Cluskey

18 MAY
10AM – 5PM



Speaker
Finbar Chambers

Venue
The Rose Hotel.
Tralee, Co. Kerry –

Web
<http://www.therosehotel.com>

Working with Parents and Youth in a Digital Age

“Blaming social media for mental health difficulties with many complex causes simply alienates the young people whose lives are being debated and social media companies who could do more to help young people to thrive. We need a new start that starts with the experiences of young people, that understands the context in which social media exist in young people’s lives and that seeks solutions which will make a difference.”

The talk will look at:

1. The impact of the digital age on mental health for both parents and youth. [Both positive and negative impacts]
2. It will also look at how to approach the issue as therapists through the lens of childhood development and family systems.

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

25 MAY
10AM – 5PM



Speaker

Christine Beekman

Venue

APCP Boardroom
National Technology Pk
Limerick

Web

www.apcp.ie

Intensive Short-term Dynamic Psychotherapy

Intensive Short-term Dynamic Psychotherapy is an accelerated form of modern psychodynamic psychotherapy, designed to provide rapid access to the unconscious. It is more active and focussed than traditional psychodynamic psychotherapy and has been shown to be effective in the treatment of anxiety, depression, personality disorders and somatisation. The basic ISTDP understanding of most psychological disorders is based on the emotional effects of broken attachments. Trauma to human attachments may cause complex emotions and defences that may become reactivated by life events at a later stage. It aims to provide not only symptom relief, but also personality restructuring. Lasting therapeutic change can be achieved when clients are able to fully experience their unconscious complex feelings toward early attachment figures and have sufficient insight into the defences that they may have used to avoid emotional closeness with others. Geared towards overcoming resistance, it should result in healthy adaptation within the client's life.

This workshop is highly experiential.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness based approaches and inner child directed strategies

08 JUNE
10AM – 5PM



Speaker
Tatjana Simakova

Venue
Old Ground Hotel
Ennis, Co Clare

Web
<https://www.oldgroundhotelnis.com/>

Working with Suicidal Clients

'Working with suicidal clients' workshop will look at the complexities, approaches and best practice in clinical work with suicidal and post-suicidal clients. It will additionally examine the current state of knowledge and best practice in the field of suicide, suicide prevention and post-suicide care. The workshop will also cover ways to recognize and manage the therapist's emotional responses to suicidal clients through role plays and case examples.

The main topics that will be covered during the workshop are:

- Approaches to suicide risk assessment and management;
- Applying crisis management skills, DBT and CBT to treatment;
- Incorporating art and creativity into treatment;
- Ethical and legal issues related to working with suicidal clients;
- How to recognize and manage your own emotional responses to suicidal clients;
- Case examples, role plays and guided exercises.

Speaker Information

Tatjana runs a private practice based in Ennis, Co Clare. In addition, she works with Pieta House in Limerick. She is a former facilitator for the Applied Suicide Intervention Skills Training (ASIST) program. Throughout her work she has received extensive experience working for the prevention and after-care of suicidality and self-harm.

Tatjana holds a BA in Counselling Skills and Psychotherapy from ICHAS and a Certificate in Art Therapy from the CIT Crawford College of Arts and Design where she is also currently pursuing a Master's Degree in Art Therapy. She follows the guidelines and Code of Ethics of the APCP.

13 JULY
10AM – 5PM



Speaker
Ailbe Coffey

Venue
Maldron Hotel
Wexford
10am—5pm

Web
www.maldronhotelwexford.com

Motivational Interviewing: A Practical Intervention for Counsellors to Engage in Trauma-Informed Practice with Youth

Motivational Interviewing (MI) is an evidence-based treatment that addresses ambivalence to change. One of the most difficult tasks for counsellors working with youth who have been exposed to adverse childhood events is to successfully respond and react to client agitation. While many trainings teach de-escalation approaches, few are clearly set in an understanding of how trauma and stress affect the brain. In addition, even fewer acknowledge that responding to an escalation requires the professional to override their natural “fight-flight-freeze” instincts.

This full-day workshop uses lecture, discussion, case studies, scenarios to build skills and confidence in effectively, appropriately responding, and calming upset clients. Guided by frameworks of Trauma-Informed Care and Motivational Interviewing the training will educate, inform, and encourage participants to improve practices and approaches. This interactive workshop will explore the fundamental processes of motivational interviewing. Participants will explore how to effectively elicit change talk by observing and practicing basic motivational interviewing strategies with hands-on activities and demonstrations. Participants will also develop strategies for integrating motivational interviewing into clinical practice. Finally, participants will identify how by blending MI principles and TIC initiatives can increase client engagement in treatment to help them transition successfully to adulthood.

Speaker Information

Ailbe is an experienced accredited counsellor and clinical supervisor for several years. He is a Senior lecturer and Program Lead at ICHAS College, teaching on undergraduate and postgraduate programs. He holds a B.A. (1st Hons) in Counselling and Psychotherapy in addition to a Masters of Arts (1st Hons) in Clinical Supervision in Professional Practice. He previously obtained an Honours Degree in Mechanical Engineering from the University of Limerick in 1995, followed by a postgraduate in Management from the Open University in 2002. He has previously worked in industry management for over 13 years.

Since 2002, he has refocused his career on the helping and counselling professions, where he currently provides a range of professional services, across training, mentoring, education, counselling, human development, as well as academic and clinical supervision in professional practice.

7 SEPTEMBER
10AM – 5PM



Speaker

Christine Beekman

Venue

APCP Boardroom
National Technology Pk
Limerick

Web

www.apcp.ie

Inner Child Work

INNER CHILD WORK has been widely used in the field of psychotherapy as a technique to work with children who have been abused or where any form of neglect, lack of love or support has resulted in unresolved trauma. If there has been trauma during childhood, the gradual accumulation of unfinished mental and emotional business can lead to chronic anxiety, fear, confusion and unhappiness throughout life because the spontaneous part of a person may be damaged. When any of these deep feelings are touched, the natural defense mechanism of the inner child to avoid painful experiences may cause individuals to disconnect, react instinctively and behave unreasonably or inappropriately in adult situations. Inner Child work addresses any type of child-pain at a very deep level and has shown to be effective in dealing with parent/child and partner/partner issues because the Inner Child is present in any kind of relationship.

Some of the theoretical concepts behind Inner Child work will be touched on in this workshop as a way of explaining therapeutic benefits to clients. Strategies on how to identify and work with inner-child archetypes will be explored and applied as well as techniques for working with inner child-wounds and how they present themselves in life. Participants will learn how to reconnect with and re-integrate the Inner Child with the purpose of healing relationships.

This workshop is highly experiential.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness based approaches and inner child directed strategies

14 SEPTEMBER
10AM – 5PM



Speakers

Jess Angland

Venue

Charleville Park Hotel,
Charleville, Co. Cork

Web

<https://www.charlevilleparkhotel.com/>

Shame (Part 3)

Shame is universal, that sense of not being good enough gets layered on through a variety of experiences within the family, school, abuse, and Trauma sometimes we inherit sources of shame from past generations. Shame is unconscious and can be triggered by the most unexpected events and people. Shame affects so much of our lives, our thinking, our relationships, our body image, and our work often resulting in a shame-based identity, where we hide in the shadows. The third part of the Shame training seeks to uncover those very core beliefs and to give voice to the authentic self.

NOTES:

- Members must have completed the CPD sessions on Shame offered previously.
- Members are encouraged to please check the Web address to the left to check the location as this is a new CPD venue for APCP members.

Speaker Information

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been exploring same, under the tutelage of Dr Una Mc Cluskey

25 SEPTEMBER

6.30PM – 9.30PM



Speaker

Finbar Chambers

Venue

APCP Boardroom,
Innovation Works,
Castletroy, Limerick

Web

www.apcp.ie

Becoming an Integrative Counsellor in the Modern Age

This CPD session will look at

1. An overview of the history of integrative psychotherapy.
2. Distinguishing between different models of integrative psychotherapy.
3. The strengths and weaknesses of a range of integrated models of counselling and psychotherapy.
4. Formulating a unique and integrated approach to counselling and psychotherapy

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

09 OCTOBER
6.30PM – 9.30PM



Speakers

Donna Breen and
Michelle Walsh

Venue

APCP Boardroom
Innovation Works,
National Technology
Park, Castletroy,
Limerick

Web

www.apcp.ie

Sex and the Law (Part 2)

To help Counsellors identify and understand the various victim blaming behaviours associated with sexual violence and rape. To explore the perpetrators approach to sexual violence along with the various myths around sexual consent and the law in Ireland . This aims to explore the best ways to support clients in practice in terms of sexual violence and the law. To give participants specific examples of how this applies in practice and how to ensure they are informed and clear when working with such issues.

Main topics covered during the day:

1. Identify and understand the various victim blaming behaviours we are accustomed to and how these affect clients in practice.
2. Explore the perpetrators approach to sexual violence along with the various myths around sexual consent and the law in Ireland.
3. Using case examples to explore working with clients to ensure counsellors are informed and clear regarding the Law in Ireland.

By the end of the evening it is hoped that participants will have a better understanding of victim blaming behaviours, the perpetrators approach to sexual violence and the myths associated with consent in Ireland using case examples to ensure clarity for counsellors working within the area.

NOTE: Part 2 participants must have attended Part 1, which takes place on 6th March 2019 at 6.30pm

Speaker Information

Donna Breen: Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

Michelle Walsh: Michelle is currently completing a PhD in NUI Galway, she is a trained Sexual Assault Treatment Unit (SATU) worker and also works as a trainer in the Rape Crisis Midwest, training SATU support workers. In addition to working as a counsellor there, Michelle has worked in several roles with the RCMW including delivering training on Sex and the Law on behalf of RCNI for Foroige, she has also worked as a court accompaniment support worker. She is also clinical Supervisor who graduated with an M.A. (1st), in Clinical Supervision.

12 OCTOBER
10AM – 5PM



Speaker

Tony Moore

Venue

Maldron Hotel, Midway,
Portlaoise, Co. Laois

Web

www.maldronhotelportlaoise.com

Max Attendees: 35

Relationship Infidelity: The Agony and Ecstasy

An experiential workshop for clinicians who wish to understand current, and future trends relating to relationship infidelity.

The attendees will understand some of the causes and reasons, offered by clients and others, of infidelity. We will explore the changing attitudes to infidelity within society and the role of the clinician in dealing with this issue.

This workshop offers attendees to role play various scenarios that may be encountered in the counselling room, and an opportunity to practice dealing with these issues, and a space for reflection.

Speaker Information

Tony Moore's background is in the NHS, working in surgery as a scrubbed assistant, and as anaesthetics department assistant and technician where he qualified at St. Thomas' Hospital in London. Tony also worked with 3M Health Care in their surgical division

He qualified as a counsellor in the UK with CSCP in London and subsequently did further training with Relate in London and Cambridge.

He has worked at several GP surgeries, at MRCS, as a counsellor and trainer, and spent 10 years working as a counsellor in the Midlands Prison, Portlaoise. He is currently working in private practice and in a training capacity.

19 OCTOBER



Speaker
Donna Breen

Maldron Hotel, Midway,
Portlaoise, Co. Laois

Web

www.maldronhotelportlaoise.com

Working with Low Self-Esteem (Part 2)

Following on from Part 1 in October 2018, this workshop aims to explore in greater detail the various tools and techniques from the previous CPD, when working with clients who present with low self-esteem. It will be an experiential workshop using various practical techniques throughout the day which can be brought back to practice.

The primary focus of this workshop will be to explore with participants specifically looking at Narrative Therapy, Transactional Analysis and Assertiveness; to help Counsellors identify and understand the various tools and techniques that can be used to work with and progress clients with low self-esteem; and to give them specific examples of how this applies in practice and how to ensure they are informed and clear when working with such issues.

Main topics covered during the day:

1. To help Counsellors identify and understand the various tools and techniques that can be used to work with and progress clients with low self-esteem.
2. To explore in greater detail the various tools and techniques from the previous CPD.
3. To explore and practice with participants, specifically looking at Narrative Therapy, Transactional Analysis and Assertiveness in therapy. Using challenge, affirmations and positives to carry out deeper work.
4. To give them specific practical examples and hands on experience practising how this applies in practice and how to ensure they are informed and clear when working with such issues.

Speaker Information

Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

16 NOVEMBER
10AM – 5PM

Speaker
Declan Staunton

Venue
Clayton Hotel Galway

Web
<http://www.claytonhotelgalway.com/>



Incorporating the Spiritual Beliefs of Clients into the Therapeutic Process

When a client says “*I’m not religious, but I’m spiritual*” - what do they mean? Is mysticism or metaphysical spirituality a psychosis or a spiritual gift? Can the beliefs of the client be considered as a therapeutic instrument in the counselling process?

This workshop will examine these questions and will assist counsellors and psychotherapists to become aware of how spiritual and religious values influence a client’s perception of every-day life. The following topics will be addressed:

- Spirituality/religion
- Therapist beliefs
- Spirituality/religious history
- Mysticism
- Metaphysical spiritualism
- Psychosis/schizophrenia
- Eastern philosophy
- Do spiritual or religious beliefs benefit psychological or physical health
- Meditation

Speaker Information

Declan Staunton (MS, BA, APA, ACP, IACP, NCC) has worked as a psychotherapist and counsellor in both Ireland and the USA for 20 years. He currently runs a private practice in Westport, Co. Mayo and specialises in individual, group, couples and family therapy. He has lectured in Counselling and Psychotherapy at College and University level in Ireland and California, USA. He also developed several workshops for Arthritis Ireland. Declan has led psychotherapy groups for students with learning and psychological disabilities. He has also worked as a substance abuse counsellor and was trained in the diagnosing and treatment of mental illness, utilising the DSM. Areas of professional interest include: Cognitive based mindfulness therapies, Eastern Psychology and mind, body and spirituality.

23 NOVEMBER



Speaker

Aoife Gaffney

Griffith College,
Jervis St, Dublin

Web

[https://www.griffith.ie/
locations/city-centre](https://www.griffith.ie/locations/city-centre)

The Psychology of Emotional Eating

The conference will review the psychology of emotional eating, which will include an exploration of Emotional Eating and Binge Eating Disorder. Obesity and weight issues are a recognised symptom of Binge Eating Disorders and Emotional Eating and will be considered in term of treatment also.

The key objectives of the conference will be to:

1. Define Emotional Eating & Binge Eating Disorder.
2. Assessment and treatment options will be covered.
3. Explore emotional eating in terms of its functions and rewards.
4. Guidance on the use of the most appropriate measures for identifying therapy targets and monitoring progress will be provided.
5. The day will include practical exercises on possible interventions for emotional eating, binge eating and weight issues.

Speaker Information

Aoife is a practicing psychotherapist, with a background in Cognitive Behavioural Therapy, Art Psychotherapy and Existential Counselling Psychology. She holds a Professional Diploma in Eating Disorder Treatment methods.

Aoife has worked in both the public and private sectors in therapeutic practice and is an experienced speaker and lecturer in third level education.