

## NUI Galway Doctoral Programme in Clinical Psychology

# Newsletter

School of Psychology, National University of Ireland, Galway

## NUI Galway / HSE memorandum signed

On the 25 April 2008, an important Memorandum of Agreement (MoA) was signed between the HSE and NUI Galway to formalise the partnership between the two organisations in delivering the Doctoral Programme in Clinical Psychology.

The MoA was signed by Mr. Pat Brosnan on behalf of the HSE and by Prof. James Browne, President of NUI, Galway at a reception held in the

President's drawing room in the University quadrangle.

The MoA provides guidance to the partners about their roles and responsibilities in relation to the clinical psychology training programme.

Dr. Brian McGuire, Director of the Clinical Psychology programme said "The signing of the MoA is a landmark for the programme as it

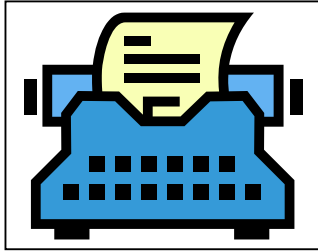
represents a firm commitment from the University and the HSE to the partnership".

The MoA is the first formal partnership agreement of its kind between the HSE and a University clinical psychology training programme and other programmes may well use the MoA as a template for partnership agreements with HSE. The MoA will be reviewed in one year's time.



**Pictured signing the Memorandum of Agreement between the Health Service Executive and the National University of Ireland, Galway are (from left) Mr Pat Brosnan, Specialist National Planning Mental Health HSE and Prof. James Browne, President of NUI Galway.**

## Newsletter



This is the first issue of the NUI Galway Clinical Psychology Programme Newsletter.

We hope this will make a significant contribution towards enhancing communication between the Programme Team, our key stakeholders, clinical supervisors, academic contributors, current and past trainees.

The newsletter will be issued at least twice

yearly and as the entire circulation will be in an electronic format, the distribution will be extensive.

Please feel free to send any material or news you would like to see included in the next issue of the Newsletter to John Bogue

In particular, we would welcome any notices concerning workshops, training events and

conferences.

Recipients might also be interested in receiving information about useful websites, e-resources and journal articles.

Please send submissions to John Bogue at the following address:

[john.bogue@nuigalway.ie](mailto:john.bogue@nuigalway.ie)

## Vacancy - Lecturer in Clinical Psychology

NUI Galway will soon be advertising for a Lecturer in Clinical Psychology to be appointed on a permanent basis to the DPsychSc Programme.

This appointment has been ratified by the University and preparations for advertising the post are at an advanced stage.

The post will be advertised nationally and internationally.

Please contact Dr Brian McGuire, Programme Director, for more information or a copy of the job description.



Your Course Needs You

## Of Course....



The Programme Team would like to congratulate Dr Joanne Byrne and Dr Eoin Ryan (pictured left) who announced their engagement recently.

Joanne and Eoin were both trainees in the 2003 intake. This was the very

first class in the NUI Galway DPsychSc Programme. Eoin and Joanne are pictured left at their DPsychSc graduation ceremony in June 2007.

Also, the Programme Team would like to extend their very best wishes to

Aoife Whelan, a third year trainee, who recently announced her engagement to Kevin (alas not another psychologist!).

## Dr Kiran Sarma joins the Programme Team

Dr. Kiran Sarma was appointed as Clinical Research Coordinator in 2007.

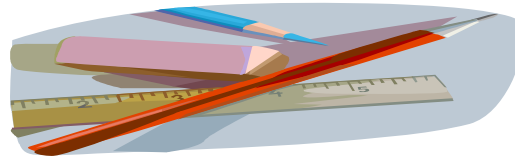
He is responsible for the design and delivery of the research syllabus, oversight of the clinical research components (small scale research projects and major thesis), and periodic review of policies and procedures relevant to the research aspects of the DPsychSc Programme.

A graduate of UCC (BA, PhD), his research interests are broadly in the areas of Social and Forensic Psychology. Prior to arriving at NUI Galway he was a Lecturer in Psychology at UL/Mary Immaculate College (2004-2007) and a research psychologist and crime and policy analyst with An Garda Síochána.

Kiran denies being an anorak statistician but grudgingly admits to being more than a little excited about the mooted functionality of the forthcoming SPSS Version 17 and relishes those brief but cherished moments when he can calculate MANCOVAs by hand over a decaf latte.



**Dr Kiran Sarma**



## Congratulations to NUI Galway Trainees

Two final year NUI Galway DPsychSc trainees have had successful outings with their respective research projects at recent events.

Clare Brady, a final year student on the D.Psych.Sc programme at NUIG, was recently presented with an award for best poster presentation at the *Irish Association of Palliative Care Annual Education and Research Seminar*.

Clare's doctoral thesis focuses on the development of an 8 week CBT intervention for spouses with complicated grief.

Following the design stage, the intervention was piloted with 6 clients. The poster reported preliminary findings that tended to suggest that the intervention led to reductions in anxiety, depression and other symptoms of complicated grief.

Meanwhile, Mary Kells' research study was highly commended in the postgraduate category by judges at the Irish Congress of Psychology Students conference in Limerick in April.

The title of Mary's study was "The comparative utility of social cognition models in type II diabetes".

Hearty congratulations to both trainees!



## Trainee Personal & Professional Development

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*“The aim of the P&P development programme is to provide a safe reflective place which considers both the individual and group’s developmental stage.”*

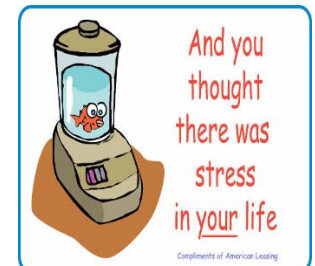
Dr Jonathon Egan will coordinate trainee personal & professional (P&P) development for the DPsychSc Programme and in this capacity has accepted an invitation to join the Programme Board. Jonathon is Director of the Arches Adult Counselling Service based in Tullamore, Co. Offaly. Jonathon has extensive research and professional experience in the area of stress, self-care and “burnout” among clinicians.

Trainees will be provided with P&P development input during the main academic blocks by Jonathon and other colleagues as appropriate.

The input will consist of an evidence based programme suitable for a block placement clinical training model. The aim of the P&P development programme is to provide a safe reflective place which considers both the individual and group’s developmental stage.

The overall purpose of the P&P development programme is to enable trainees to become reflective practitioners who understand the effect of clinical work on their own personal processes and the need to exert appropriate boundaries to ensure their long-term engagement with work.

The P&P development programme will also function to support trainees by using the group space to ‘check-in’ on trainees and their cohorts in terms of identifying stressors and effective coping strategies. In this, and other ways, the trainee cohort group play an important part in personal development exercises.



## Supervisors’ Workshops

Two workshops were held so far this academic year.

The first, **Research Skills in Clinical Psychology: A Reintroduction for Clinicians** was presented by Dr Kiran Sarma and Dr Brian McGuire on the 21<sup>st</sup> February. This workshop acquainted clinical supervisors with research methodologies and statistical techniques.

Follow-on workshops covering qualitative and quantitative methodologies are planned for future dates.

The second supervisors’ workshop was held on the

6<sup>th</sup> of March and was facilitated by Dr Terri Gallagher, Senior Clinical Psychologist, HSE West.

Terri’s workshop catered for new and experienced supervisors. The workshop examined the values, experiences and beliefs that influence supervisory style and explored how models of supervision can guide and enhance practice.

The workshop was heavily over-subscribed. It is anticipated that an additional workshop will be scheduled in the near future.

As ever, many thanks to Terri for contributing so much to supervisor training on the HSE/NUI Galway Clinical Psychology Programme.

We are pleased to receive suggestions from existing and potential supervisors regarding future workshop topics and themes.




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*“Dr Terri Gallaher’s workshop for clinical supervisors was heavily over-subscribed”.*

## Farewell to Dr Meena O'Neill

Meena O'Neill left the NUI Galway DPsychSc Programme Team in January to take up an HSE post as Principal Clinical Psychologist in Mayo. Meena was with the Programme since its inception in 2003.

She has contributed hugely during her years with the programme and is very sorely missed by colleagues and trainees.

Thankfully Meena will keep an active role in the Programme.

We wish Meena every success in her new post in Mayo and welcome her continued involvement with the DPsychSc Programme.



Above right - February 2008 DPsychSc Graduates celebrate in a time honoured tradition



Left – The Programme Board in session

## The Programme Board

The programme board consists of members of the academic staff at the School of Psychology NUI Galway who contribute to the programme and a number of external experts representing clinicians, managers and academics. The role of the Board is to review the progress of the course and advise on developments in content, structure and organisation of the course.

### *NUIG Members:*

**Dr Brian McGuire**  
Programme Director  
**Dr John Bogue** Assistant  
Programme Director  
**Dr Kiran Sarma** Research  
Coordinator  
**Prof. Jack James**,  
Head of School  
**Dr Geraldine Leader**  
School Lecturer

### *External Members & Stakeholders:*

**Mr. Pat Brosnan**, Specialist  
National Planning Mental  
Health, HSE  
**Ms Sheena Burke**, Senior  
Clinical Psychologist, HSE  
Dublin / Mid-Leinster  
**Dr Mary Davis**, Principal  
Clinical Psychologist,  
Brothers of Charity, Galway  
**Dr Terri Gallagher**, Senior  
Clinical Psychologist, HSE  
West (Sligo)  
**Mr. Simon Wale**, Senior  
Clinical Psychologist, HSE,  
West (Limerick)  
**Dr. Kieran Woods**,  
Principal Clinical  
Psychologist & Psychology  
Manager HSE West  
(Donegal)

**Dr. Michael Byrne**,  
Principal Clinical  
Psychologist & Psychology  
Manager, HSE West  
(Roscommon)  
**Dr Ann McCarthy**,  
Principal Clinical  
Psychologist &  
Representative of  
Postgraduate Training  
Committee in Clinical  
Psychology, HSE South  
(Cork)  
**Dr Jonathon Egan**,  
Director, The Arches Adult  
Counselling Services,  
Tullamore, Co. Offaly  
**Ms Clare Gormley**,  
A/Principal Clinical  
Psychologist, HSE West,  
(Galway)  
**Dr. Ed O'Dea**, Principal  
Clinical Psychologist &  
Psychology Manager, HSE  
West (Limerick)

**Dr. Margaret O'Rourke**,  
Senior Lecturer, School of  
Medicine, University  
College, Cork  
**Dr. Maura O'Sullivan**,  
Senior Clinical  
Psychologist, Irish Prison  
Service  
**Dr. Niall Pender**,  
Principal Clinical  
Psychologist, Beaumont  
Hospital, Dublin  
**Ms. Frances Smyth**,  
Principal Clinical  
Psychologist, Ability West

A trainee representative  
from each cohort  
currently: **Mr Haulie  
Dowd (Year 1)** and **Ms  
Rachel Egan (Year 3)**.

**NUI Galway Doctoral Programme in Clinical Psychology**

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We're on the Web!  
See us at:  
[www.nuigalway.ie/psy/](http://www.nuigalway.ie/psy/)

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Pictured from left at the February 2008 DPsychSc graduation ceremony are Dr Sharon McManus, Dr Mary Nolan, Dr Karyn O'Connor, Dr Aoife Hourihane, Dr Edel Lynch and Dr Brenda Malone



## Hey Babies!

Programme Staff and Trainees would like to congratulate first year trainees Sharyn Carley, who had a baby girl (Clodagh), and Maeve Dooley, who had a baby boy (Kian), recently. We are delighted to report that both mothers and babies are all doing well.

## Thanks!

To all the clinical supervisors, visiting lecturers and key HSE personnel who have contributed so much to the NUI Galway Doctoral Programme in Clinical Psychology which is now in its fifth year.

