

Dr Sarah Culligan

BA (Hons.), H. Dip. Applied Psychology, D. Couns Psych.

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL042562**

Dr. Culligan is a chartered (PSI) and HCPC registered counselling and forensic psychologist with ten years clinical experience. This includes conducting comprehensive psychological assessments, developing treatment plans, delivering both individual and group therapy, report writing and court attendance as an expert witness. She has worked in both private and public settings including a prison for adult males. Dr. Culligan has worked for almost a decade in a forensic setting conducting assessments for both sexual and violent offending, personality and mental health assessments, parenting capacity assessments, cognitive assessments as well as ASD and ADHD assessments.

AREAS OF SPECIALISM

- Violent Offending Risk Assessment
- Sexual Offending Risk Assessment
- Personality and Mental Health Assessments
- ASD Assessments
- ADHD Assessments
- Cognitive and Adaptive Functioning Assessments

PROFESSIONAL QUALIFICATIONS

2013 Trinity College Dublin, Professional Doctorate in Counselling Psychology.

- Independent mixed methods research project: “An In-depth Exploration of Therapists’ Experience of Sexual Attraction to a Client”.
- Training in CBT, psychodynamic therapy, EFT, grounded in PCT.

2010 University College Cork 2.1, Higher Diploma Applied Psychology

- Independent qualitative research project: “Exploring women’s’ experience of trust in romantic relationships”.

2008 University College Cork 2.1, Masters in Irish Literature: Theories and Tradition

- Independent research project: “James Joyce and the Subversion of the Male Gaze”.

2007 University College Cork 2.1, BA in English and Psychology

Additional Training

2022 ADOS-2 with Prof. Louise Gallagher.

WORK HISTORY

2020 – Present Private Practice

- In person and online psychotherapy provided to adolescents and adults. This includes individual and couples work.

2016 – Present Forensic Psychological Services

- Completed psychological and risk assessments
- ADHD and ASD assessments
- Parenting Capacity assessments
- Cognitive and neuropsychological testing
- Providing psychotherapy to clients
- Group facilitator on the sex offender's treatment programme

2015 HSE National Counselling Service, Avoca

- Provided individual psychotherapy for adults who have experienced trauma and abuse in childhood with priority given to adult survivors of institutional abuse in Ireland.

2014 – 2015 Counselling in Primary Care (CIPC) Clinical administrator

- Handled referral procedure
- Liaised with referring agents, such as GPs, PHNs, etc.

2014 – 2015 HSE NCS Counselling in Primary Care (North and South Dublin City)

- Provided short-term counselling to adult individuals presenting with mild to moderate psychological difficulties.

2014 SpectrumHealth

- Provided individual therapy to adults, teenagers and children.
- Presented seminars on mental health and psychological issue in workplaces.

2014 Dublin Adult and Child Therapy Centre, Stillorgan

- Provided clinical services for adults, teenagers and children.

2013 Rita Honan and Associates Private Practice

- Assessed children who may be on the autism spectrum
- ADHD assessments
- Conducted observation-interviews.
- Administered psychometric tests-Conners Comprehensive Behaviour Rating Scales, Childhood Autism Rating Scale, Vineland II Pearson Assessment, BRIEF.
- Reviewed background material of child being assessed for autism.
- Produced psychological reports.

2013 Crannog Psychological Services

- Worked with children using play therapy methods.

2012 – 2013 Wheatfield Prison

- Provided therapy and conducted assessments with male prisoners aged 18 and older.
- Experience conducting intake assessments and using clinical judgment around suitable intervention for client, i.e. individual work, Building Better Lives programme for violent and sexual offenders, referral to addiction services, G.P., psychiatrist or for discharge planning consideration.
- Experience with administering psychometric testing
- Co-facilitation of the Enhanced Thinking Skills programme.

- Facilitated workshops and seminars on depression and sleep.
- Liaise with addiction services, probation services, chaplaincy, officers, governors and Social Work Department.
- Attendance at Discharge Planning meeting advocating on behalf of clients.
- Attendance at waiting list management meetings.

2011 – 2012 National Counselling Service, Avoca

2010 – 2011 Kildare Youth Services

- Provided psychotherapy for clients individually, as well as working with parents and guardians.
- Experience with administering CORE-OM and inputting data.
- Collated statistics on step teen parenting courses.
- Worked with a wide range of presenting issues including conflict in the family (such as parental separation, addiction within family), disruptive behaviour at school, early drug and alcohol use, bereavement and grief, identity issues, anxiety and mood issues .

2006 – 2014 Brothers of Charity

- Experience working as a care assistant with people with intellectual and physical disabilities, autism, Down's syndrome, and general learning difficulties in a residential and respite setting ranging in ages from early childhood to adulthood.
- Worked as part of a multidisciplinary team.
- Experience implementing psychological interventions.

2006 – 2009 Volunteer with Niteline

- Free phone, non- judgemental, non-directive and confidential telephone listening service for students.

2003 Cottage Nursing Home, Irish town, Clonmel

- Care Assistant