**BIO - PAT KAVANAGH (MIACP)**

Pat has over fifteen years’ experience as a counsellor/ psychotherapist/ stress management therapist. His therapeutic approach is person-centred humanistic integrative including CBT. Areas of expertise include; Bereavement & Loss, Suicide Prevention & Postvention, Relationship issues, Stress Management, Addiction Issues, Career Change, Confidence Building, Workplace Conflict, Bullying & Harassment, Interview Skills, Spirituality.

Pat also provides psychological services for the corporate sector through Employee Assistance Programmes (EAP) for employees. The EAP service includes critical incident response work, responding to unexpected (usually traumatic) events as they arise and assisting clients (individuals and groups) to deal with the issues involved.

Pat also works in a consultative capacity in the design, development and delivery of training initiatives in the corporate and public sectors. These programmes include; Dignity at Work, Bullying and Harassment, Stress Management, Humanistic Psychology and Interview skills.

Pat also provides a mediation role for corporate clients if they require external expertise in dealing with complaints of bullying and harassment and conflict in the workplace.

EDUCATION

2015-2016 Diploma in Clinical Supervision

2015 Advanced Cert in Group Crisis Intervention (CISM)

2008 B.Sc. (First-class Hon’s) in Counselling & Psychotherapy - Middlesex University

2007 Diploma in Counselling & Psychotherapy – PCI College

2005 Certificate in CISM (Critical Incident Stress Management) Individual & Group

2004 Certificate in Drugs Awareness – Community Drug Team (Inchicore)

2003 – 2004 Certificate in Bereavement Support - Bethany

2002 Certificate in Bullying & Harassment Training – CRMC/RTE

2001 – 2002 Diploma in Stress Management - Walmer College

2000 – 2002 Preparing for Ministries course - All Hallows College

2000 - 2001 Suicide Bereavement Postvention - Dóchas/PCI

1999 - 2001 Certificate Course in Counselling - NUI Maynooth

1997 - 1999 Diploma in Education and Training - NUI Galway