**Biography: Allison Keating, Registered Psychologist**

**Academic Background**

Allison Keating is a Registered Psychologist of the Psychological Society of Ireland. Training includes an MSc., in Work and Organisational Psychology, BA in Behavioural Science in Psychology, Certificate in Career Guidance and Adult Counselling and is a qualified master Neuro-Linguistic Programming (NLP) practitioner, Life & Business Coach and accredited in EQ-i (Emotional Intelligence).  
  
Allison was invited to present her BSc. thesis "Cognitive Dissonance and the Millennium Y2K Bug" at the BRAINSTORM conference in the New York World Trade Centre in 1999. She also was invited to present her research in London to a symposium of Y2K experts.  
  
Allison follow the PSI's, Psychological Society of Ireland Professional Code of Ethics and that I engage in clinical supervision.

**Professional Background**

Allison worked as a trauma counsellor and placement officer for the FÁS Asylum Seekers Unit processing 256 asylum seekers into training, job placement and helping them through trauma for Asylum Seekers who experienced Post Traumatic Stress Disorder.  
  
Allison was asked to participate in the N.D.J.T.I (North Dublin Job and Training Initiative) set up by Mary Harney to assist Ireland's multinationals undergoing major change management and worked with Gateway Ireland (800 employees); Celestica (450 employees) and Aer Lingus (1600 employees) to assist their staff in determining their next career moves and to deal with the transitional stress.  
  
From here she financially managed and ran eleven North Dublin disability groups and programmes, namely the N.T.D.I; Prosper Finglas; St. Michaels House and D.E.N. at the CRC through FÁS.  
  
Having completed her Psychology undergraduate studies, Allison pursued her Masters Psychology Degree in DCU and produced a highly commended thesis entitled "An investigation into the potential effects of emotional labour on front-line staff", which analysed emotional labour, and how emotional burnout affects employees within the Irish working environment, specifically within the FÁS organisation.  
  
Allison was the Career Centre Manager at Diageo Ireland (600 employees) and worked as a consultant implementing the Career Decisions Making Programme. This is a scientifically proven method that was used to aid Diageo employees’ career progression.  
  
With the successful completion of that project she was asked to run a pilot programme under the auspices of Northside Partnership, Social Welfare and Career Decisions International called 'Enabled for Life' for people with mental, physical and emotional disabilities with excellent results. Allison ran two of these Enabled for Life programmes and the programme has now become a nationwide programme.  
  
Utilising a CBT (Cognitive Behavioural Therapy) paradigm she undertook an NLP (neuro-linguistic programming) course. At this stage Allison decided to establish her own clinic and worked under a franchise agreement for two years.  
  
Allison ran "a behavioural Psychology franchise" for two years and has since December 2006 opened the bWell clinic, which is fully owned, managed and operated by her.