

Personal Details

Name: Dr. Sarah Culligan

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Summary

BPS Chartered member and HCPC registered Counselling Psychologist with fifteen years clinical experience, which include conducting comprehensive psychological assessments, developing treatment plans, delivering individual and group therapy, report writing and court attendance as an expert witness.

Work Experience

2020-Present

Private Practice

- Expert Witness work
- In person and online psychotherapy provided to adolescents and adults. This includes individual and couples' work.
- Psychological Assessments including forensic work

April 2016-
July 2023

Forensic Psychological Services

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

March 2015-
Dec 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.

July 2014-
Dec 2015

Counselling in Primary Care (CIPC) Clinical administrator

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

March 2014-
Dec 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.

Feb-
October 2014

Spectrum Health

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

Jan 2014
July 2014

Dublin Adult and Child Therapy Centre, Stillorgan

- Provided clinical services for adults, teenagers and children.

July 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.

April 2013-
May 2013

Crannog Psychological Services

- Worked with children using play therapy methods.

July 2012-
July 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.

Sept 2011-
June 2012

National Counselling Service, Avoca

Dec 2010 -
Aug 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.

Education

Oct 2010-
Oct 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.

2008-2010

University College Cork 2.1

Higher Diploma Applied Psychology

- Independent qualitative research project: "Exploring women's' experience of trust in romantic relationships".

2007-2008

University College Cork 2.1

Masters in Irish Literature: Theories and Tradition

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

2004-2007

University College Cork 2.1
BA in English and Psychology

Additional Training

Dec 2022	ADOS-2 with Prof. Louise Gallagher
May 2025	Courtroom Skills with Bond Solon

Hobbies/Interests

Reading, travelling, music, film, dancing.