

Saturday 21st November 2020 Time 10:00 to 16:45

Online Workshop 2

Workshop Name: The Power of Addiction

Facilitator: Donal Kiernan

Schedule for The Power of Addiction

10:00am:	Format: Overview of Aims: Housekeeping & Contract: No recording What we do if Zoom-bombed Introductions
10:15am:	Introductions to the Topic Addiction: its Breath; Depth and Contextual Scope
10:45am:	Types of Addiction
11:00am:	Break
11:15am:	Questions and Answer Session
12:00pm:	Who are addicts? What does it mean to be addicted? What do they look like? Dry dunks? Could you be an addict?
12:30pm:	Interventions: Skills;Techniques;Your feelings;Hearing yourself.
13:00pm:	Lunch (Self care)
13:45pm:	Learning your patient;Expectations;Distractions;Ambushes. Gender differences, Blocks to Recovery.
15:00pm:	Tea Break (Top up)
15:15pm	Group Forum
16:00pm	A Stance of Compassion or a Practising Rogerian Therapist
16:45pm	Close

Bio: Donal Kiernan

Donal Kiernan is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapists, The Association of Addiction Counsellors of Ireland, The Society for the Study of Addiction and Student Affairs Ireland. He mainly practices providing services to Student Health Services for University College Dublin, Dublin City Council, Sophia Counselling Centre in Kiltegan, Co Wicklow and Clinical Supervision to individual addiction counsellors and groups.

A member of An Garda Siochana for thirty years, Donal worked with local leaders and the public to build trust and cooperation between the Community, Social workers, and front line Gardai, especially in the areas of family violence, child and elder protection. This led to several commendations, including a Divisional Merit Award.

It was in the latter half of his Garda career that Donal embarked on what would become a lifelong passion in Counselling and Psychotherapy.

This passion has led him to continuously expand his knowledge and understanding of counselling since receiving his first diploma in counselling and psychotherapy from Tivoli Centre, Dunlaoghaire, followed by a Diploma in Addiction Studies from Trinity College Dublin. Following on from this he obtained an Advanced Diploma in Child Protection and Welfare from Trinity College Dublin. This was followed by receiving a Diploma in Mediation Studies from UCD. Since then he has gone on to obtain a Diploma in Supervision from PCI

Hallow’s College (DCU). He has successfully completed a course in Critical Incident Stress Management with Carlow IT.

Donal primarily works in the arena of addiction. His philosophy of practice is very person centred, using humour to mediate difficult personal transitions with his clients, accepting that wherever they are at; is the present, here and now.

In the world of addictive behaviour, delusion and illusion, his role is to challenge the addiction, whilst respecting the client in their entirety.

A 25 year association with Rutland Centre has seen Donal act as both a facilitator and psychotherapist/counsellor in the areas of primary care, aftercare, family interventions and assessments, cessations of service to clients, one to one counselling, family sessions, community presentations, group therapy and adult child groups.

He successfully co-piloted the first day-care programme for the Rutland Centre.

He was lead counsellor on behalf of a pilot assessment project, run by the Irish College of General Practitioners and the South Western Area Health Board, based in Medical Care Centre in Baltinglass, Co Wicklow.

He has been privileged to serve as the Chairperson of Addiction Counsellors of Ireland (ACI) and later, as Chairperson for the ‘ADAPT’ Drugs and Alcohol Project. In addition, he also acted as a Board member, Magazine editor and Public Relations Officer in ACI.

Donal has been a key and outspoken advocate for increased mental health awareness and support throughout his career.

He has been interviewed and spoken across all media platforms and he has most recently embarked into the online arena to continue to serve his clients.

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Max number of delegates: 16

Min number of delegates: 10

One-day Workshop Fees: €65.00	All categories of IAHIP members and Non-members	Payable to IAHIP
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Name: _____

Address: _____

Contact Number: _____ E-Mail: _____

Please confirm YES or NO to the following statement: _____

The IAHIP office has my permission to share my email and contact number with the facilitator, in order to ensure I receive my online invitation link to the workshop.