



## Emmanuelle O'GRADY

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*Principal Clinical Psychologist, Family Therapist  
Registered Clinical Psychologist in France (ADELI), Ireland (PSI) and  
Singapore (SPS-SRP)*

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Nationality: French

Bilingual in French-English (IELTS Band Score: 8) – ongoing Mandarin (Basic conversational)

### PROFESSIONAL EXPERIENCE

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• October 2018- ongoing

**Dynamics Psychological Practice – Orchard Road, Singapore.  
Principal Clinical Psychologist**

⇒ Consultations for children and adolescents: interventions and therapy (depression, anxiety, OCD, social and communication difficulties i.e. Asperger Syndrome, Tourette syndrome, ADHD, psychometric assessments, suicidal ideation, etc.)  
⇒ IQ tests and Academic skills assessments, autism assessments, social and communication skills assessments etc.  
⇒ Social skills groups  
⇒ Consultations for adults  
⇒ Family Therapy

• April 2014 – October 2017

**KK WOMEN'S AND CHILDREN'S HOSPITAL  
SINGAPORE –**

**Senior Psychologist (Pediatric and Women services)  
Promoted to Principal Clinical Psychologist (July 2016)**

⇒ Consultations for children and adolescents (3-18): Initial assessments, interventions and therapy (depression, anxiety, OCD, social and communication difficulties i.e. Asperger Syndrome, Tourette syndrome, ADHD, psychometric assessments, suicidal ideation, etc.)  
⇒ Inpatients pediatrics consultations and follow-up appointments  
⇒ Development of a specialized Multi-disciplinary clinic with KKH Dermatology Service (children with severe eczema or atypical dermatitis): psychological approach to somatic symptoms and pain (psychodermatology).  
⇒ Consultations for women with prenatal or post-partum difficulties, depression, anxiety, OCD, sexual dysfunction etc.  
⇒ Implementation of a Group therapy programme (P.STAR Programme for children or adolescents: "Psycho.Somatic Treatment for Active Recovery")  
⇒ Clinical Supervision of Assistant Psychologists, Junior Psychologist and trainees from NUS (National University Singapore) and JCU (James Cook University)  
⇒ Continuous Professional Development: Supervision skills training/ SPACE programme (Supportive Parenting for Anxious Childhood Emotions) / CPR training/ "reduction of chronic pain for patients", mindfulness coaching for effective psychological practices/ Basic Mandarin Conversational/OCD training  
⇒ presented at conferences in London, Kuala Lumpur – Publication in Motherhood Magazine about parenting difficulties (August 2016 – "Pay Attention")

• December 2006 – July 2013

**IRISH HEALTH SERVICE EXECUTIVE (HSE)  
DEPARTMENT OF HEALTH AND CHILDREN - Dublin, Ireland  
Child and Adolescent Mental Health Service CAMHS  
St James's hospital/ Clondalkin Guidance clinic –  
Service of Professor Louise Gallagher and Dr. Tom Moran  
Senior clinical Psychologist**

⇒ Development and implementation of a Psychology Service in 2007 –  
⇒ Consultations for children and adolescents (3-18): Initial assessments, interventions and care plans, risk assessments, Family therapy, Group therapy (self-harm, bullying,

Asperger, social skills, gender Identity disorder, DBT interventions for Borderline personalities, suicidality), Interventions, ADOS assessments (Autism/Asperger/PDD-nos), psychometric assessments (cognitive, Scales: Conner's, Becks, Australian scale...) 1 to 1 therapy, Family Therapy

⇒ Supervision of Basic Grade psychologists and Trainees in the Clinical Psychology Doctoral program of Trinity College Dublin and University College Dublin

⇒ Lecturer (Trinity College University – UCD University – Royal College of surgeons)

⇒ Continuous Professional Development: Child Protection, Domestic Violence, Team implementation of CAPA Model, meeting organization (chairing, policies, ethics)

⇒ ADOS and ADI-R training (Autism assessments) / SIPPS training (structured Interview for psychosis risk syndromes)/ Conner's (ADD/ADHD)

⇒ Training for the "Gnatenborough's island CBT computer game" for children and adolescent

⇒ PTSD Training CBT-TF (Trauma focused CBT)

⇒ Waiting Lists management and reduction (triage system)

**HSE Child and Adolescent Mental Health Service Dublin- CAMHS – Ballyfermot / Lucan (Dublin, Ireland) – Team of Professor Michael Fitzgerald**

Senior Clinical Psychologist • December 2006/ June 2007

⇒ Multidisciplinary Assessments, Psychology consultations, Family Therapy, Risk Assessments, Supervision, Lectures (Trinity College), Rorschach assessments, psychometric assessments (WISC IV- WIPPSI- Vineland...)

⇒CPD: Certified training in the Griffiths Mental Developmental Scales (GMDS-ER)/ ADOS training (Autism), Gender Identity Disorder and LGBT training (Lesbian, Gay Bisexual and Transgender)

⇒ Supervision of Basic Grade Psychologists and Lectures in Family Therapy and systemic

• Mars 2005 /April 2006

**Inpatient Unit of Professor DELASSUS (post-partum Unit for Psychological difficulties of Infant/mothers) Hospital Charcot (France) - "Service of Maternologie"**

⇒ Inpatient Infant and Mother Unit: assesment and psychotherapy of attachment difficulties, post-partum depression and psychoses, infants' behavioural and psychosomatic symptoms and emotional attachment difficulties

⇒ Evaluation of child protection risks from neglect, violence and developmental disorders: assessments of pre-autistic symptoms, early symptoms of ADHD and prevention of further mental health difficulties (outpatient follow up)

⇒ Assessments and interventions, Clinical reports, multi-disciplinary staff meetings, analysis of bonding and nurturing through videos of feedings.

• Jan 2003 / Feb 2005

**MONCEAU FAMILY THERAPY CENTER of Professor ANGEL - PARIS**

Systemic and Family therapy

⇒ Implementation of a specialized family therapy consultation for hyperactive Children and their families (ADD/ADHD) – Other family difficulties (transgenerational etc)

⇒ Research on the benefits of therapeutic family approach for children with ADHD.

⇒ supervision of Trainees.

• October 2004

**ADVENTURE LINE PRODUCTIONS – Clinical Psychologist -**

⇒ Recruitment of candidates for the TV Production «Koh Lanta» (French TV show similar to "survivors" )

⇒ Selections of candidates, psychological interviews, work with the casting team for recruitment and assessment of candidates' Mental Health.

• July / Sept 2004

**24 HOUR ANONYMOUS HELP LINE FOR TEENAGERS "Youth and health" - ASSOCIATION "SCHOOL OF PARENTS AND SOCIAL WORKERS" – Paris, France**

⇒ «Anonymous Phone Line / Youth and Health»: Prevention and phone conversations with teenagers with psychological difficulties, young people at risk, prevention, drug information, positive mental health and prevention.

⇒ «Inter Service Parents »: Psychological help for parents who are having difficulties with their adolescents, parenting interventions.

## PROFESSIONAL PLACEMENTS

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- July 2001 / July 2002 **MEDECINS DU MONDE (Doctors of the world) - Paris 500 HOURS**
  - ⇒ «Mission Rave»: Emergency psychological interventions in a psycho-medical emergency setting.
  - ⇒ Prevention, Reduction of Risks linked to drugs abuse (ecstasy, alcohol, LSD, methamphetamines...). Management of Drug induced deliriums, Debriefings, Research with Medecins du monde, positive mental health
- Jan / June 2001 **EUROPEAN HOSPITAL GEORGES POMPIDOU - CENTRE MONTECRISTO (HOPITAL LAENNEC) PARIS: Methadone Center 200h**
  - ⇒ Observation of consultations of addicted adults (fireman, police, athletes)
- Oct 99 / May 2000 **HOPITAL ROBERT DEBRE - PARIS, France – 300 HOURS Children’s Hospital of Paris**
  - ⇒ Clinical psychologist in training in the pedo-psychiatric service of Professor MOUREN -SIMEON: Consultations with children: phobias, depression, ADHD, ASD, anxiety, Tourette syndrome, traumas...
- Sept 1999 **CENTRE « LES HIRONDELLES » - BRIANÇON, France 100 hours**
  - ⇒ Centre in the French Alps for asthmatic children and teenagers with cystic fibrosis (Psychosomatic Theories on respiratory diseases) – Observation of clinical assessments and interventions
- Jan / April 1999 **OAKLAND FAMILY CENTER - DETROIT, USA 100 hours**
  - ⇒ Social-psychology Center for abused and neglected children: observation in a playgroup for children with conduct disorders and anti-social behaviors in a deprived area in Detroit, Michigan and Home interventions
- Feb / April 1996 **TURNING POINT - DETROIT, USA 200 hours**
  - ⇒ Center of drug rehabilitation: Group Therapies for addicted women (prostitution, poverty) - Work with social services (Alcoholics Anonymous - Narcotics Anonymous).

## EDUCATION

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- 2003 **MASTER DEGREE IN CINICAL PSYCHOLOGY (University Paris 8)**

Master 2 (D.E.S.S) 2003  
Post graduate Thesis: « Clinical benefits of Family Therapy for children with ADD/ADHD difficulties »

Master 1 (Maîtrise) 2002  
Research Thesis: «Drug Addiction and psychotic experiences in Rave-Parties: A comparative Study of two cohorts of drug addicts in the Rave Movements, in Detroit USA and in France»
- 2002 **MASTER DEGREE IN FAMILY THERAPY AND SYSTEMIC THEORIES (DESU) University Paris 8, France**

Clinical Thesis: «The positive effect of a Genogram in Understanding inherited traumas for Families of Concentration Camps’ survivors»
- 1999 **HONOURS BACHELOR DEGREE IN CLINICAL PSYCHOLOGY (LICENCE) University Paris 8, France**
- 1995 **LEAVING CERTIFICATE** (Baccalaureate major Literature and Maths)  
High School Blaise Pascal, Orsay, France

## LECTURES

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January 2013	Lectures in UCD: Clinical Psychology, Role of the Clinical Psychologist in a Multi-Disciplinary team, Introduction to Family Therapy with video analysis and observations (University College Dublin), Ireland
Dec 2011	Organization of Lectures in Academic Meetings (Gender Identity Disorder, Borderline Personality, Asperger Syndrome) – HSE Dublin, Ireland
Dec 2011	Lectures in University College Dublin
Oct 2010	Lecture to Senior registrars in Psychiatry (doctors PHD)
2007/08/09	Full day lectures in Trinity College University to post-graduates students of Doctoral Program in Psychology
Oct 2002	Lecturer in a conference - IED – PARIS 8 UNIVERSITY Presentation of Master Thesis « Drug Addiction and Death Attraction » for an audience of 400 Professionals.

## PUBLICATION

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August 2016	Article published in Singapore magazine – Motherhood – “Pay attention” – P 76 to79
2014	Articles to be published: - The process of grieving the loss of a client for a Clinical Psychologist - Asperger Syndrome and inclusion/exclusion in mainstream schools
June 2005	Publication in the “ Acts of the 1 <sup>er</sup> Junior Symposium” of the IED/Paris 8 University Article p 81 à 92.
July 2004	Internet site about ADHD and FAMILY THERAPY
Sept 2003	<b>published article in a French Medical Journal about Drug Addiction</b> <b>« PSYCHOTROPES »</b> Volume 9, n°3 / 4, 2003 – p 135 « Clinical understanding of the illegal and clandestine phenomena of raves-parties in two Populations, in the USA and in France »
Nov 2001	<b>CLUB PANGLOSS – PARIS</b> Publication of a clinical analysis of Psycho-criminology and Psychology.



## ENGLISH SKILLS

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- 2013 **IELTS INTERNATIONAL ENGLISH LANGUAGE TESTING SYSTEM**  
**General Band score 8 (Listening 8.5, Reading 7.5, Writing 7, Speaking 8.5)**
- 1998 **OAKLAND UNIVERSITY - MICHIGAN / USA**  
ESL Classes (English as a Second Language)
- 1998 **TOEFL - DETROIT/ USA**  
Test of English as a Foreign Language (score 257/300)

## OTHER SKILLS AND INTERESTS

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- Continuous Professional Development: ADOS, ADI-R Autism, Domestic violence, Child Protection, SIPS (Interview Psychosis Risk Syndrome), CBT computer programme Gnatonborough Island, TF-CBT (Trauma-focus intervention), Griffiths Early developmental assessment.
- Excellent Computer skills (Word, Excel, Powerpoint, Quark Express) and Internet
- Involvement in Ethics Committee and Policy Committee
- Organisational skills: triage system and CAPA Model, Charing