



# 3rd National Adolescent & Beyond Conference

A Conference for Professionals, Parents and Caregivers



Gina Dermody,  
Clinical Director & Organiser

## Expert speakers



**Bronagh Starrs**

Expert in Contemporary Adolescence.  
Psychotherapist, Clinical Supervisor,  
Parenting Consultant, Author and trainer.



**Dr. Aoife Durcan**

Chartered Counselling Psychologist  
Author of 'Your Highly  
Sensitive Child'



**Lorraine Madden**

Chartered Child Educational  
Psychologist Clinical Director  
of EPT Clinic



**Padraig Danaher**

Clinical Specialist Occupational  
Therapist and Psychological Coach



**Dr. Blánaid Gavin**

Consultant Child and  
Adolescent Psychiatrist

### Conference Details

Date: 19th May 2026  
Time: 9.30am – 5.00pm  
Venue: ILAS Centre,  
University of Galway  
6.5 CPD Points

### Tickets & Pricing

Early Bird: €99 + booking fee  
(until 31st March 2026)  
Standard Price: €120 + booking fee  
(from 1st April 2026)  
Price includes lunch

### Booking

Tickets available on  
Eventbrite  
Visit: [www.adolescence.ie](http://www.adolescence.ie)  
Scan the code below

Enquiries 087 991 3179  
E: [gina@adolescence.ie](mailto:gina@adolescence.ie)  
[www.adolescence.ie](http://www.adolescence.ie)



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Speaker:

## Bronagh Starrs



We are delighted to welcome Bronagh Starrs as a speaker at our upcoming conference.

A Mental Health Consultant and recognised expert in contemporary adolescence. An experienced psychotherapist, clinical supervisor, parenting consultant, writer and trainer, she is based in Omagh, Northern Ireland. Bronagh is Creator and Programme Director of the MSc Adolescent Psychotherapy at Dublin Counselling & Therapy Centre in partnership with University of Northampton. She teaches and presents internationally on the developmental processes and therapeutic dynamics of contemporary adolescence, and has extensive experience in women's wellbeing, trauma recovery, workplace wellbeing and the psychological impact of medical trauma.



Bronagh's first book Adolescent Psychotherapy - A Radical Relational Approach (Routledge, 2019) received international acclaim. She has authored various articles, contributed to Relational Child, Relational Brain (Gestalt Press/Routledge, 2017) and published Adolescent Configuration Styles, Parenting and Psychotherapy A Relational Perspective (Routledge 2023). Two further books for parents are due in 2026, focusing on school-based anxiety and parenting teenagers, the latter written in the Irish language.

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Speaker:

## Dr. Aoife Durcan



We are delighted to welcome Dr. Aoife Durcan as a speaker at our upcoming conference.

Dr. Aoife Durcan is a Chartered Senior Counselling Psychologist with over a decade of experience supporting highly sensitive children, teenagers, adults, and families. She specialises in helping individuals navigate big emotions, strong empathy, and the lasting impact of early life adversity and trauma, combining clinical expertise with deep compassion and lived understanding.

Aoife holds a BA in Psychology, a Master's in Applied Psychology, and a Doctorate in Counselling Psychology from Trinity College Dublin. Alongside her private practice, she works within a mental health hospital setting, providing both individual and group-based psychological support for young adults and adults experiencing complex emotional and mental health challenges.

She is the author of *Your Highly Sensitive Child* (Gill Books), a warm and practical guide that supports parents in understanding and nurturing their child's emotional world. Passionate about reframing sensitivity as a strength, Aoife is committed to helping families build confidence, connection, and resilience.

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Speaker:

## Lorraine Madden



We are delighted to welcome Lorraine Madden as a speaker at our conference.

Lorraine is a Chartered Child Educational Psychologist and Clinical Director of the EPT Clinic, with extensive experience supporting children, adolescents, and their families. Her professional journey began as a primary school teacher, before moving into psychology, where she has spent many years working alongside families to better understand and support neurodivergent children.

Lorraine's work is grounded in the belief that understanding a child's unique brain-body profile can be life-changing, not only for the child but for the entire family. She draws on her expertise in psychological, emotional, and sensory development to help children reach their full potential and to empower parents to create more balanced, positive family lives.

Lorraine is a Psychology Traumatologist, Attachment Specialist, and an active contributor to professional practice and research. Lorraine was the 2022 recipient of the Psychological Society of Ireland's "Contribution to Professional Practice" Award and currently serves as Chair of the PSI Special Interest Group in Neurodiversity. She is also a published research author with contributions to journals, professional guidelines, and academic publications.

Lorraine brings a compassionate, evidence-based perspective to her work and offers valuable insight into neurodiversity, development, and family wellbeing.

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# National Adolescent & Beyond Conference

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Speaker:

## Padraig Danaher



We are delighted to welcome Padraig Danaher as a speaker at our upcoming conference.

Padraig is a Clinical Specialist Occupational Therapist and Psychological Coach with over 14 years experience supporting teenagers and adults as they navigate adversity, trauma and life transitions. His work is deeply informed by trauma aware, strengths based and attachment focused approaches, offering thoughtful and compassionate support that recognises the whole person, not just the challenge they are facing.

Padraig leads The OT Coach, a practice made up of a skilled team of occupational therapists providing holistic support across both community and clinical settings. His person centred philosophy places a strong emphasis on hope, identity, meaningful roles and empowerment, helping individuals rebuild confidence, strengthen resilience and reconnect with their sense of purpose and belonging within their communities.

Grounded in evidence based practice, Padraig's work supports people to restore their sense of self and move forward in ways that feel authentic, sustainable and life affirming. His contribution to the conference will offer valuable insight, practical learning and reflective depth for professionals working with adolescents, adults and families.

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Speaker:

## Dr. Blánaid Gavin



We are delighted to welcome Dr. Blánaid Gavin as a speaker at our upcoming conference.

Dr. Gavin is a Consultant Child and Adolescent Psychiatrist who works clinically with children and young people experiencing mental health difficulties, with a subspecialist focus on ADHD. She is deeply involved in teaching, training and research, and has led national training initiatives to strengthen awareness of children's and young people's mental health across health and education settings.

A recognised leader in youth mental health and neurodiversity, Dr. Gavin has authored clinical guidelines, educational resources and peer-reviewed research, and has played a key role in shaping youth mental health policy and practice in Ireland.

She is Chair of the EDI working group on Neurodiversity at University College Dublin and co-leads research focused on creating a neurodiversity-friendly university environment. Her contribution will offer informed, thoughtful and impactful perspectives on child and adolescent mental health, neurodiversity and collaborative systems of care.

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