

Adolescence  
& Beyond  
Conference  
*ABC*

SUPPORTING  
CONTACT AND  
CONNECTION

**IN**

ADOLESCENT  
DEVELOPMENT

**FRIDAY, 22<sup>nd</sup>**  
**MARCH 2024**  
**DUBLIN**



**1ST IRISH ADOLESCENT  
& BEYOND CONFERENCE**

**FOR ALL PROFESSIONALS  
WORKING WITH ADOLESCENTS**

**EXPERT SPEAKERS, ESTABLISHED  
PRACTITIONERS AND BEST SELLING AUTHORS**

## **Expert Speakers**

**Dr. Richard Hogan**  
**Dr. Mary O' Kane**  
**Dr. Malie Coyne**

**Stella O' Malley**  
**Dr. Josen Mc Grane MD**

Find more information:  [www.adolescence.ie](http://www.adolescence.ie)

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## *Meet the Organister*



Gina Dermody  
Adolescent Psychotherapist  
Podcaster & ABC Event Organiser

Meet Gina Dermody, Adolescent, Young Adult and Family Psychotherapist  
Gina Dermody is an accredited Adolescent and Family Psychotherapist with IACP. She has a background in both Social Work and Psychotherapy, and has completed further masters training in Adolescent Psychotherapy. Gina runs a private practice in Co Galway called "Adolescence and Beyond." Her primary focus is on providing therapy to Adolescents, Young Adults, and Parents.

Gina's expertise is centred around supporting Adolescent development, understanding parenting styles, and navigating young adulthood. She has a particular interest in working with Neurodiversity. Gina has developed the School Space Program, which is offered to TY students in secondary schools. This interactive and engaging program focuses on Adolescent Development and offers TY's the opportunity to understand their own development.

In addition to her work in the community, Gina also offers parent workshops and has her own podcast called AdolEssence and Beyond now on Spotify.



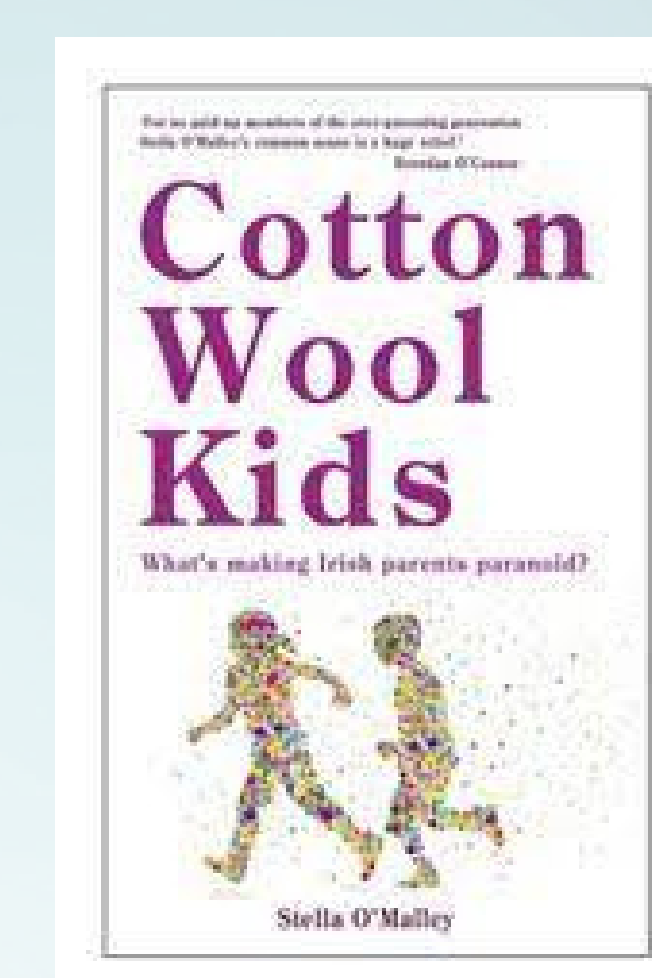
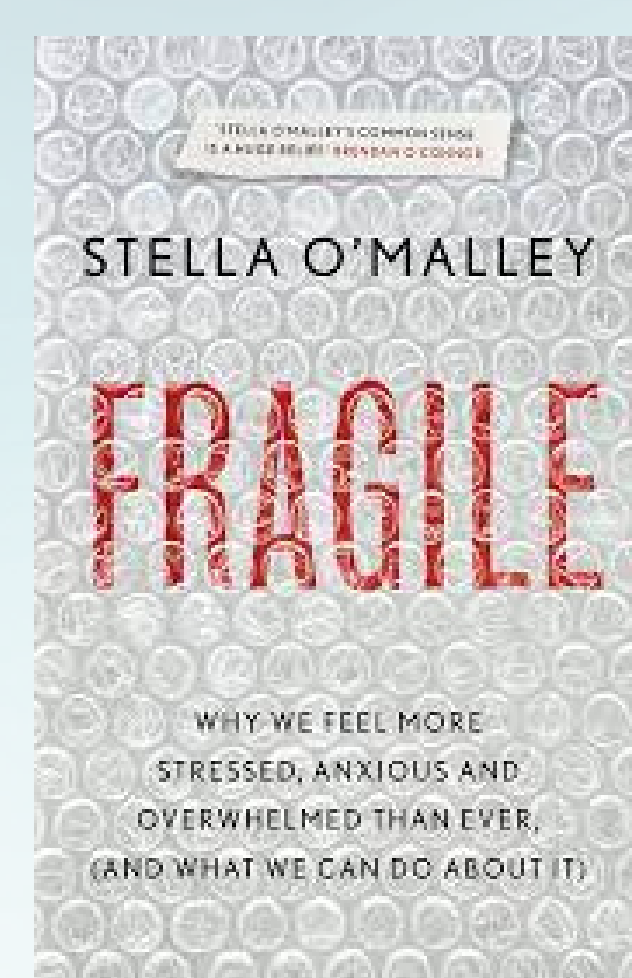
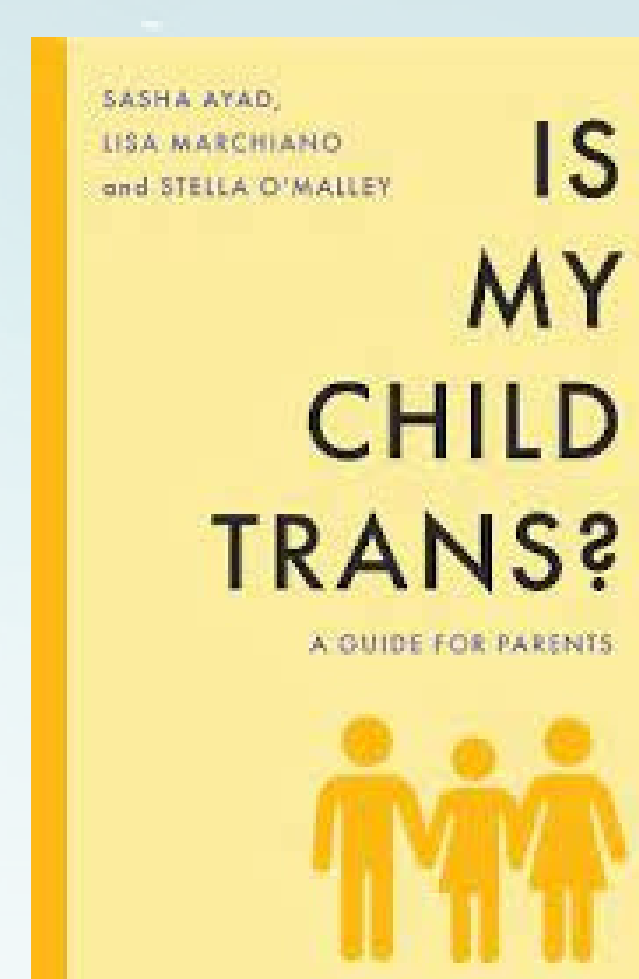
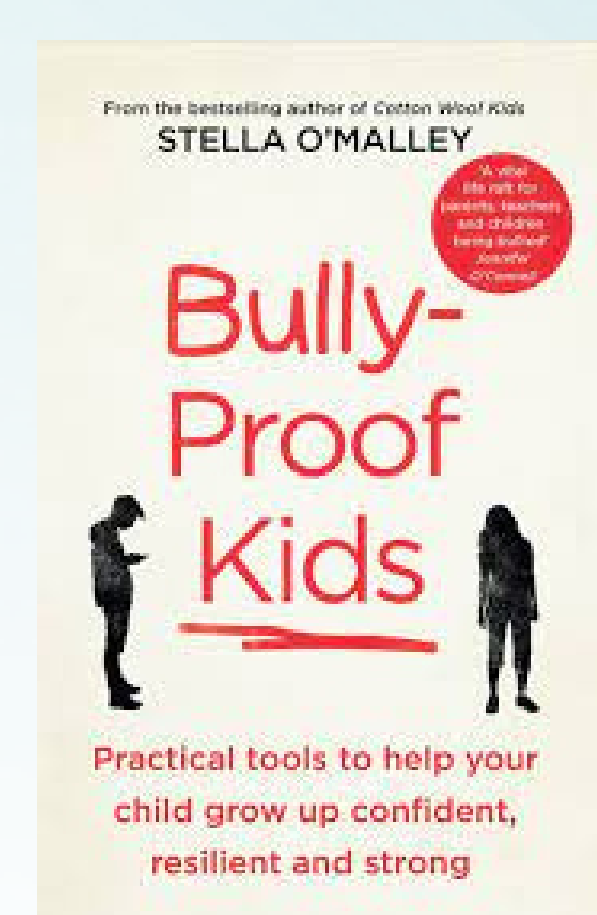
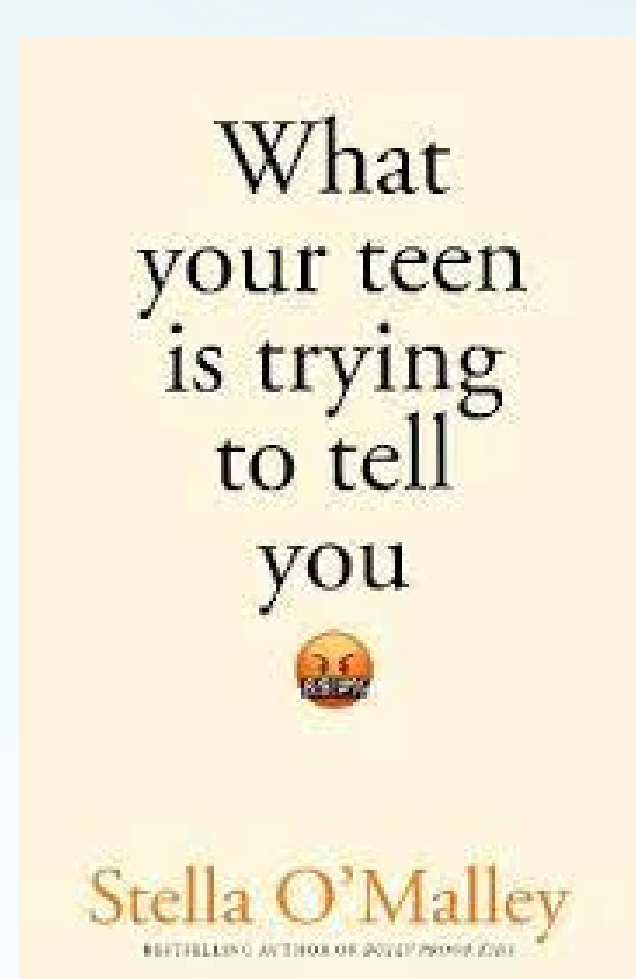
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# Meet the Speakers



Stella O Malley  
Psychotherapist & Author

Stella O'Malley is a Psychotherapist, author, and public speaker. Maintaining a private practice primarily dedicated to parenting, family dynamics, and teens, Stella's work focuses on mental health and the importance of well-being. She is a regular contributor to the Irish Independent, the Sunday Independent, RTE, Newstalk FM and other media across the world. Stella's first bestselling book was called 'Cotton Wool Kids', she then released ;Bully-Proof Kids in 2017, 'Fragile', in 2019 and, in March 2023, "What your teen is trying to tell you". Stella is the co-host of the popular podcast, Gender: A Wider Lens; and is also, the co-author of 'When Kids Say They're Trans' along with therapists Lisa Marchiano and Sasha Ayad. Stella is also the founder and director of Genspect, an international organisation that offers a healthy approach to sex and gender.



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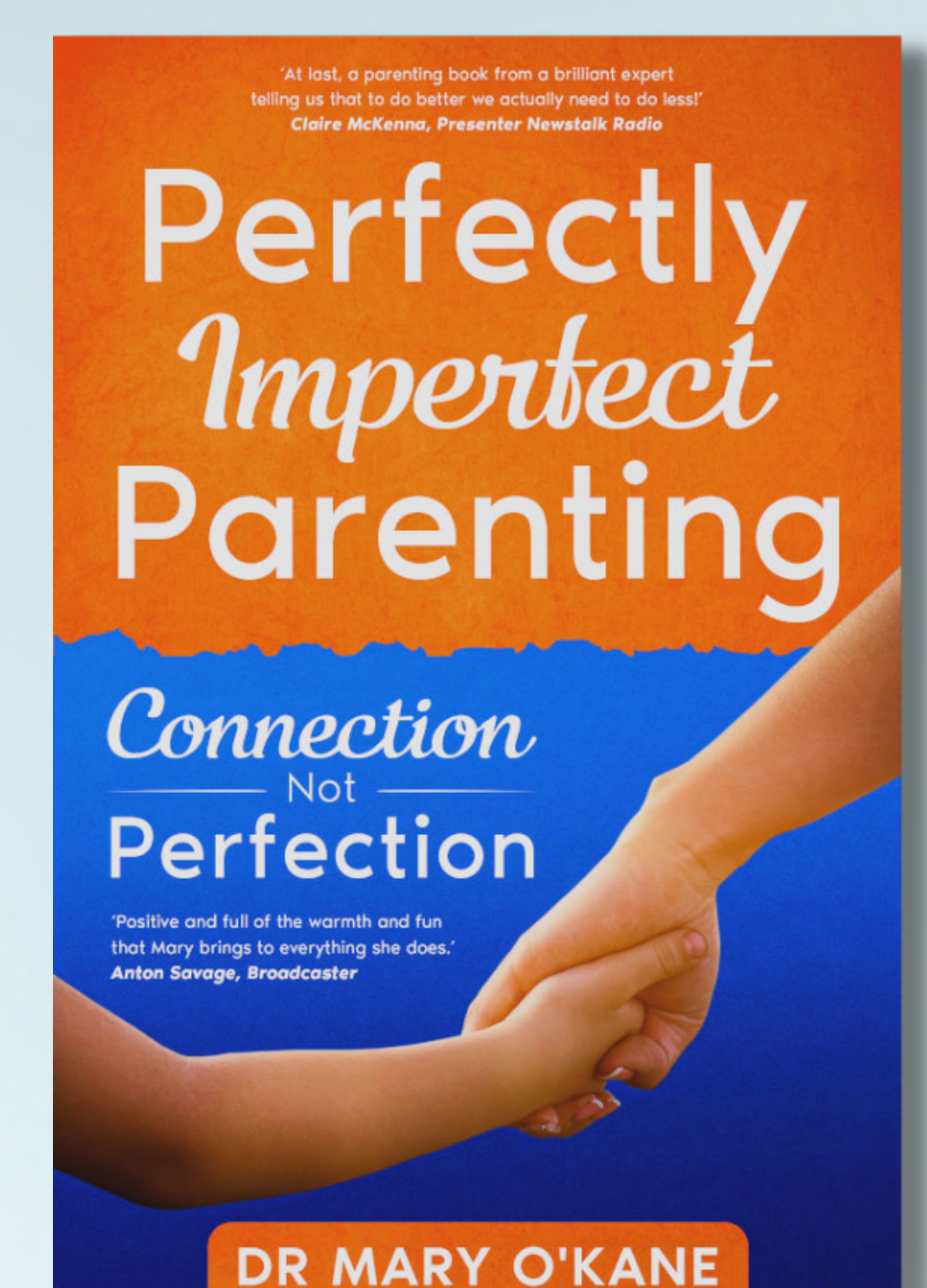
# Meet the Speakers



Dr. Mary O' Kane  
Lecturer in Psychology and Education

Dr Mary O Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions; self esteem and wellbeing, and the value of play. Mary is a regular contributor to Newstalk Radio; RTE Drivetime, and a range of other national and local radio shows discussing a broad range of parenting issues. Her first book, *Perfectly Imperfect Parenting: Connection not Perfection*, was published in 2021. Her second book *Anxious Children in an Anxious World* will be released in April 2024.

<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>



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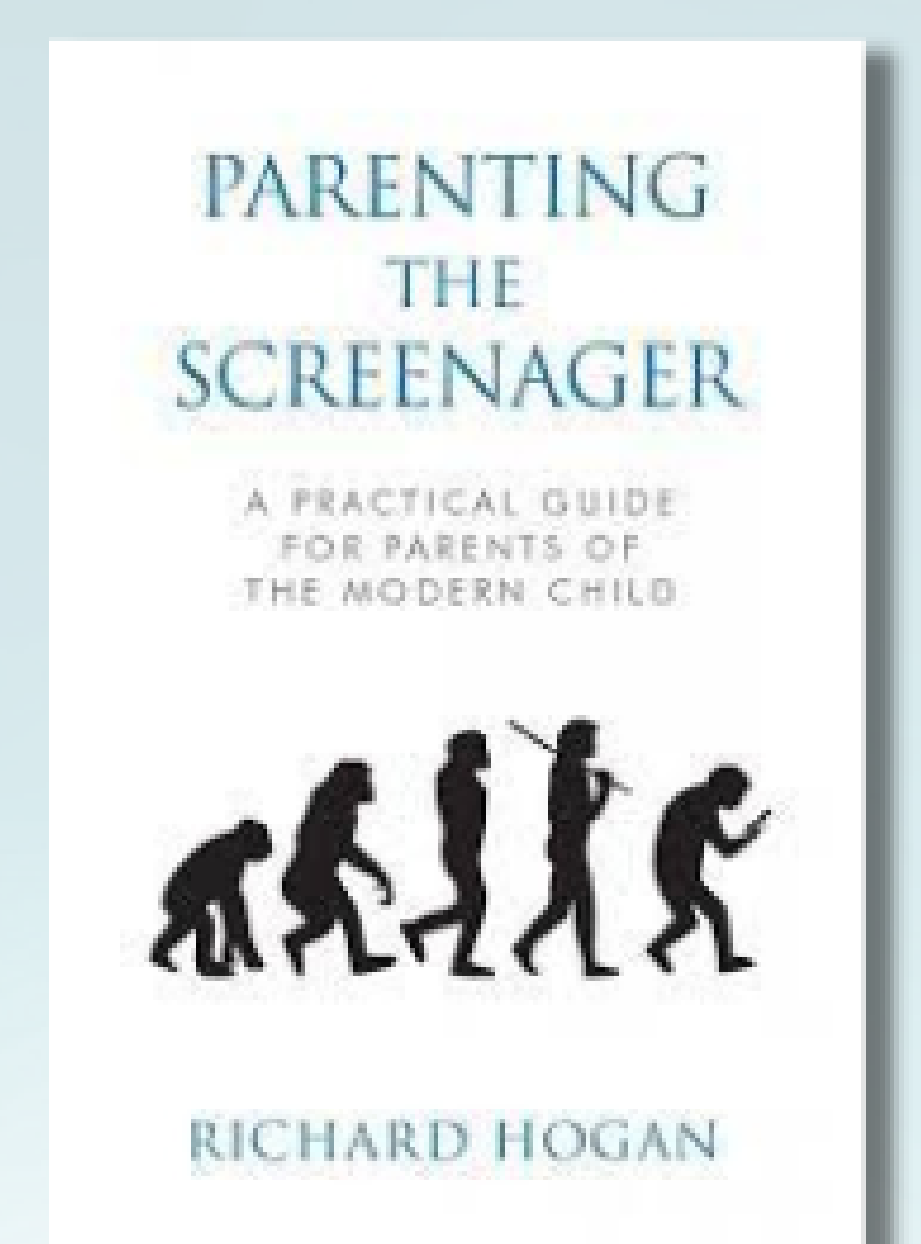
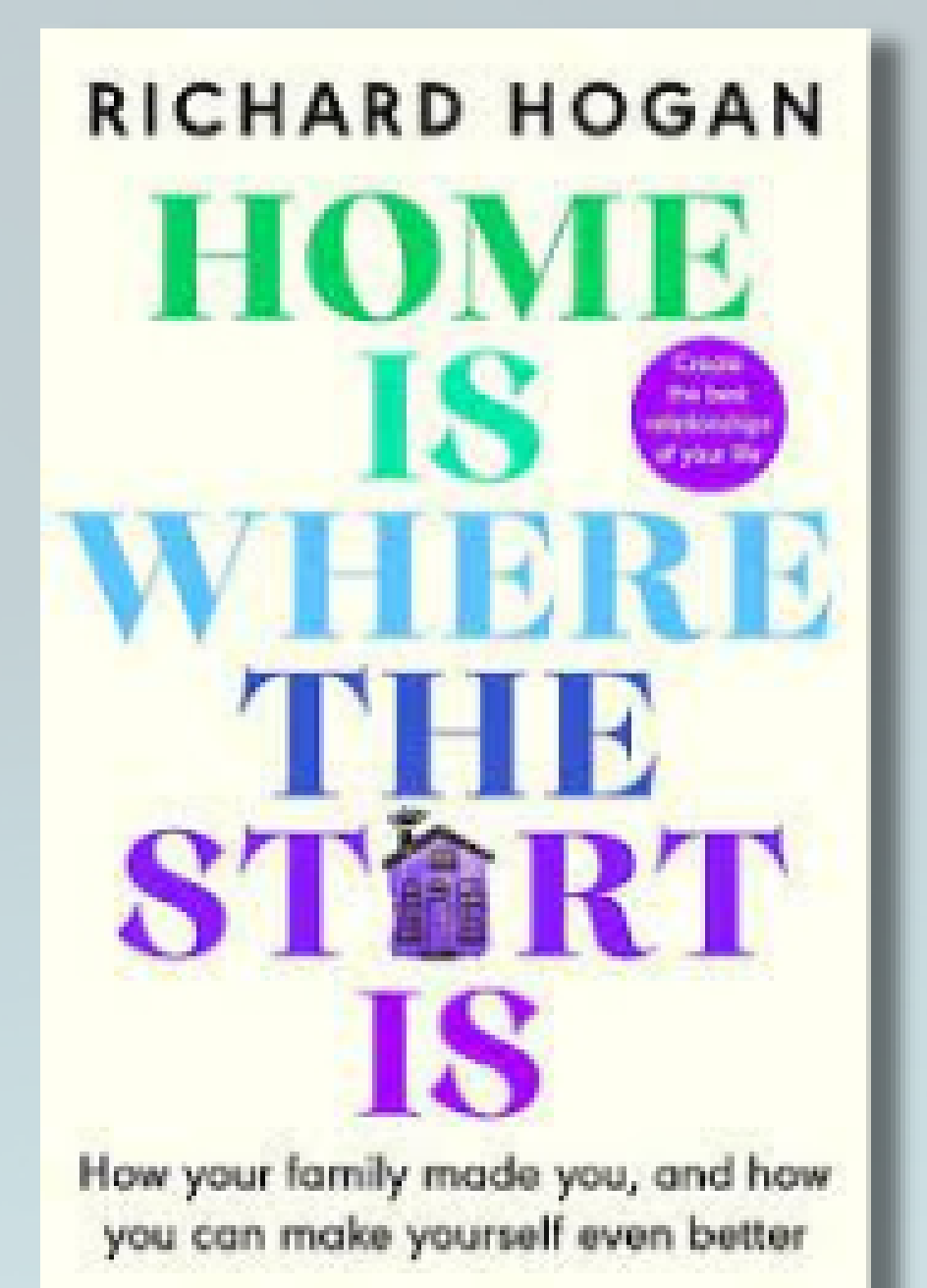
# Meet the Speakers



**Dr. Richard Hogan**  
**Family Psychotherapist & Author**

Richard Hogan is a systemically trained Family Psychotherapist registered with The Family Therapy Association of Ireland. He writes every Thursday for the Irish Examiner. His column 'Learning Points' explores his progressive approaches to mental health promotion. He is the author of the best-selling book 'Parenting the Screenager'. This book is a practical and accessible guide for parents of the modern child. The book received critical acclaim from The Irish Times as a 'must buy for any parent of a teenager'. His recent publication, 'Home is where the Start is' was a national bestseller and shortlisted for an Irish book award. He is the clinical director of the award-winning psychotherapy and counselling service Therapy Institute.

Trinity College Dublin invited Richard, in 2017, to undertake a PhD with the university to explore how his paper, 'systemic practices in education' could be introduced into the Irish educational system. Richard was awarded a Fulbright scholarship for his work in 2020 and travelled to America in 2021 to carry out research in a leading American University on how to better promote inclusion in Irish and American Schools. Richard is the leading contributor on RTÉ 'Raised by the village'. Richard is also an expert contributor on Virgin media's most successful launch of an original programme, 'Eating With The Enemy'. He is also a regular contributor on shows such as, Drivetime RTÉ Radio 1, The Hard Shoulder Newstalk, The Today Show RTÉ, Ireland AM Virgin Media, The Tonight Show with Claire Brock, and he is a regular contributor on The Brendan O' Connor show where he offers his expertise and progressive strategies for better mental health promotion.



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# *Meet the Speakers*



**Dr. Josen Mc Grane**  
**Child & Adolescent Psychiatrist**

Josen Mc Grane is currently working as a Senior Registrar in Psychiatry with the Louth Community Mental Health Team, as part of Dual Higher Specialist Training in Child and Adolescent Psychiatry and General Adult Psychiatry. Josen graduated with a 1st Class Honours in English and Sociology from Trinity College, Dublin following which he studied Medicine in UCD. He then trained in General Adult Medicine in Adelaide and Meath Hospital, Tallaght, and St James' Hospital where he obtained his membership of the Royal College of Physicians in Ireland. He completed his Basic Specialist Training in Psychiatry and obtained membership of both the Royal College of Psychiatrists and the College of Psychiatry in Ireland. Josen graduated with an A in the Masters in Adolescent Psychotherapy via the Dublin Counseling and Therapy Centre in collaboration with the University of Northampton. As part of this MSc, Josen submitted a dissertation under the supervision of Bronagh Starrs, entitled "Neither Here nor There: A Qualitative Systematic Review of the Experience of Psychotherapy for Youth with ADHD." Josen also currently works as a part-time Psychiatry lecturer to Medical Students in RCSI and a part-time researcher under the supervision of Professor Mary Cannon in RCSI. He is a member of the College of Psychiatry Special Interest Group in Youth and Mental Health. In his spare time Josen likes to park-run, gym, go to gigs, and laugh with colleagues and friends.

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**Dr. Malie Coyne**  
**Clinical Psychologist & Author**

Dr. Malie Coyne is a Clinical Psychologist, Bestselling Author, Parent, and Adjunct Psychology Lecturer at University of Galway, who sits on the Mental Health Advisory Panel for the A Lust for Life charity and is Psychological Lead for their Mental Health Schools Programme. Malie released her award-winning book "Love in, Love out: A compassionate approach to parenting your anxious child" with Harper Collins Ireland in July 2020. With her considerable experience of working with children and families, Malie is fast becoming one of the leading voices in compassionate parenting in Ireland. Through her advocacy work, public speaking and print, radio and television contributions, Malie shines a light on mental health issues and promotes meaningful wellbeing throughout the lifespan. Malie lives in Galway with her husband and two little ladies. For more of her work, see [www.drmaliecoyne.ie](http://www.drmaliecoyne.ie) or follow Malie on Twitter (X) and Instagram (@maliecoyne) or Facebook / LinkedIn (Dr. Malie Coyne).

