## Working with Violence in Psychotherapy

- Dr. Eoin Galavan



## RESOURCE GUDE

### About Antonio Monteiro dos Santos

Dr. Eoin Galavan is a Senior Clinical and Counselling Psychologist in the Health Service Executive and private practice. He works primarily with suicidal clients in both acute inpatient and community outpatient mental health services.



Dr. Galavan is the Clinical Lead for the North Dublin Suicide Assessment and Treatment Service. He is formerly team leader for the North Dublin 'Evolve' DBT program. Violent behaviour is a common issue in many patients' recent and distant past and has frequently become the focus of psychological therapy. Dr. Galavan has many years experience applying a variety of psychotherapeutic models to the issue of violence in therapy.



### **HEADFIXERS** - Recent Post

#### TIME IS THE MOST IMPORTANT RESOURCE IN MENTAL HEALTH CARE

Time is the most valuable thing we can offer people struggling with mental health problems and we have a basic human right to getting this time when needed. It's very easy to overlook this so let me give you and example of a hypothetical but typical case.

A young woman is sitting with her GP and begins to discuss the people she hears telling her to cut herself, kill herself and kill her family. She looks over her shoulder to find them and is clearly distressed, confused and upset by what's happening. She describes living alone and her family relationships seem to have come undone for, at the time, unrecognised reasons. Help is offered. The GP refers her to a community mental health team as an urgent referral given the apparent intensity of her difficulties. She is somewhat reluctant but agrees to attend the community mental health team. (1 hour including GP consultation letter writing phone calls etc).

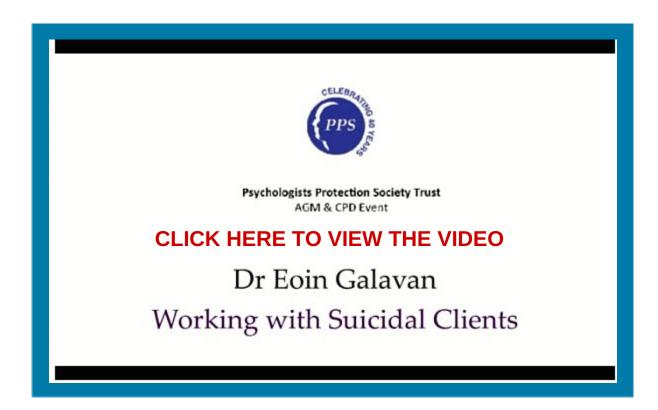
Her initial contact is with a psychiatric registrar who details her history, family circumstances and a description of her current difficulties. (1 hour clinical interview). Her second meeting, two days later, is with a consultant psychiatrist and a clinical psychologist, who jointly review the details of the initial meeting she had with the registrar with her, and come to an initial understanding of her difficulties and develop a treatment plan (1 hour). In the interim she has also met with a psychiatric nurse who has offered to visit her in her home and does so within the first few days of her engagement with the mental health service (3 hours).......

**CLICK HERE TO READ MORE** 

#### CPD VIDEO - WORKING WITH SUICIDAL CLIENTS

On Friday 17th October 2014 The Psychologists Protection Society Trust invited Dr Eoin Galavan to speak on the topic of "Working with Suicidal Clients". The session was part of the Psychologists Protection Society's 2014 Annual General Meeting held in Dublin.

This talk will outline the Psychology of suicidality and suicidal behaviour, the Collaborative Assessment and Management of Suicidality (CAMS) model of working with suicidal clients and some of the therapeutic challenges faced by therapists, counsellors and psychologists in working with this client group. A theme of best practice and protective practice will be emphasised throughout.





#### Websites & Social Media

www.headfixers.wordpress.com

www.cams-care.com

www.arduna.ie

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@galavpsychology



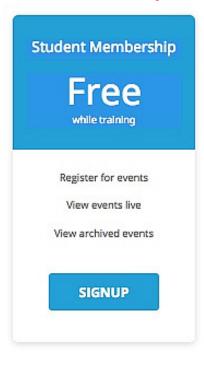
Dr Eoin Galavan

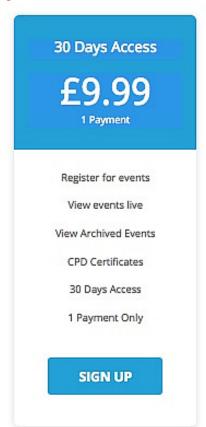


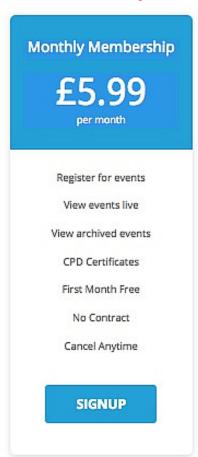
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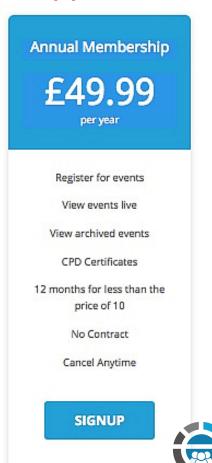
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