

Resume

Name: Abigail Barragry

QUALIFICATIONS

- **Doctorate Child and Educational Psychology** (University of Sheffield, 2014-2017)
- **Cognitive Behavioral Therapy Dip** (Stonebridge College, 2013)
- **Acting MA** (East-15 Acting School London, 2004/2005)
- **Psychology BSc.** (Sheffield Hallam University, 2001-2004)
- **Creative Arts Therapy Certificate** (Melbourne Institute of Experiential and Creative Arts Therapy, 2009/2010)

Other certification

- Diagnosing ADHD for adults, UKAAN, 2023.
- Acceptance and Commitment Therapy for teenagers and young people, levels 1 and 2 (led by Louise Hayes)
- A wide variety of Acceptance and Commitment Therapy training and courses (led by Russ Harris, Contextual Consulting)
- TEFL (Teaching English as a foreign language)
- Counseling teenagers levels 1 and 2
- Authentic Movement (Vancouver)
- Community sports leadership award (CSLA)

Publications

'Autism Arts: A Drama Syllabus for Children on the Autism Spectrum' (Pavilion Publishing, 2013)(x3 books of x3 levels)

<https://www.pavpub.com/writer/abigail-barragry?add-to-cart=83>

LANGUAGES

- English (native) / French (fluent) / Bahasa Malayu (conversational) / Italian (conversational)

EMPLOYMENT HISTORY

2021- Present: Independent Psychologist: Working therapeutically in clinic and virtually, conducting psychological assessments, in schools (Educational Psychology) and with the local authority as a locum EP doing statutory work.

Nov 2018 – 2021: Sheffield City Council: Educational Psychologist. Specialist area of teenage mental health. Providing frequent whole-school training on areas such as self-harm, mindfulness, staff wellbeing and risk and resilience. Working 1-1 with children and

teenagers therapeutically and as part of assessment processes. Regular consultations with parents, schools and other agencies. Ongoing psychological formulation, planning next steps and where necessary implementing these or offering training to support this.

2007 – present: Therapeutic Practice (part-time). Integrating creative arts therapy, mindfulness, CBT and Acceptance and Commitment Therapy with teenagers and young adults. Including a support group for adults with chronic pain and supervising art-therapy students. In person and virtually.

Sept 2017 – Nov 2018: Derbyshire County Council: Educational Psychologist. Local authority EP work.

Dec 2012 – April 2013: Art and Drama teacher, special educational support (SEN), Aldine House secure children's home, Sheffield. Supporting 'hard to reach' vulnerable young offenders.

October 2012 – April 2013: Drama Expert and syllabus writer for the National Autism Society of Malaysia (NASOM): Creating a three-year drama syllabus for autistic children and training facilitators (when in Malaysia)

Aug 2010 – March 2013: Executive Director: Blubricks Learning Centre: Overseeing all operations, program planning, facilitating classes in acting, English language, and teacher training. Also founding and running the dept. for special needs and assisted learning

August 2009- 2010: Researcher and therapy facilitator: University Malaya: 'An investigation into the effects of creative therapies on the psycho-social rehabilitation of psychiatric outpatients'. Creating proposal, pitching for grant, conducting sessions and writing up the study

June 2009-Dec 2010: Creative Arts therapist: Malaysian Mental Health Association (MMHA), Kuala Lumpur (Volunteer basis): Sessions included movement, dance, art and music therapy, as well as social skills training and stress management. Clients suffered chronic mental illness including schizophrenia, bipolar disorder, and anxiety disorder

Aug 2008-Jan 2009: Educations Officer, Gardner and Wife Theatre, Kuala Lumpur: Assessing educational value of theatre shows coming from overseas, coordinating school visits, and running related speech and drama workshops at schools in KL and Penang.

Jul – Aug 2008: Director and facilitator of anti-bullying campaign, Xpose Theatre Company, Newcastle: Workshops using drama as an intervention for 'at risk' students (behavioural problems). Focusing on the topic of 'Bullying', the bully and the bullied.

Feb 2008-Jul 2008: Head tutor for English and Socio-Cultural Integration; Global Executives Career Institute (GEC), Vancouver

April 2007- July 2007: Freelance Performance Coach, 'Kuala Lumpur Performing Arts Centre' (KLPAC): Original courses for professional and personal development including 'Vocal Confidence' (adults), 'Into the Body' (Teens-adults), and 'Get Creative' (children).

Feb 06-Feb 07: Special Learning Support Mentor , SE London: Assisting children on a one-one basis where extra support was needed, due to behavioural or emotional difficulties. The use of **drama therapy** and '**play**' as a means to learning formed the basis of my support style.

Sept 2001-2002: Student advocate, Aim Higher, Liverpool UK: Main responsibilities involved **running motivational sessions and workshops with** young people from poor backgrounds, aiming to raise ambitions in life and demonstrating the values of education.

Summer 2000: Camp Counselor, Camp America, Ohio USA: Responsibilities included planning and organizing camp life, leading and assisting all activities, and maintaining the enthusiasm, enjoyment, and wellbeing of the children. I specialized in the 'High Ropes Course' in the treetops.

PRESENTATIONS

I carry out training in schools on a regular basis on a wide range of topics, covering all aspects of mental health and child development. I also carry out staff wellbeing sessions.

I run an online group for adults who have or think they have ADHD. As part of this I present regular psychoeducation sessions of aspects relating to having ADHD.

Connection before correction: a relational model to supporting young people
(Outwood Grange Academy Trust SEND conference, 2023)

How can school staff create a person centered review? Presenting a training video for schools (December 2019)

What is Creative Arts Therapy? (2010, Johor Baru Annual Psychiatry conference)
Full day workshop and presentation for allied health personnel attending the conference

Stress Management: A Creative Approach (Sept 2009)
Universiti Tuanku Abdul Rahman
Presentation for students and lecturers

Why use Creative Arts in Therapy? (October 2009, World Mental Health Day)
Malaysian Mental Health Association
For all carers and interested members of public

PERSONAL INTERESTS

- **Health and Wellbeing**
- **Psycho-education**
- **Sports and fitness;** (From walking over hot coals for a breast cancer campaign to parachuting over the great barrier reef!)
- **Wild swimming**
- **Travelling** (I was born in Dubai, and have travelled and worked around the world including working in south East Asia and Vancouver)

PROFESSIONAL AIMS

Promoting positive wellbeing via therapeutic interventions, encouraging creativity and play, physical activity and helping teenagers and adults connect to their values. To help individuals move from surviving to thriving, in their own individual way.