

Siobhan O'Reilly

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PROFESSIONAL SUMMARY

Accredited Clinical Psychotherapist with over 10 years of experience specialising in Cognitive Behavioural Therapy and trauma-informed care. Proven track record of reducing patient symptom severity by 40% through evidence-based interventions and personalised treatment planning. Expert in leading multidisciplinary teams within NHS and private outpatient settings.

WORK EXPERIENCE

Senior Clinical Psychotherapist | Greater Manchester Mental Health NHS Foundation Trust | Manchester, UK

May 2018 - Present

- Lead intensive outpatient therapy for a caseload of 25+ adults with complex PTSD and co-occurring disorders.
- Pioneered a DBT skills group that resulted in a 35% decrease in self-harm incidents among the cohort over 12 months.
- Supervise 4 junior clinicians, providing weekly clinical oversight and professional development mentoring.
- Redesigned the intake assessment process, reducing average wait times for new patients by 15 days.
- Collaborate with psychiatric staff to manage medication integration for 100% of high-risk clients.

Staff Psychotherapist | Priory Hospital Cheadle Royal | Stockport, UK

Jun 2014 - Apr 2018

- Delivered individual and group therapy using Systemic Family Therapy models for diverse urban populations.
- Achieved an 88% success rate in client goal attainment as measured by standardised outcome tracking tools.
- Facilitated community outreach programmes that increased clinic engagement among ESL residents by 50%.
- Managed a diverse caseload of 30 clients per week while maintaining 100% compliance with clinical documentation standards.
- Negotiated with healthcare providers to secure funding for specialised trauma treatments for low-income patients.

Associate Therapist | Northern Therapy Associates | Manchester, UK

Aug 2011 - May 2014

- Provided evidence-based psychotherapy to children and adolescents under the supervision of a Senior Practitioner.
- Implemented a play-therapy curriculum that improved social interaction scores for 20+ paediatric clients.
- Coordinated with local schools to integrate therapeutic goals into Education, Health and Care Plans (EHCPs).
- Maintained a consistent client attendance rate of 95% through proactive communication and engagement strategies.

EDUCATION

University of Manchester | MSc Psychotherapy and Counselling | Clinical Psychotherapy

Sept 2009 - Jun 2011

Manchester Metropolitan University | BSc (Hons) Psychology | Psychology

Sept 2006 - Jun 2009

SKILLS

Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), EMDR (Eye Movement Desensitisation and Reprocessing), Systemic Family Therapy, Psychodynamic Therapy, Empathetic Listening, Crisis Intervention, Cross-Cultural Competency, Conflict Resolution, Patient Advocacy, Electronic Patient Records (EPR), GDPR & Data Protection, CORE-OM Assessment Tools, Telehealth Platforms (Attend Anywhere/Zoom), Case Management Software

CERTIFICATIONS

Accredited Member (MBACP) | British Association for Counselling and Psychotherapy (Oct 2013)
Certified Trauma Professional (CTP) | International Association of Trauma Professionals (Nov 2016)

LANGUAGES

English (Native)
Irish (Fluent)

ACTIVITIES

Volunteer Crisis Volunteer

Providing on-call support for Shout 85258 for 8 hours per month.

BACP Research Conference

Regular attendee and occasional workshop contributor since 2012.