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THE HISTORY OF FAMILY THERAPY IN IRELAND.

2. PROFILES OF KEY FIGURES

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ABSTRACT

This paper presents profiles of individuals who have contributed to the development of family therapy in Ireland. An overview of the history of family therapy in Ireland is given in a companion paper. This paper profiles five of the founders of family therapy in the Republic of Ireland (Nollaig Byrne, Imelda McCarthy, Phil Kearney, Ed McHale and Jim Sheehan); two founders of family therapy in Northern Ireland (Isobel Reilly, Artie O'Neill, and Arlene Healey) and others who have made distinctive contributions to the Irish family therapy movement (Barbara Kohnstamm, Jo Kennedy, Bernadette O'Sullivan and myself).

INTRODUCTION

The story of the development of family therapy in Ireland can be told in different ways. It may be told with a focus on institutions, associations, training programmes, and services, as I have done in an accompanying paper (Carr, 2013). However, it may also be told by profiling individuals who have played particular roles in the development of the profession. It is from this perspective that the present paper is written.

This paper contains profiles of five of the undisputed founders of family therapy in the Republic of Ireland (Nollaig Byrne, Imelda McCarthy, Phil Kearney, Ed McHale and Jim Sheehan); profiles of two individuals who have played central roles in the development of family therapy in Northern Ireland (Artie O'Neill, Isobel Reilly and Arlene Healey); and profiles of a few individuals who have made distinctive contributions to the development of family therapy within an Irish context (Barbara Kohnstamm, Jo Kennedy, Bernadette O'Sullivan and myself).

The profiles presented here draw on interviews and correspondence with all of these colleagues and on previous papers on the history of family therapy in Ireland (Allison, O'Neill, & Reilly, 2008; Byrne, 2011; Kearney, 1993, 2005; McCarthy, 1980; McHale et al., 1996; O'Sullivan, 2011; Sheehan, 1996; Speed, 2011).

NOLLAIG BYRNE

Nollaig qualified as a medical doctor at University College Dublin (UCD) in Ireland and then as a child psychiatrist and family therapist in Canada (Byrne, 2011). (She emigrated with her husband who did a PhD at McGill in the 1970s.) In the early 1970s Nollaig trained in family therapy at the newly established Family Institute of the Jewish General Hospital in Montreal with John Sigal, Vivian Rakoff and Nathan Epstein. Although all were psychoanalytically trained, their commitment to family therapy arose from their discovery of the intergenerational

transmission of trauma effects in a study of holocaust survivors (Rakoff, Sigal & Epstein, 1967). Nathan Epstein went on to develop the very pragmatic problem-focused McMaster approach to family therapy (Ryan et al., 2005). In the mid-1970s, under the direction of Freda Martin at the Children's Hospital of Eastern Ontario, Nollaig taught and supervised novice family therapists. Freda has moved to Canada from her director post at the Tavistock clinic in London. Despite her original psychoanalytic training, she embraced Salvador Minuchin's (1974) structural approach to family therapy.

Nollaig returned to Ireland in 1979 and joined the Mater Child Guidance Clinic as a consultant child psychiatrist. In the winter of 1979-1980 with Imelda McCarthy she convened the informal Mater Friday morning family therapy training sessions and then in the autumn of 1980, with Imelda, Phil Kearney and Jim Sheehan she set up the Mater family therapy training programme. She co-directed this programme with Jim Sheehan in the 1980s and continued to contribute to it in the 1990s. In 1999 she became director of the Mater, when Paul McQuaid retired. From the 1980s until she retired in 2007, with Imelda McCarthy and Phil Kearney, Nollaig was a member of the Fifth Province family therapy team, and has co-authored many papers with other team members (Byrne & McCarthy, 1988, 1995, 1999, 2007; Kearney, Byrne & McCarthy, 1989; McCarthy & Byrne, 1988, 1995; 2008). The Fifth Province is a Celtic metaphor for a dialogical space in which different and conflicting interests can be discussed and new possibilities imagined.

Since she retired Nollaig has spent much of her time in Turkey.

IMELDA MCCARTHY

Imelda trained in social work at UCD obtaining her bachelors degree in 1972, her CQSW in 1977, and her masters degree in 1983 for a thesis on the theory and practice of systemic family therapy (O'Hara, 1996a). Her time in the UCD Social Science Department overlapped

with that of Phil Kearney and Jim Sheehan who later were her colleagues at the Mater. In 1972 she began her first social work job in Drimnagh, a poor Dublin urban community. In 1974 she was appointed as a social worker in the newly established Mater outreach clinic in Ballymun serving disadvantaged families in an experimental high-rise social housing project (McCabe, 2003).

During a three-month internship in 1977, Imelda trained in structural family therapy at Saint Christopher's Child Psychiatry Clinic in North Philadelphia with Braulio Montalvo. Braulio worked with Salvador Minuchin on the *Families of the Slums* project (Minuchin et al., 1967). Later Imelda completed an intensive brief training in structural family therapy with Judy Landau at Minuchin's Philadelphia Child Guidance Clinic.

In the winter of 1979 Imelda ran an evening foundation programme in family therapy, and in 1980 with Nollaig Byrne ran the informal Friday morning family therapy sessions at the Mater. I had the good fortune to attend both of these courses. In 1980 Imelda convened the first formal meeting of FTNI at the Gresham Hotel, and was elected vice-chair. Thereafter for many years she played a leadership role in FTAI, had a term of office as chair, and founded the FTAI newsletter – *Feedback* - in the early 1980s.

From 1980 until the early 1990s she was involved in running the Mater family therapy programme, and with Nollaig Byrne and Phil Kearney, in developing the Fifth Provence approach to team-based family therapy practice (Byrne & McCarthy, 1988, 1995, 1999, 2007; Flaskas, McCarthy & Sheehan, 2007; Hyden & McCarthy, 1994; Kearney, Byrne & McCarthy, 1989; McCarthy, 1990, 1992, 2001, 2005, 2010, 2011; McCarthy & Byrne, 1988, 1995, 2008; Young, 2002). For her PhD, which she received from UCD in 1991, she articulated this distinctive approach to working with families where incest had occurred.

In 1992 she joined the UCD Department of Social Policy and Social Work. At UCD Imelda established the first doctorate in family therapy and systemic practice. I worked with

Imelda on this programme from 1993 to 1995, having been appointed to UCD Psychology Department at the same time as Imelda was appointed to her post in social science. Some graduates of the UCD doctorate in family therapy have gained international recognition, for example, Valerie O'Brien (2000) for her work on kinship fostering and Marie Keenan (2011) for their work on clerical child abuse.

While at UCD Imelda made major national and international contributions. At a national level Imelda has advised the Irish government on the development of the National Children's Strategy (National Children's Strategy Group, 2000). Starting in 1989 at the inaugural International Family Therapy Association (IFTA) conference in Trinity College Dublin, Imelda has given numerous keynote addresses at international conferences. She has shared international conference platforms with many iconic figures including Salvador Minuchin and Jay Haley. Imelda has presented her work in twenty-three countries and it has been translated into eight languages.

In 1999 she met her meditation teacher, Sri Vasudeva and was under his personal guidance for a year. She is now integrating systemic practice with meditation. This approach is referred to as *Co-Creative Therapy*. Imelda retired from UCD in 2007 and since then has travelled with Sri Vasudeva presenting her spiritually-oriented approach to therapist groups internationally (McCarthy 2002).

PHIL KEARNEY

Phil graduated from UCD with a social science degree in 1972, and had shared classes there with both Imelda McCarthy and Jim Sheehan (O'Hara, 1996b). Phil and Jim had also been in secondary school together at Gonzaga College, Dublin. Phil was an active member of the gentle revolution in UCD in 1969. As part of his undergraduate training he did a clinical placement in Jervis Street Hospital Drug Centre with Ian Hart, a progressive clinical

psychologist, best known nationally for his role in the Irish task force on child care (Task Force on Child Care Services, 1980) and his research on delinquency (Hart, 1974). In 1972 Phil was employed as a youth worker with adolescent drug users in Dublin's inner city.

In 1974 he was appointed to a social work post in the Mater. He was part of the initial informal FTNI group established in 1975, and also a member of a radical social worker group which protested about issues such as the age of criminal responsibility and child care standards.

Inspired by the family therapy workshops of Virginia Satir (1983), whom he personally invited to Ireland, and Fred La Belle (2009) who conducted residential family therapy workshops in Ireland in the mid-1970s, Phil completed his masters degree in family therapy with Ivan Böszörményi-Nagy's (Boszormenyi-Nagy & Spark, 1973) at Hahnemann University Philadelphia between 1978 and 1980 with funding from the Mater. He was introduced to a variety of family therapy models, and was taught structural family therapy by Charles Fishman and mediation by Florence Kaslow. He also spent a week observing Milton Erickson working.

When he returned to Ireland in the autumn of 1980 he was elected first chair of FTNI; contributed to the newly developed Mater family therapy training programme; and became a member of the Fifth Provence family therapy team that included Nollaig Byrne and Imelda McCarthy (Kearney, Byrne & McCarthy, 1989).

In 1981 Phil first met the left-wing anti-psychiatrist R. D. Laing at a conference in Brussels. Phil had written his masters thesis on an aspect of Laing's work and admired him as a role model since his youth. At the meeting in Brussels, Phil gave Laing his thesis (Kearney, 1980) which Laing (1982) subsequently cited, and this marked the beginning of a friendship that lasted until Laing's untimely death in 1989 (Kearney, 1989).

In 1982 Phil left the Mater Hospital. There was a period that year when he travelled

widely visiting Lynn Hoffman at the Ackerman, Bateson in Esalen, Mother Teresa in Calcutta, and Dan Berrigan in Pennsylvania. Later in 1982, with Ed McHale, he set up the Dublin Institute of Marriage and Family Therapy (DIMFT). DIMFT evolved into the Marriage and Family Institute (MFI) and Clanwilliam Institute. From 1982 until 2006, Phil was involved in the establishment and management of DIMFT, MFI and Clanwilliam Institute, where he was training director from 1988 until 2006 when he retired.

There has been a strong political and social-activist dimension to Phil's career running in parallel with his interest in clinical systemic practice. Phil has been involved in the Green Party from the 1980s to the present. In 1983 he spent a summer in a peace camp in Northern Ireland. In 1985-1986 he worked as a volunteer for the Irish charity, Goal, in Africa where he met his Dutch wife. Since he retired he spends much of his time farming in Wicklow.

ED MCHALE

Ed graduated from UCD with a bachelors and masters in psychology in 1974. Between degrees he worked on a clinical research project in the UK for a year and did a clinical placement in the Mater Hospital as part of his masters. He was subsequently appointed as a clinical psychologist at the Mater and worked there until 1979, when he was seconded to train in the US (McHale et al., 1996). During these early years Ed met regularly with a group of young mental health professionals interested in a wide range of psychotherapeutic approaches, including client-centred, gestalt, humanistic, and psychoanalytic therapy. This early interest in all forms of psychotherapy (not just family therapy) continued throughout his professional life, inspired his involvement in the Irish Council for Psychotherapy (ICP) and the European Association for Psychotherapy (EAP), and his commitment to the development of psychotherapy as an independent profession. He was chair of the ICP from 1997-1999, held the presidency of the EAP in 2000, and hosted the EAP conference at UCD in that year.

Ed has served a term as chair of FTAI and was also part of the group that brought the first IFTA conference to Dublin in 1989 (Kaslow, 1990).

Between 1979 and 1982 Ed was trained in family therapy on a doctoral programme at the California Graduate School of Marital and Family Therapy in San Francisco (which is now the California Professional School of Psychology (CPSP)). He got a thorough grounding in a range of family therapy practices including structural, strategic, multigenerational, experiential and Milan systemic family therapy. During this period he also did an internship at the Redwood Centre with Robert Jay Green (best known for his work on gay and lesbian couples (Green, 2012)), and trained in family mediation for separating couples with Joan Kelly (best known for her research on the effects of divorce (Wallerstein & Kelly, 1995)). He returned to Ireland without doing his doctoral thesis. However, in the 1990s, he did a research project (under my supervision) on the effect of supervisor and trainee therapist gender on supervision discourse for which he was awarded his PhD in 1997 by CPSP (McHale & Carr, 1998). Ed also contributed the definitive chapter on family therapy to Ed Boyne's book *Psychotherapy in Ireland* (McHale, 2009). From 1982 until 2005, he was centrally involved in the establishment and management of the DIMFT, MFI and Clanwilliam Institute, where he was CEO from 1988 until 2004. In 2005 he left Clanwilliam Institute to take up the post of clinical director at Genesis, a former satellite clinic affiliated to Clanwilliam Institute, joining his colleague Padraic Gibson who was director of Genesis (Carr, Lange, & Kennedy, 2004). Ed retired from Genesis in 2010, and ran a supervisor training in programme for staff at Hesed House over the next 2 years. He still does some private clinical work and supervision, as part of his gradual retirement. He and his wife spend half of each year in Italy.

JIM SHEEHAN

Jim completed his bachelors degree in social science at UCD in 1971. His time there overlapped with that of Imelda McCarty and Phil Kearney (Sheehan, 1996). His first social work job was at Limerick social service centre supporting disadvantaged families. Jim has continued to work with these families right up to the present day through the prisoners' family project, which he initiated in 1997 with the Franciscans and the Sisters of Mercy.

In 1973 he was awarded a scholarship to complete CQSW training at Glasgow University. In this context Jim took a class on family therapy with Jack Grant who inspired his lifelong interest in systemic therapy. Jack had become aware of family therapy through conversations with Aaron Esterson about his research with R. D. Laing on communication in families of people with psychosis (Laing & Esterson, 1964). In 1975 Jim returned to Dublin to work with the Irish Society for the Prevention of Cruelty to Children where he became senior social worker and supervised staff working in disadvantaged areas in Dublin and throughout rural Ireland.

Jim's enthusiasm for family therapy led him to visit the UK each year from 1974 to 1976 to attend the Cambridge family therapy conferences. These were jointly run by family therapists associated with the Tavistock in London and the Ackerman Institute in New York (Speed, 2011). UK contributors to these conferences included Jill Gorell Barnes, Alan Cooklin, Aarnon Bentovim, John Byng-Hall and Chris Dare. Kitty La Perierre, Don Bloch, Peggy Papp, Olga Silverstein, Alva Sobelle and Phobe Protsky were among the US contributors to these conferences.

In Dublin in the mid-1970s Jim was a member of a radial social workers group and there developed friendships with Phil Kearney and Imelda McCarthy, both of whom were working at the Mater. Jim joined them at the Mater in 1977 and became a member of the informal FTNI group. In the late 1970s with Nollaig Byrne he developed a way of consulting to community professionals working with families with complex problems. Some of these

ideas were incorporated into the Mater family therapy training programme on which he began teaching in 1980. In that year I had the good fortune to work as co-therapist with Jim during my locum psychology job at the Mater (when I was filling in for Ed McHale who was training in California).

Jim trained at the Ackerman Institute in New York between 1981 and 1983 where he forged a lasting friendship with Lynn Hoffman. She kindly offered him accommodation during his first week in New York while he found a place to stay. His main mentors at the Ackerman were Marcia Sheinberg, Peggy Papp, Brad Keeney, and Bob Simon. He was strongly influenced by the strategic-systemic team approach adopted by Peggy Papp, Stanley Segal and Olga Silverstein (Keeney & Silverstein, 1986; Papp, 1983).

Jim returned to the Mater in 1983. Shortly after his return, with Ed McHale, Phil Kearney and others he was involved in setting up the MFI, where he worked part-time alongside his job at the Mater until 1988. In the mid-1980s with Nollaig Byrne Jim became co-director of the Mater family therapy training programme, and was appointed sole director in the 1990s, a post which he held until he retired in 2012.

In the 1990s Jim engaged in consultancy, some of which contributed to the development of family therapy in Northern Ireland and in the west. In the 1990s Jim taught an intermediate level programme at Craigavon in Northern Ireland. He consulted to Queen's University Belfast when it was establishing the first professional training programme in family therapy in Northern Ireland under the direction of Isobel Reilly, who had trained as a family therapist at the Mater. He also consulted to the University of Limerick (UL) to facilitate the establishment of a professional family therapy training programme in the west of Ireland, which produced a cohort of therapists under the direction of Marie Murray (Murray, 2003).

Jim's approach to therapy evolved from structural family therapy in the early years (Minuchin 1974), through the strategic-systemic (Papp, 1983) and the Milan (Selvini-

Palazzoli et al., 1980) team style approaches to a narrative approach (e.g., Sheehan, 2007). This narrative approach is based on Paul Ricoeur's narrative philosophy (Reagan & Stewart, 1978) and Jim's personal experience of engaging in Lacanian psychoanalysis (Roundinesco, 1999) over a 14-year period. Jim was awarded a PhD at UCD in 1995 for a thesis on Paul Ricoeur's narrative philosophy and psychotherapy (Sheehan, 1995).

From 1998 to the present time Jim has trained health professionals in his narrative approach at many centres in Norway. In 2005 Jim was appointed Professor of Family Therapy and Systemic Practice at the Diakonhjemmet University College, Oslo, Norway. He shared this chair with Tom Andersen until his untimely death in 2007. Although retired from the Mater, Jim maintains an active systemic practice and continues to have a chair in Oslo where he teaches regularly.

ARTIE O'NEILL

Artie O'Neill is one of the founders of family therapy in Northern Ireland. He trained in education and social work, and from the mid-1970s until he retired in 2007 he worked at Whitefield House (O'Neill, 2008). Whitefield was established in 1977 as a day-care centre for young people at risk of offending behaviour, and subsequently became renamed the Youth Justice Agency. In the late 1970s Artie and his colleagues visited the Family Institute in Cardiff to learn about team-based systemic family therapy. This visit was sparked by Brian Cade and Sue Walrond-Skinner's seminal Belfast workshop in 1977 on the approach to family therapy used in Cardiff (Cade & O'Hanlon, 1993, Walrond Skinner, 1981). In the early 1980s Artie and his team were trained by Ros Draper from the Tavistock in Milan style family therapy teamwork (Campbell, Draper & Crutchley, 1991). Through Artie's leadership a systemic practice model was adopted by the Youth Justice Agency of Northern Ireland; its staff was expanded from 36 to 140; and teams were established at multiple sites throughout

Northern Ireland. All staff in the Youth Justice Agency were given foundation training in family therapy, and a systemic approach is central to the way restorative justice is conceptualized at the Youth Justice Agency (O'Neill & Heaney, 2000). Arite has drawn on ideas from multidimensional family therapy (Liddle, 2010) and multisystemic therapy (Henggeler et al., 2009) in developing a systemic, multimodal, strengths-focused, family empowerment approach to practice at the Youth Justice Agency. With ongoing training and support from John Burnham (1986) from Parkview Clinic, Birmingham and Jim Wilson (2007) formerly from the Family Institute in Cardiff, the model used at the Youth Justice Agency has evolved to embrace narrative and social constructionist ideas. Arite was awarded an OBE in 2002 for his service to youth justice. Since retiring from Youth Justice in 2007, Arite teaches at Queens University, the University of Ulster and has a private practice in family therapy.

ISOBEL REILLY

Isobel Reilly was one of the founders of the family therapy movement in Northern Ireland (Allison, O'Neill, & Reilly, 2008). She was a key member of the group that organized the first family therapy workshop in Belfast in 1977 involving Brian Cade and Sue Walrond Skinner (Cade & O'Hanlon, 1993, Walrond Skinner, 1981), a founder member of the Northern Ireland branch of the UK Association of Family Therapy (AFT NI), and was elected to the AFT executive in 1979. She was also a member of the FTNI committee for a number of years. Isobel qualified as a social worker, worked in the Department of Mental Health in the Belfast City Hospital, and subsequently trained as a family therapist at the Mater in the 1990s. In 2000 she was a founder member of the Family Trauma Centre, Belfast. Between 2001 and 2010, when she retired, Isobel directed the professional family therapy training programme at Queen's University Belfast, passing the torch at Queens to Stephen Coulter.

ARLENE HEALEY

Arlene Healey was one of the founders of the family therapy movement in Northern Ireland (Allison, O'Neill, & Reilly, 2008). She trained as a social worker at Ulster Polytechnic and Queens University in the 1980s and as a family therapist at the Mater in the early 1990s. Throughout the 1980s and 1990s she held social worker and senior social worker positions in the National Health Service in Belfast. In 1994, in Belfast, with Marie Kenny she established a foundation level family therapy programme, and has given numerous national and international workshops on family therapy and trauma. In 1996 Arlene published the first paper on systemic family therapy and conflict in Northern Ireland (Healy, 1996), and has elaborated her position in subsequent papers (Campbell & Healey, 1999; Coulter et al., 2007; Healey, 2004, 2008). Following the Good Friday Agreement, she was invited by the UK Department of Health to set up the Family Trauma Centre (FTC) to continue the work described in her seminal paper. Arlene was appointed director of the Family Trauma Centre in Belfast in 1999. Marie Kenny, Isobel Reilly and Stephen Coulter have worked with her at the FTC as family therapists (Healey, Coulter, Kenny & Reilly, 2001; Kenny, 1999). With Isobel Reilly, Arlene was involved in setting up the first accredited masters level professional training programme in family therapy in Northern Ireland at Queens University in 2001, followed in 2002 by foundation and intermediate level courses. She has held the chair of AFT NI, Chair of the Board of Directors of the Clanwilliam Institute, Dublin, has sat on many health and social services committees to advise on family issues and trauma in Northern Ireland, and has advised on conflict management in South Africa.

BARBARA KOHNSTAMM

Barbara Kohnstamm qualified as social worker in Holland and began work in Ireland in the

mid-1970s in a voluntary organization caring for young pregnant women (O'Sullivan, 2011). With social work colleagues including Phil Kearney, Imelda McCarthy, Jim Sheehan and others she formed the core group in 1975 from which FTAI developed. She also organized some of the earliest family therapy workshops in Ireland, notably those run by Fred La Belle (2009), a therapist trained by Virginia Satir (1983), whom she had met at the Ackerman. Between 1978 and 1986 Barbara travelled widely and returned to Ireland to complete formal family therapy training at Clanwilliam Institute in the 1980s. Later she trained with Anthony Ryle in cognitive analytic therapy (Ryle & Kerr, 2002) in London and with Sue Johnson (2004) in emotionally focused couple therapy in Ontario. She returned to live Holland in 2010 where she conducts a private practice, involving supervision and clinical work with distressed couples. Barbara was chair of FTAI from 1995 to 1998, FTAI representative at EFTA for several years and received an EFTA special recognition award in 2007 for her contribution to the profession.

JO KENNEDY

Jo Kennedy is a member of the Sisters of Mercy. She was a founding member of the Mater Child Guidance Clinic. In the 1960s and 70s she worked there initially as a speech therapist and later as clinic administrator (Cadwell, 1996). She trained in family therapy at the Mater in the early 1980s. For much of the 1980s Jo lived and worked in Saint Michael's Estate in Inchicore, a socially disadvantaged Dublin suburb. With colleagues she engaged in a community development project at a family resource centre, working collaboratively with people who lived in Saint Michael's Estate. In 1993 Jo established Hesed House in Inchicore, a therapy centre to meet the therapeutic needs of the community whom she had served for a decade. Hesed is a Hebrew word which means unconditional steadfast love, and reflects the service Jo wanted to offer the community. The style of community work that Jo developed in

Saint Michael's estate resource centre and the style of therapy she evolved at Hesed House was systemic in the broadest sense. It was grounded in an appreciation of the concerns of the community in which it was based, such as people's sense of disempowerment and helplessness. It also took account of the wider socioeconomic and political factors relevant to the community's concerns such as poverty, inadequate housing and lack of educational opportunities. While Jo and her colleagues worked with families, they also worked with individuals and wider systems (Kennedy, 1989, Kennedy & O'Shaughnessy, 1998; Kennedy, Gibson & Cadwell, 1998). At an individual, Jo and her colleagues established women's development courses, men's groups for addressing domestic violence, a youth service, a nursery for toddlers, and a homework club for children in the resource centre, and offered individual psychotherapy as well as family therapy at Hesed House. At a wider systems level, Jo and her colleagues contributed to inter-agency steering groups involving colleagues in social services, education, health and community development. Seed funding for Hesed House came from the Sisters of Mercy and Jo drew clinical support for her work in Saint Michael's estate and Hesed House from the Fifth Provence Associates (Nollaig Byrne, Imelda McCarty and Phil Kearney), and from colleagues at Clanwilliam Institute. Ed McHale, Imelda McCarthy and Padriac Gibson have run a family therapy supervision programme at Hessed house since 2010 to allow Hesed House therapists to achieve registered supervisor status. Jo supported the development of other family therapy centres notably, Genesis and the Knockenrawley Resource Centre. Genesis is a community based family therapy service in Corduff (Carr, Lange & Kennedy, 2004). Knockanrawley Resource Centre in Tipperary Town was developed for disadvantaged families, and offers adult education, job training, a pre-school, personal development groups for women and individual and family therapy (Maher, 1997). Jo has been influenced by the work of Charles Waldgrave's (2012) concept of 'just therapy' who visited her at Hesed House in the early '90s.

BERNADETTE O'SULLIVAN

Bernadette O'Sullivan has made four major contributions to the family therapy movement in Ireland: the introduction of George Kelly's (1955) constructivism to Irish family therapy, her championing the feminist agenda within family therapy (O'Sullivan, 1997), her privileging the inclusivity agenda, particularly through her work with travellers (O'Sullivan, 2001, 2010), and the development of a family therapy supervisor training programme at Clanwilliam Institute. Bernadette, a psychologist, trained as a constructivist psychotherapist with Don Bannister and Fay Franella (1986) in London in the 1970s. When she returned to Ireland she (like Phil Kearney and myself) came under the influence of the progressive clinical psychologist, Ian Hart. She worked with him for 3 years at the Economic and Social Research Institute and co-authored a paper with him on social mobility (Hart & O'Sullivan, 1970), before taking up a position as a clinical psychologist at in the Eastern Health Board. Bernadette did her PhD at Trinity College Dublin on agoraphobia from a personal construct psychology perspective. Her supervisor was Sheila Green, who is now one of the directors of the national Irish longitudinal child development study - Growing Up in Ireland. Bernadette was awarded her PhD in 1984 and presented a paper at an international congress in Cambridge that year on feminism and personal construct theory. In the mid-1980s Bernadette and a group of colleagues founded the Vico Consultation Centre. The Vico was a systemic constructivist psychotherapy practice which was based first in Charlemont Terrace and later in Dungar Terrance, Dunlaoghaire. Jane Williams, who went on to become director of the Mater family therapy programme, and Imelda McCarthy, of the Fifth Provence Assocaites were other founding members of the Vico. With Imelda McCarty and three other colleagues Bernadette was a founder member of the Women in Therapy Chapter (WITCHES), a feminist group concerned with the role of women in in therapy. From the mid-

1980s until the programme was terminated in 1992, Bernadette taught on the UCD MSc in constructivist psychotherapy programme at Saint James' Hospital and has developed a distinctive way of making this complex psychotherapeutic approach accessible (O'Sullivan & Gunne, 2009). The MSc was directed by Ivor Brown (UCD Professor of Psychiatry) and Vincent Kenny. Candidates on this programme learned a constructivist approach to psychotherapy developed by George Kelly along with ideas from Maturana (1991), whose work has had a significant impact internationally on the introduction of constructivist ideas into family therapy. Bernadette played a key role in supporting the production of the special issue of *Irish Journal of Psychology on Radical Constructivism, Autopoiesis and Psychotherapy*. Lynn Hoffman, Brad Keeney, Humberto Maturana and the Fifth Provence Associates all contributed papers to this volume (Kenny, 1988). Bernadette is a former editor of *Feedback*, and contributed to its development. In the early 1990s Bernadette joined Clanwilliam family therapy training programme team and over the next 20 years introduced ideas from constructivism, social constructionism, feminism, inclusivity and postmodernism into the curriculum. She also spearheaded the Clanwilliam supervisor training programme and was director of training for over two years after Phil Kearney retired from Clanwilliam Institute in 2006.

ALAN CARR

I completed a BA and MA in psychology at UCD in the 1970s. Like Phil Kearney and Bernadette O'Sullivan, I came under the influence of Ian Hart, a progressive clinical psychologist, while working at the Jervis Street Hospital Drug Treatment Centre in the 1970s, where I did research for my masters thesis Carr, Kelly & Hart, 1980, 1981a, 1981b). I was introduced to family therapy by Imelda McCarthy, Nollaig Byrne, and Jim Sheehan in 1979 and 1980 when I worked as a locum psychologist at the Mater Hospital (filling in for Ed

McHale who was on sabbatical training in family therapy in the US). I attended Imelda's evening introductory programme at Saint Michaels House; Nollaig and Imelda's Friday morning programme at the Mater, and engaged in my first co-therapy case with Jim.

Between 1980 and 1984 I did a PhD in clinical psychology at Queen's University Kingston Ontario. Within this programme I was trained in cognitive-behavioural approaches to working with families with troubled children. I also did internships and intensive training programmes in family therapy clinics in Kingston where the approach to practice was strongly influenced by Virginia Satir (1983). Between 1984 and 1991 I worked in child psychiatry and paediatric clinics in the UK National Health Service. With colleagues, I developed an integrative approach to family therapy practice which has been described in a series of publications (Carr, 1990, 1995, 1997, 2000a, 2006a, 2012a). This integrative approach has been influenced by multiple family therapy approaches, extensive reading of the family therapy literature, attendance at numerous training workshops with colleagues from around the world, clinical practice and my research programme. I returned to Ireland in 1991, spent a year working in a commercial business consultancy firm, before moving to UCD to direct a clinical psychology training programme, and to Clanwilliam Institute to practice family therapy. My main contribution to family therapy in Ireland has been an integrative practice model (e.g., Carr, 2012a), regular reviews of the evidence-base for couple and family therapy (Byrne, Carr & Clarke, 2004a, 2004b; Carr, 1991, 2000b, 2000c, 2005, 2009a, 2009b, 2009c), regular reviews of developments in the international literature on systemic practice (Carr, 2004, 2005b, 2006b, 2008, 2009d, 2010a, 2011), and a research programme involving a group of colleagues at UCD, Clanwilliam Institute and elsewhere which has focused on family processes (Byrne & Carr, 2000; Byrne, Carr, & Clarke, 2004c; Cullen & Carr, 1999; Hickey et al., 2005; Lange et al., 2005; McGrane et al., 2002), family assessment (Cahill et al., 2012; Drumm, Carr & Fitzgerald, 2000; Fay et al., 2011), and supervision in family

therapy (McHale & Carr, 1998; Moorehouse & Carr, 1999, 2001, 2002). Currently our research team is running controlled trials of Functional Family Therapy with Tom Sexton (2011) from Indiana and Positive Systemic Practice with colleagues from Crosscare Teen Counselling in Dublin (Carr, Fry & Casey, 2013). I have also introduced training in family therapy skills into the UCD doctoral programme in clinical psychology (Carr, 2009e). I hold a personal chair at UCD and as far as I know, I was the first family therapist to be given a personal professorship in an Irish university. In 2011 I received an award from the European Family Therapy Association for my contribution to family therapy research.

CLOSING COMMENTS

Dozens of other colleagues have made significant contributions to the development of family therapy in Ireland, and their omission from this and the accompanying paper, reflects not on the value of their contributions but on the constraints of this project.

In an accompanying paper I have mentioned some key people who are building on the foundations laid by figures profiled in this paper. These include Aileen Tierney, the CEO and head of training at Clanwilliam Institute; Jane Williams and Margaret Gill, directors of the Mater family therapy training programme; Stephen Coulter, director of the family therapy programme at Queen's University, and Pardaic Gibson, director of the MSc in brief therapy at the Bateson Clinic in Dublin. In a decade's time, profiling the work of these colleagues who occupy roles central to the future growth of family therapy in Ireland would be a worthwhile project.

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