

Dr Claire Hayes will host a talk for parents in the Assembly Hall on Tuesday 15th of October 2019 from 7.30-9pm.

Background Information:

Dr. Claire Hayes has a keen interest in applying cognitive behavioural principles to her work with individuals and organisations. She continues to build on her combined thirty years' training and experience as clinical psychologist, educational psychologist, an executive coach, lecturer, author, researcher and teacher to help individuals, groups and large organisations to understand the particular nature of their stresses and to apply evidence based psychological principles to help them cope with these.

In addition to her consultancy work and private practice, Claire also works with Aware as its Clinical Director. She works with a dedicated team of volunteers and staff to support people with depression and their families. Her PhD research, 'A psycho-educational approach to helping adolescents cope' has formed the basis of the 'Beat the Blues' programme for Senior Cycle students. Since 2012 over 80,000 students have been introduced to proactive approaches to understanding, preventing or managing depression. Aware's services are externally evaluated, are proactive and are based on cognitive behavioural principles. Further details can be found on www.aware.ie

Her latest book:

FINDING HOPE IN THE AGE OF ANXIETY

Available for purchase from [Gill Books](#) and [Easons](#).

'I can't face this. No one understands how hard it is for me. People are looking at me. Why am I like this? Why can I not be like everyone else? What's wrong with me?'