

## Dr Nicola O'Sullivan



Nicola is an experienced manager, trainer, clinical supervisor, and group reflective practice facilitator, career development consultant.

She is an associate lecturer on the Doctoral programme for social workers at that Tavistock and Portman NHS Foundation Trust, London.

Nicola is visiting lecturer and supervisor at Trinity College Dublin.

### Background and Consulting Experience

Nicola has consulted to teams in the UK and to senior leaders and people at work in various levels in private and public sector organisations in Ireland. Nicola provides individual and group supervision and reflective practice spaces to professionals and senior leaders. She also supports forensic teams to think about their work and the impact of their work from an emotional and psychological perspective.

Nicola is particularly interested in anxiety and defences in workspaces and the way in which they can hinder the progress of individuals in realising their full potential. She has published in this area (O'Sullivan, 2018, 2021, 2022).

Nicola has significant management experience in the public sector. Nicola is particularly interested in individual and team development in complex settings. Stress is often understood as being the result of misalignment between person and their role. Tension emerges between a person's capability and the demands and complexity of the role and the work environment and culture creating inside turbulence and stress. Nicola offers opportunities for the development of building emotional and psychological capacity within teams and organisations especially in periods of uncertainty.

### Qualifications

- Post Graduate Diploma Clinical Supervision
- Doctorate Social Care and Emotional Wellbeing
- Masters Child Protection and Welfare
- Hons Degree Social Care
- Meaning of the child interview training
- DMM Attachment Training

### Areas of Expertise

Clinical Supervision  
Reflective Practice  
Team Development  
Understanding and managing complex adaptive systems  
Supporting staff and management in forensic work

### Sectors

Health Service  
Public & Private Sector  
Professional services  
Social care in the private and public sector  
Education  
Social work