

MAGGIE DAGGE

Psychotherapist : MA (IACAT), MSc (IFCAPP/ICP)
Adult, Child, Adolescent psychotherapy and Creative arts therapy



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SKILLS

Excellent **communication** skills in writing, speaking and listening.

Team Leadership : ability to build positive working relations with teams by encouraging ownership in projects. Ability to delegate clearly and concisely achievable yet challenging initiatives.

Public Speaking : A calm and confident persona that encourages a professional yet informal relationship with stakeholders, clients, parents.

Accountability : adherence to current safeguarding policies and codes of ethics.

Resource Management : Logical and analytical approach to problem solving with an acceptance towards other more creative approaches.

PROFESSIONAL PROFILE

I am an accredited creative arts therapist (IACAT) and an accredited child and adolescent psychoanalytic psychotherapist (IFCAPP/ICP). From 2018-2022 I held an executive role on the council of the Irish association of creative arts therapists.

Trained in Ireland, the UK and the USA I bring a trauma informed approach to my practice. I appreciate a fully transparent dialogue with clients, parents and employers. I adhere to a strong ethos of clinical honesty for my clients to recognise their potential and work closely with caregivers to establish strength based patterns for their own positive mental health.

My career path, from an actress/youth facilitator and venue manager to a psychotherapist has afforded me unique insights into working with children/adolescents and adults. As an artistic director both self-employed and as an employee I have expertise in developing financial growth, grant applications and a flair for sustaining stakeholder relationships.

RELEVANT EXPERIENCE

Creative arts therapist/Child & Adolescent psychotherapist

- * Transformative/Wicklow town/Co Wicklow 2024 -
- * Teach Bhride Centre/Tullow Co Carlow/ 2023 -
- * Willow Tree Child & family Centre/Malahide Rd Clontarf Dublin/ 2020 -
- * Insight Matters Therapy Centre / Capel St Dublin / 2020 - 2023

Private practice and Centre referrals : children, adolescents and adults.
Long term and short term interventions.

Weekly one-to-one sessions with adults, adolescents, children : bereavement, intrusive thoughts, sexual abuse, eating disorders, anxiety, parental separation, separation anxiety, GSRD, BPD, ASD, school refusal.

Creative arts therapist / Child & Adolescent psychotherapist

- * St Finians NS / Finglas Co Dublin / 2017 -
- * Brunner NS - Stanhope NS - Georges Hill NS Dublin 1&7 / 2018 - 2020

Weekly one-to-one DVT sessions with children affected by gangland violence and the trauma of family feuding, drugs, suicide and gun violence.

Interventions

- Open and regular dialogue with parents regarding family situation and parents own transgenerational histories, ACE's and trauma.
- Co-created space with clients to physically and metaphorically engage with their trauma on a pre-verbal level.
- De-coding client's trauma schema towards a verbal recognition of their situation and potential for change.
- Fostered collaborative play that names the client's trauma allowing direct cognitive reflection on the trauma while being physically engaged.

Child & Adolescent psychotherapist Trainee Placement 2022 - 2024
CAMHS LinnDara Cherry Orchard Hospital Ballyfermot Team. Dublin 10.

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Training

Child Safeguarding
Gender Sexuality Relationship Diversity
Health & Safety
Disability & Inclusion
Microsoft Office Suite
Wordpress website
Full clean driving license

EDUCATION

CLINICAL DIPLOMA

Child & Adolescent Psychoanalytic
Psychotherapy
IICAPP - 2021-2024

MSc DEGREE

Psychoanalytic Psychotherapy
Trinity College Dublin
2019-2021

DvT Level 2

Trauma informed Dramatherapy
Institute of Developmental Transformations
London UK & New Haven CT, USA
2012 - 2019

MASTER'S DEGREE

Dramatherapy
National University of Ireland Maynooth
2010 - 2012

HIGHER DIPLOMA

Drama
University College Dublin
2009 - 2010

DIPLOMA

Youth & Community Work
University College Cork
2007 - 2009

DIPLOMA

Computer application/Office Skills
City and guilds 2007

FETAC LEVEL 5

Multimedia production and film
Carlow Further Education 2008 - 2009

FETAC LEVEL 5

Theatre Studies
Inchicore Further Education 1994 - 1995

FETAC LEVEL 5

Drama and Dance
Marino College Further Education
1992 - 1994

DvT Creative arts therapist (Dramatherapist)

* Post Traumatic Stress Centre / New Haven CT, USA / June - August 2017
Supervised within the centre's clinical team to deliver in-school and out of school treatment to identified students in elementary school and high school.

Interventions

- A.L.I.V.E programme (Elementary). The purposeful introduction of anxiety provoking reminders of the student's life into the supportive play environment to aid stress reduction and foster educational learning capabilities. Promotes executive function and self-regulation. As featured on the film *Resilience* under the Miss Kendra programme.
- STRONG programme (High School). Summer out of school peer leadership and personal development with a focus on students' stressors and triggers. Students also receive one to one therapeutic trauma informed intervention. Students develop a creative reflective log of their time in the programme which is delivered to their peers at the start of the next academic year.

Coordinator DvT Dramatherapy Ireland

Dublin/Galway/Carlow 2014 -

Monthly DvT practical practice sessions with arts therapists and psychotherapists exploring the benefits that DvT can have in their practice:

Sessions cover

- Group DvT therapeutic play
- One - to - one therapeutic play
- Practice linked to current clients and interventions used.
- Practice linked to DvT theory and broader psychotherapy theory.

Artistic Director/Owner

M Dagge Therapy / Shillelagh / Co Wicklow 2015 -

Curious Tail Theatre Co. / Shillelagh Co. Wicklow / 2008 - 2022

Delivering, developing and evolving a programme of professional therapeutic interventions, productions, outreach facilitation and both academic and field research in therapy, theatre and film. Initiated, with ongoing research a pilot project looking at the mental health of actors, using dramatherapy as a framework. It is intended that this work will lead to a PhD.

Venue Management Employment

Artistic Director

Courthouse Arts Centre / Tinahely Co Wicklow / 2013 - 2018

Productions Manager

Courthouse Arts Centre / Tinahely Co Wicklow / 1996 - 2005

Gap Years 2005 - 2007

International travel: Fiji, New Zealand, Australia, China, South East Asia, Philippines, Indonesia.