

# Eoin Stephens - Curriculum Vitae

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**Career summary:** *I have worked in the areas of Intellectual Disability, Addiction Counselling, Lecturing/Training, & Counselling Private Practice. I'm currently focused on working with the problems faced by autistic adults and understanding their specific therapeutic needs. I'm autistic myself, having made the discovery in 2012.*

## Employment History

- 2016 to date**      **Institute for Autism-Informed Therapy & Training** ([www.autisminformedtherapy.com](http://www.autisminformedtherapy.com)).  
**Private Practice – Counselling/Therapy/Supervision/Training/Consultancy** (Naas, Co. Kildare).  
*Specialist areas: Working with Autistic Adults, Anxiety Disorders, Behavioural Addictions.*  
*Approach: Humanistic CBT (Pragmatist, Formulation-Based, Evolution-Informed).*  
**Autism & Neurodiversity Training with AUsome Training & Vanguard Neurodiversity Training**
- 2016 to 2020**      **Contracted Lecturer in Counselling & Psychotherapy**, PCI College, Clondalkin, Dublin 24.  
2019-21: Programme Leader, MSc in Addiction Counselling & Psychotherapy.
- 2004 to 2016**      **College President, Head of Counselling & Psychotherapy** - PCI College.  
**Programme Leader & Lecturer** on Middlesex University BSc in Counselling & Psychotherapy & on CPD Programmes; subjects including CBT, Professional Development, Addiction.  
**Consultant to Iron Mill College, Exeter, UK.**  
**Counselling/Psychotherapy/Supervision Private Practice, Workshop Facilitation, Ireland & UK.**  
**Founder** Dual Diagnosis Ireland ([www.dualdiagnosis.ie](http://www.dualdiagnosis.ie)).
- 1998 to 2004**      **Trainer, Group Therapist, Supervisor, Academic Council Member.**  
Counselling & Psychotherapy Diploma Course, Tivoli Institute, Dunlaoghaire, Co. Dublin.  
**Private Counselling/Psychotherapy/Supervision Practice** (Dublin & Wexford).  
**Workshop Facilitation** (as above).
- 1991 to 1998**      **Senior Addiction Counsellor, Aftercare Coordinator**, Rutland Centre, Knocklyon, Dublin 24.  
**Instructor/House Parent to adults with intellectual disabilities.**
- 1988 - 1991**      National SETC, Kiltarnan, Co. Dublin.  
**1982 - 1987**      St. John of God Brothers, Dunlaoghaire, Co. Dublin.

## Education

- 2015**      **FETAC Train the Trainer**  
**2002**      **Diploma in Supervision, Dublin Gestalt Centre**  
**1999 to 2001**      **MA in Counselling (Cognitive-Behavioural), University of Wales, Newport**  
**1979 – 1982**      **B.A. (Honours) Psychology, University College Dublin**

Served as Vice-Chairperson, **Irish Association for Counselling and Psychotherapy**, and as a member of the Executive and other committees. 2010 recipient of the IACP Carl Berkeley Award.  
Served as Vice-Chairperson, **Addiction Counsellors of Ireland**.  
Served as Chairperson, **UK Association for the Treatment of Sexual Addiction & Compulsivity**.

## Publications

- Burke, J. & Stephens, E. (2018). Applying positive psychology to sex addiction. In T. Birchard & J. Benfield (Eds.) The Routledge international handbook of sexual addiction. Routledge.
- Stephens, E. (2023) The pressing need for therapists to be autism-informed. Inside Out – The Irish Journal for Humanistic & Integrative Psychotherapy, Issue 99, Spring 2023.