

# Curriculum Vitae

## Profile



### **Dr Paul D'Alton,**

B.A. (Hons), M.Phil., Dip.Psych., D.Clin.Psych., M.Sc. FPsSI.

## Employment History

### ***April 2019 – present***

**School of Psychology, University College Dublin**

- Associate Professor (.5 WTE)

### ***July 2019 – present***

**St. Vincent's University Hospital**

- Principal Clinical Psychologist & Head of Department of Psychology (.5 WTE)

### ***September 2015 – May 2019***

**University College Dublin**

- Course Co-Director, MSc in Mindfulness-Based Interventions (.5 WTE secondment)

### ***January 2007 – July 2019***

**St. Vincent's University Hospital**

- Senior Clinical Psychologist (Psycho-oncology)

### ***December 2004 – December 2006***

**Finglas Community Mental Health Service, Dublin 11**

- Staff Grade Clinical Psychologist

### ***January 2002 – December 2004***

**University of Dublin, Trinity College & HSE Clinical Psychology Training Scheme**

- Psychologist in Clinical Training

### ***December 2000 – January 2002***

**HSE Keltol Drug Rehabilitation Centre, St Mary's Hospital, Phoenix Park, Dublin 20**

- Deputy Director & Counsellor

### ***December 1998 – December 2000***

**The National Training & Development Institute, Navan, Co Meath**

- Mental Health Rehabilitation Programme Facilitator

## Education

### ***September 2010 – September 2012***

**The Royal College of Surgeons in Ireland**

- Master of Science in Leadership & Management

### ***January 2002 – December 2004***

**University of Dublin, Trinity College**

- Doctorate in Clinical Psychology

### ***September 1999 – December 2000***

### **The Open University**

- Higher Diploma in Psychology

### **September 1997 – September 1998**

#### **University of Dublin, Trinity College**

- Master of Philosophy (Psychoanalytic Studies)

### **September 1993 – June 1996**

#### **Dublin City University**

- Bachelor of Arts (Hons.) in Human Development and English Literature

## **Committee, Board & Professional Association Membership**

- Ministerial Appointment to the Independent Patient Safety Council (2020)
- Ministerial Appointment to the National Screening Advisory Committee (Department of Health) (2019)
- Appointed Editorial Board Member of the Global Network of Psychologist for Human Rights (2019)
- Appointed to the Board of The School of Psychotherapy, St Vincent's University Hospital (2019)
- Appointed to the Sexual Exploitation Research Project (UCD, School of Social Policy, Social Work and Social Justice) Advisory Committee (2019)
- Appointed to the Research Executive of St Vincent's University Hospital (2018)
- Appointed to the Board of Human Rights, European Federation of Psychology (2016)
- Appointed Chair of the Irish Psycho-social Oncology Network (2016)
- Appointed President of The Psychological Society of Ireland (2014-2015)
- Appointed to the Council of The Psychological Society of Ireland (2011-2016)
- Appointed to the Board of Directors of the Irish Association for Palliative Care (2011-2013)
- Appointed Expert Member of St Vincent's University Hospital Medical Research & Ethics Committee (2010-2014)
- Chair of the Psychological Society of Ireland's Special Interest Group (SIG) in Death, Dying & Bereavement (2010-2013)
- Chair of the Psychological Society of Ireland's Equality & Inclusive Practise (Equip) Working Group (2010-2018)

## **Other Relevant Areas of Interest**

Completed the following trainings in Mindfulness Based Interventions:

- Advanced Teacher Training Programme (2009) in Mindfulness Based Stress Reduction, University of Massachusetts Medical School, USA
- Practicum Teacher Training Programme (2008) in Mindfulness Based Stress Reduction, University of Massachusetts Medical School, USA
- Residential Teacher Training Programme (2005) in Mindfulness Based Cognitive Therapy, Oxford Centre for Cognitive Therapy, UK.

## **Post-Graduate Student Supervision**

2008	Garry Byrne	M.Sc. in Counselling Psychology
2008	Lorraine Crawley	D.Clin.Psych
2009	Aisling Curtin	M.Sc. in Counselling Psychology
2009	Louise Kinsella	D.Clin.Psych
2011	Grainne McGoran	D.Clin.Psych
2014	Susan O'Flanagan	D.Clin.Psych
2015	Jennifer Cuppage	D.Clin.Psych
2016	Kate Brennan	D.Clin.Psych
2017	Alan Maddock	PhD
2017	Claire Howlin	Doctoral Studies Panel
2018	Martin O'Connor	Doctoral Studies Panel
2018	Julie Lynch	Doctoral Studies Panel
2018	Susan Fox	Doctoral Studies Panel

2019  
2020

Dorothy Leahy  
Clodagh Cogley

D.Clin.Psych Supervisor  
PhD Supervisor

### Successful Grant Applications

- **2021:** Principal Investigator, ICS
- **2020:** CRC
- **2019:** Principal Investigator and Primary Funding Applicant on *Exploring the psychological impact of a missed cancer diagnosis on partners / families impacted by the Cervical Check screening failure in Ireland*. Funded by The Irish Cancer Society & 221+ Charity.
- **2013:** Co-principal Investigator and Primary Funding Applicant on *Comparing Mindfulness Based Cognitive Therapy and Mindfulness Based Self-compassion: Understanding what works psychologically and physiologically in a randomized study in dermatology*. Funded by AbbVie Pharmaceuticals. Total funding granted: €95,000.
- **2013:** Co-principal Investigator and Primary Funding Applicant on *Mindfulness in the Oncology Treatment Day Room: Oncology Patient Outcome Effects of Self-Compassionate Mind Training Whilst Receiving Chemotherapy*. Funded by Amgen and St. Vincent's Foundation. Total funding granted: €24,000.
- **2011:** Principle Investigator and Primary Funding Applicant on *Partners in Touch: Training in Gentle Massage Techniques for Partners of People with Cancer*. Funded by GlaxoSmithKline. Total funding granted: €7,500.
- **2010:** Principal Investigator and Primary Funding Applicant on collaborative Irish Hospice Foundation, Irish Cancer Society & HSE funded *Training Programme for Staff in Oncology & Palliative Care in the Care of Gay & Lesbian Patients*. Total funding granted: €82, 000.
- **2009:** Principal Investigator & Primary Funding Applicant on *Distress Screening Programme & Evaluation for Hospital In-patients (Part Two)*. Funded by the Irish Hospice Foundation. Total funding granted: €20, 000.
- **2008:** Principal Investigator & Primary Funding Applicant on *Distress Screening Programme & Evaluation for Out-Patient Chemotherapy Patients (Part One)*. Funded by the Irish Hospice Foundation. Total funding granted: €20, 000.
- **2007:** Principal Investigator & Primary Funding Applicant on *The Allotment Project (A Cancer Rehab Programme for Men Living with Cancer)*. Total funding granted: €25, 000.

### Invited Presentations

European Society of Medical Oncology, Barcelona, Spain (2019). *The Management of Suicide in Cancer patients*.

<https://oncologypro.esmo.org/meeting-resources/esmo-2019-congress/EONS-Suicide-in-patients-with-cancer.-How-to-assess-patients-at-risk>

The European Association of Urology Nursing Conference, Krakow, Poland. (2018). *The Psychological Impact of Prostate Cancer and Current Interventions*.

<https://nurses.uroweb.org/nurses/education-2/esun-courses/holistic-prostate-cancer-care/>

Massachusetts General Hospital, Boston, USA. (2018) *The Bridging the Divide: Mental Health and Cancer Care symposium is designed to raise awareness about disparities in cancer care for patients with serious mental illness (SMI)*.

[http://mghcme.org/courses/course-detail/bridging\\_the\\_divide\\_mental\\_health\\_and\\_cancer\\_care](http://mghcme.org/courses/course-detail/bridging_the_divide_mental_health_and_cancer_care)

The 15<sup>th</sup> European Congress of Psychology, Amsterdam, The Netherlands. (2017) *What has psychology got to do with same sex marriage? Why the Psychological Society of Ireland got involved in the world's first referendum on same sex marriage.*

<https://www.eiseverywhere.com/ehome/221918/542240/>

The 18<sup>th</sup> International Psycho-oncology Society World Conference, Ireland. (2016). *Ten Years Teaching Mindfulness in Oncology: What I've Learned*

<https://ipos-society.org/world-congress/>

## Publications

### 2021:

- Alan Maddock, A., Hevey, D., **D'Alton, P.** & Kirby, B. (2021) Mindfulness-based cognitive therapy as a clinical intervention with psoriasis patients through the lens of the clinically modified Buddhist psychological model: a qualitative study. *Mental Health, Religion & Culture*, DOI: [10.1080/13674676.2020.1823950](https://doi.org/10.1080/13674676.2020.1823950)
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### 2020:

- **D'Alton, P.** (2020). Universal human rights: except for some. In P. Hageñaars (Eds) *Human Rights Education for Psychologists. Part III: Human rights and professional practice*. Chapter 11. Routledge.
- O' Flanagan, S., Warren, A., Bates, R., Brannick, S., O'Driscoll, L., O' Keeffe, F., O'Sullivan, N., Lynch, J., McGrath, L., McKeown, C., Moriarty, M., Monaghan, R., Walsh R., & **D'Alton, P.** (2020). Responding during a crisis: development and implementation of a Patient Triage Tool. *Health Psychology Update*, 29.

### 2019:

- Maddock, A., Hevey, D., **D'Alton, P.** & Kirby, B. (2019). Examining Individual Differences in Wellbeing, Anxiety and Depression in Psoriasis Using a Clinically Modified Buddhist Psychological Model. *Journal of Clinical Psychology in Medical Settings*. doi:10.1007/s10880-019-09686-4.
- Nearchou, N., **D'Alton, P.**, Kinsella, L., Donnelly, A., O'Malley, G., Gullo, G., Guerin, S., Sweeney, C. & Kirby, B. (2019) Validation and psychometric evaluation of a brief screening questionnaire for psychological distress in patients with psoriasis. *Journal of European Academy of Dermatology and Venereology*, 33(7), 1191-1438.
- Maddock, A., Hevey, D., **D'Alton, P.** et al. (2019). A Randomized Trial of Mindfulness-Based Cognitive Therapy with Psoriasis Patients. *Mindfulness* 10, 2606–2619. doi:10.1007/s12671-019-01242-3.
- Maddock, A., Hevey, D., **D'Alton, P.** et al. Testing a Moderated Mediation Model of MBCT's Effects for Psoriasis Patients. *Mindfulness* (2019). <https://doi.org/10.1007/s12671-019-01249-w>.
- **D'Alton, P.**, Kinsella, L., Walsh, O., Sweeney, C., Timoney, I., Lynch, M., & Kirby, B. (2019). Mindfulness-Based Interventions for Psoriasis: a Randomized Controlled Trial. *Mindfulness*, 10(2), 288-300.

- **D'Alton P**, Kinsella L, Donnelly A, O'Malley G, Gullo G, Guerin S, Sweeney C, Kirby B. (2019) Psychological distress in psoriasis patients is comparable to that of oncology patients. **(Under review)**.

**2018:**

- **D'Alton, P.**, O'Flanagan, S., & O'Driscoll, L. (2018, October). The Irish Psycho-Social Oncology Network (IPSON). In *PSYCHO-ONCOLOGY*, (Vol. 27, pp. 134-134). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
- **D'Alton, P.**, O'Meara, R., Fox, S., Langford, S., Nuzum, A., & McDonnell, Z. (2018, October). Mental health and cancer: Bridging the gap. In *PSYCHO-ONCOLOGY*, (Vol. 27, pp. 73-73). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.

**2016:**

- Mathew D. Skinta, Palo Alto University & **Paul D'Alton** University College Dublin: *Mindfulness and Acceptance for Malignant Shame*, In Pachankis, J. (2016). *Mindfulness and Acceptance for Gender and Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies*. M. D. Skinta, & A. Curtin (Eds.). New Harbinger Publications.
- L'Estrange, K., Timulak, L., Kinsella, L & **D'Alton, P.** (2016) Experiences of Changes in Self-Compassion Following Mindfulness-Based Intervention with a Cancer Population. *Mindfulness*, 7, 3, 734-744.
- **D'Alton, P.** (2016) *Evidence given to the Joint Committee on Health & Children*. Houses of the Oireachtas. [https://www.oireachtas.ie/en/debates/debate/joint\\_committee\\_on\\_health\\_and\\_children/2016-01-21/3/](https://www.oireachtas.ie/en/debates/debate/joint_committee_on_health_and_children/2016-01-21/3/)

**2015:**

- **D'Alton, P.** (2015) *Evidence given to the Joint Committee on Health & Children*. Houses of the Oireachtas. [https://www.oireachtas.ie/en/debates/debate/joint\\_committee\\_on\\_health\\_and\\_children/2015-11-12/](https://www.oireachtas.ie/en/debates/debate/joint_committee_on_health_and_children/2015-11-12/)

**2014:**

- **D'Alton, P.** (2015) Houses of the Oireachtas. *Report on End of Life and Palliative Care*. [http://www.oireachtas.ie/parliament/oireachtasbusiness/committees\\_list/health-and-children/reports/](http://www.oireachtas.ie/parliament/oireachtasbusiness/committees_list/health-and-children/reports/)
- **D'Alton, P.**, Bates, U., Delaney, S., Kinsella, L., McKiernan, A., & McKiernan, D. (2014). *Palliative Care Competence Framework for Psychologists*. Dublin: Health Service Executive.

**2013:**

- **D'Alton, P.**, Guilfoyle, M., & Randall, P. (2013). The psychosexual developmental experience of clerical child sex offenders. *Child Abuse and Neglect*, 37(9), 698-702.
- Reygan, F. & **D'Alton, P.** (2013). *Providing Hospice Care to Lesbian, Gay, Bisexual and Transgender (LGBT) Populations*. In J. Hanl & S. Koeck [eds], *Hospice Care: Health Services, Quality and Clinical Management*. Nova Publishers: New York.

**2011:**

- Reygan, F. & **D'Alton, P.** (2012). A pilot training programme for health and social care professionals providing oncological and palliative care to lesbian, gay and bisexual patients in Ireland. *Psycho-oncology*. 22: 1050-1054.

## Published Abstracts and Conference Presentations

### 2018:

- **D'Alton, P.**, O' Flanagan, S., Moriarty, M., Cleary, E., Reilly O' Brien, E., & Moriarty, A. (2018). Patterns and rates of referrals to a psycho-oncology service. A baseline audit. Poster presented at the International Forum on Quality & Safety in Healthcare, Amsterdam, Netherlands, May, 2018.

### 2017:

- **D'Alton, P.**, O' Flanagan, S., Moriarty, M., Cleary, E., Reilly O' Brien, E., & Moriarty, A. (2017). Patterns and rates of referrals to a psycho-oncology service. A baseline audit. Poster presented at the SVUH Audit Study Day, Dublin, Ireland, October, 2017.

### 2016:

- Harkins, M., Hand., S., Mullins, E., Webster, G., Moriarty, M., Butler, E., O' Flanagan, S., **D'Alton, P.** (2016). To refer or not to refer? Supporting surgical Clinical Nurse Specialists in the identification of patients requiring referral to a Psycho-oncology Service. Poster Presented at the 18th International Psycho-Oncology Society conference, Dublin, Ireland, 2016.
- O' Flanagan, S., Conneely, S., Kinsella, L., **D'Alton, P.**, O' Sullivan, N., & Walshe, J. Body Image and psychological distress in a sample of women with breast cancer: The mediating role of self-compassion. Poster Presented at the 18th International Psycho-Oncology Society conference, Dublin, Ireland, 2016.

### 2015:

- **D'Alton, P.**, Kinsella, L., Gullo, G., Donnelly, A., O'Meara, A., Moriarty, M., & Guerin, S. (2015). The mediating role of self-compassion in the relationship between adult attachment styles & psychological distress among oncology patients. 2015 World Congress of Psycho-oncology, Washington DC, July 2015.
  - **D'Alton, P.**, Kinsella, L., Gullo, G., Donnelly, A., O'Meara, A., Moriarty, M., & Guerin, S. (2015). AA-3 The mediating role of self-compassion in the relationship between adult attachment styles & psychological distress among oncology patients. *Psycho-oncology*, 24 (Suppl. 1), 101.
- **D'Alton, P.**, Kinsella, L., Gullo, G., Donnelly, A., O'Meara, A., Moriarty, M., & Guerin, S. (2015). Less is more? Validation and use of the MHI-5 in an oncology setting. 2015 World Congress of Psycho-oncology, Washington DC, July 2015.
  - **D'Alton, P.**, Kinsella, L., Gullo, G., Donnelly, A., O'Meara, A., Moriarty, M., & Guerin, S. (2015). P1-91 Less is more? Validation and use of the MHI-5 in an oncology setting. *Psycho-oncology*, 24 (Suppl. 2), 152.
- **D'Alton, P.**, Kinsella, L., Gullo, G., Donnelly, A., O'Meara, A., Moriarty, M., & Guerin, S. (2015). The mediating role of self-compassion in the relationship between adult attachment styles & psychological distress among oncology patients. 2015 World Congress of Psycho-oncology, Washington DC, July 2015.
- O'Flanagan, S. Conneely, S., Kinsella, L., **D'Alton, P.**, O'Sullivan, N. & Walshe, J. (2015). Body Image and Psychological Distress in a sample of women with breast cancer: The mediating role of self-compassion. PSI Conference, November 2015. *Irish Psychologist* 42(01), S30.
- Donnelly, A., **D'Alton, P.**, Kinsella, L., Gullo, G., Kirby, B. & Guerin, S. (2015) Self-compassion, Attachment & Psychological Well Being: The Case for Psoriasis Patients. PSI Conference, November 2015. *Irish Psychologist* 42(01), S9.

- Curtin, A., **D'Alton, P.** & Moane, G. (2015) Workshop on Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection and Equality. PSI Conference, November 2015. *Irish Psychologist* 42(01), S7.

#### 2014:

- **D'Alton, P.**, Kinsella, L., O'Malley, G., O'Connor, M., Guerin, S., Tobin, A.-M., Lynch, M., & Kirby, B. (2014). Psychological distress in psoriasis outpatients is equivalent to that in oncology outpatients. 7<sup>th</sup> International Congress of Psoriasis: from Gene to Clinic, London, UK, December 2014.
  - **D'Alton, P.**, Kinsella, L., O'Malley, G., O'Connor, M., Guerin, S., Tobin, A.-M., Lynch, M., & Kirby, B. (2014). Psychological distress in psoriasis outpatients is equivalent to that in oncology outpatients. *British Journal of Dermatology*, 171, e168.
- From Bench to Bedside: Translational Research in the Acute Hospital Setting, 44<sup>th</sup> Annual PSI Conference Symposium, Kilkenny, Ireland, November 2014.
  - **D'Alton, P.**, Kinsella, L., Gullo, G., O'Meara, A., Donnelly, A., O'Connor, M., Moriarty, M., O'Malley, G., Walsh, S., & Guerin, S. *What's compassion got to do with it? The mediating role of self-compassion in the relationship between adult attachment and psychological distress among oncology patients.*
  - L'Estrange, K., Timulak, L., Kinsella, L., & **D'Alton, P.** *Experiences of changes in self-compassion following a mindfulness-based intervention for cancer patients.*
  - **D'Alton, P.**, O'Malley, G., Kinsella, L., Adamzik, K., Sweeney, C., Keenan, M., Tobin, A.-M., & Kirby, B. *Exploring psychological wellbeing and immunological functioning in psoriasis patients: A pilot controlled MBCT trial.*
  - **D'Alton, P.**, Walsh, O., Kinsella, L., Sweeney, C., Timoney, I., Lynch, M., O'Malley, G., O'Connor, M., Guerin, S., & Kirby, B. *Mind Derm: Study protocol of a Randomised Controlled Trial comparing Mindfulness Based Interventions among psoriasis patients.*
- **D'Alton, P.**, Kinsella, L., Gullo, G., O'Meara, A., O'Connor, M., Moriarty, M., O'Malley, G., Walsh, S., & Guerin, S. (2014). A little compassion may go a long way: The protective factor of self-compassion among individuals facing cancer. 16<sup>th</sup> World Congress of Psycho-oncology and Psychosocial Academy, Lisbon, Portugal, October 2014.
  - **D'Alton, P.**, Kinsella, L., Gullo, G., O'Meara, A., O'Connor, M., Moriarty, M., O'Malley, G., Walsh, S., & Guerin, S. (2014). P3-0503 A little compassion may go a long way: The protective factor of self compassion among individuals facing cancer. *Psycho-oncology*, 23 (Suppl. 3), 377.

#### 2013:

- Adamzik, K., O'Malley, G., Sweeney, C. M., Keenan, M., Tobin, A. M., **D'Alton, P.**, & Kirby, B. (2013). A controlled trial of Mindfulness-based stress reduction (MBSR) in psoriasis and investigation of telomerase as a biomarker of psychological distress. 93<sup>rd</sup> Annual Meeting of the British Association of Dermatologists, Liverpool, UK, July 2013.
- **D'Alton, P.**, O'Malley, G., Adamzik, K., Sweeney, C., Keenan, M., & Kirby, B. (2013). The link between mindfulness, self-compassion, and telomerase activity in psoriasis: Results from a controlled MBCT trial. Presentation to the Bangor University Centre for Mindfulness Practice and Research Mindfulness in Society Conference, Chester, UK, March 2013.
- O'Malley, G., **D'Alton, P.**, O'Connor, N. & McGoran, G. (2013). Carrying out qualitative research with palliative oncology patients in the acute hospital setting: A feasibility study. Presentation at the 13<sup>th</sup> Annual Irish Association for Palliative Care Conference in the Alexander Hotel, Dublin, February 7<sup>th</sup> 2013.

#### 2011:

- **D'Alton, P.** & Reygan, F. (2011) A pilot training programme for health and social care professionals providing palliative and oncological care to lesbian, gay and bisexual (LGB) patients. Presented at International Psycho-oncology Society Conference, Antalya, Turkey, October 2011. *Psycho-oncology* 20 (Suppl. 2), 131.

- Reygan, F. & **D'Alton, P.** (2011) A pilot training programme for health and social care professionals providing palliative and oncological care to lesbian, gay and bisexual (LGB) patients. American Psychological Association Annual Congress, Washington DC, USA, August 2011.

#### 2010:

- **D'Alton, P.** (2010). The cult of the positive- Mindfulness based intervention as an antidote? Annual Education and Research Seminar, Irish Association of Palliative Care Conference 2010. Presentation 5th February 2010.
- **D'Alton, P.** (2010). Mindfulness: Helping us live with the worry and uncertainty that cancer brings. Presented at National Conference of Cancer Support Groups, February 2010.
- **D'Alton, P.** & O'Malley, C. (2010) Changing the culture and experience of cancer patients in an acute hospital: The Distress Education And Management Programme. Presented at IPOS Conference, Quebec, Canada, May 2010. *Psycho-oncology*, 19 (Suppl 2), S125.
- **D'Alton, P.** & O'Malley, C. (2010) Planting something special: Developing a vegetable garden (allotment) project for men living with cancer. Presented at IPOS Conference, Quebec, Canada, May 2010. *Psycho-oncology*, 19 (Suppl 2), S125-126.

#### 2009:

- Curtin, A., **D'Alton, P.**, Creaner, M. (2009). The impact of a Mindfulness Based Cognitive Therapy (MBCT) course on psychological wellbeing in cancer patients. Paper presented at Symposium: Psychological Innovations in Palliative Care and Psycho-oncology. PSI Conference, October 2009. *Irish Psychologist* 35(15), 414.
- Cussen, S., **D'Alton, P.** & Hevey, D. (2009). The relationships between a MBCT programme and quality of life, coping strategies, levels of stress, and individual social comparisons in cancer patients. Paper presented at Symposium: Psychological Innovations in Palliative Care and Psycho-oncology. PSI Conference, October 2009. *Irish Psychologist*, 35(15), 414.
- **D'Alton, P.** The cult of the positive. *IACP News* Summer 2009. Irish Association for Palliative Care.
- **D'Alton, P.** (2009). Symposium: Living with Death and Dying. PSI 2009 Conference. Author led symposium. *Irish Psychologist*, 35 (15), 414.
- **D'Alton, P.** (2009). Symposium: Psychological Innovations in Palliative Care and Psycho-oncology. PSI 2009 Conference Author led symposium. *Irish Psychologist*, 35 (15), 414.
- **D'Alton, P.** (2009). The Allotment Project: An innovative psychological service model for men with cancer. 7th International Cancer Conference 2009, Dublin, Ireland.
- **D'Alton, P.** (2009) Mindfulness Based Cognitive Therapy. Presented at All Ireland International Conference, Northern Ireland Hospice.
- **D'Alton, P.** & O'Malley, C. (2009). Witnessing death in an acute hospital: What do we know? Paper presented at Symposium: Living with death and dying. PSI Conference, October 2009. *Irish Psychologist*, 35 (15), 414.
- Kinsella, L., **D'Alton, P.** & Guilfoyle, M. (2009). Living with dying: An interpretative phenomenological analysis of the experiences of palliative care oncology patients in a general hospital setting. Paper presented at Symposium: Living with death and dying. PSI Conference, October 2009. *Irish Psychologist*, 35 (15), 418.
- Kinsella, L., **D'Alton, P.** & Guilfoyle, M. (2009). Living with dying: An interpretative phenomenological analysis of the experiences of palliative care oncology patients in a general hospital setting. Irish Association of Palliative Care Conference 2010. Annual Education and Research Seminar Paper presentation 4<sup>th</sup> February 2010.
- Kinsella, L., **D'Alton, P.** & Guilfoyle, M. (2009). Living with dying: An interpretative phenomenological analysis of the experiences of palliative care oncology patients in a general hospital setting. Presented at International Psycho-oncology Society Conference, Quebec, Canada, May 2010. *Psycho-oncology*, 19 (Suppl 2), S106-107.
- O'Malley, C., **D'Alton, P.**, O'Donnell, E., Gill, F. & Canny, A. (2009). Dealing with distress in an oncology hospital setting: The Distress Education and Management Programme. Paper presented at Symposium: Psychological Innovations in Palliative Care and Psycho-oncology. Abstracts of the PSI Conference, October 2009. *Irish Psychologist*, 35 (15), 426.



## 2008:

- Byrne, G., Hannigan, B., **D'Alton, P.** (2008). Mindfulness and Cancer: An exploratory study of cancer patients' subjective experiences of a mindfulness-based cognitive therapy (MBCT) programme. Abstracts of the PSI 2008 Conference. *The Irish Psychologist*, 35 (4), 89.
- Byrne, G., **D'Alton, P.**, Hannigan, B. (2008) Mindfulness and cancer patients: Examining aspects of continuing practice and perceived levels of anxiety after completion of an eight-week Mindfulness-Based Cognitive Therapy (MBCT) programme. Presented at British Psychological Society/ Psychological Society of Ireland Joint Conference of the Divisions of Counselling Psychology. June 2008.
- Crawley, L. **D'Alton, P.** & Hevey, D. (2008). Examining re-perceiving as a predictor of self-regulation, exposure and life values in everyday mindfulness. Abstracts of the PSI 2008 Conference. *The Irish Psychologist*, 35 (4), 91.
- **D'Alton, P.** & O'Malley, C. (2008). The Allotment Project: Mindfully. Abstracts of the PSI 2008 Conference. *The Irish Psychologist*, 35 (4), 93.

## 2007:

- Keville, R. & **D'Alton P.** (2007). A workshop for teachers of mindfulness based cognitive therapy and mindfulness-based stress reduction. Abstracts of the PSI 2007 Conference.

## 2006:

- **D'Alton, P.** & Keville, R. (2006). Mindfulness-based approaches: A review of the theoretical and philosophical underpinnings and the clinical application of mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR). Abstracts of the PSI 2006 Conference.

## Press Articles and Media Work

**Newspaper:** Opinion Editorial Columnist with The Irish Independent.  
Book Reviewer with the Irish Times.

**Radio:** Expert Contributor – Today with Sean O'Rourke, Drive Time with Mary Wilson  
The Tubridy Show.

**Television:** Expert contributor to Tonight with Vincent Brown and Pat Kenny.