



PROFESSIONAL REFERRALS

Specialist online psychological services for adults in Ireland

BlueSky Psychology welcomes referrals from GPs, psychiatrists, psychologists, psychotherapists and other healthcare and mental health professionals. We provide online psychological services for adults across Ireland.

Services

- Individual psychological therapy
- EMDR and trauma-focused psychological therapy
- Adult ADHD and autism assessment
- Clinical supervision and professional mentoring

Areas of Clinical Interest

Trauma and PTSD • Complex trauma • Medical trauma • Anxiety
• Depression • Shame and self-criticism • Relationship and interpersonal difficulties • Neurodivergence • Adjustment to significant life events

Our Psychologists

Dr Áine Lombard

Chartered Counselling Psychologist | Clinical Director
EMDR Europe Accredited Practitioner; EMDR Consultant in Training

Dr Anna Maciak

HCPC Registered Counselling Psychologist

Dr Liam Grisley

HCPC Registered Clinical Psychologist

Making a Professional Referral

Professionals can refer directly to BlueSky Psychology, or individuals may contact the practice themselves. Please provide only the information necessary for us to understand the nature and purpose of the referral. Further clinical information can be discussed where appropriate and with the client's consent.

Where clinically appropriate and with the client's consent, relevant information may be shared with the referring professional to support continuity of care.

ONLINE THROUGHOUT IRELAND

083 116 4383 | contact@bluesky-psychology.ie | www.bluesky-psychology.ie

Professional referrals and enquiries: www.bluesky-psychology.ie/medical-professional-referrals