



Moya
McCartney

Social Emotional
Behaviour Therapist

Can you give us a brief outline of your work history?

I have been working in the Southern Health and Social Care Trust (SHSCT) since 2009. Initially, I worked in psychology within Learning Disability Services for three years. Following that, I spent 12 years working in Autism Services for children and young people as an Autism Intervention Therapist. Recently, I joined RISE NI as a Social, Emotional, Behavioural (SEB) therapist. I hold a BSc (Hons) and an MSc in Applied Psychology, as well as a BSc (Hons) in Mental Health Nursing.

What made you decide this career path?

I have always had a keen interest in working with children and young people, focusing on the mental health needs of the population, particularly through proactive and early intervention strategies. Being a Social Emotional Behaviour Therapist allows me to apply mental health assessment and intervention in a proactive manner, aiming to make a positive contribution throughout individuals' lives.

How did you train for this role/educational route?

After completing my A-Levels, I obtained a BSc (Hons) in Applied Psychology and later pursued an MSc in Applied Psychology. As a mature student, I completed a BSc (Hons) in Mental Health Nursing.

What qualities are required for your job – both personal and professional?

To be a successful Mental Health Nurse, good communication skills are crucial. It is important to assess a person's needs and advocate for patients, working collaboratively with other healthcare professionals to ensure they receive the best possible care and support in their recovery journey.

What does a typical day involve?

Every day is varied, but generally, my job involves:

- Email correspondence
- School visits
- Assessment and intervention
- Transdisciplinary Goal Planning Meetings
- Professional meetings

What do you like best about your job?

I thoroughly enjoy the team working approach, which supports and enables person-centered care, early intervention, and positive outcomes for children and young people. Targeted goal planning allows us to quantify and provide evidence of intervention outcomes, which is very rewarding.

What advice would you give anyone thinking of doing your job?

Working as an SEB therapist in RISE NI has provided me with the opportunity to be part of an innovative, multidisciplinary team that embodies the values upheld by the HSC Trust. It is an incredibly enjoyable and rewarding position, and I highly recommend it to anyone who is interested.