

Introducing Andy Harkin, MD, Psychotherapist, and Trauma Specialist:

Andy Harkin is a highly experienced psychotherapist and medical doctor, having graduated from University College Dublin in 1990. His passion for helping individuals recover from trauma and fostering emotional healing led him to embark on an enriching journey of knowledge and expertise in various therapeutic approaches.

Shortly after studying Hakomi psychotherapy in Ireland, Andy pursued a two-year postgraduate training program in 1997 with the Sensorimotor Psychotherapy Institute (SPI) in Colorado, U.S.A. His dedication and proficiency in this field earned him a role as a lead trainer within the organization for over a decade. As a lead trainer, he conducted workshops and training programs, imparting his knowledge to psychiatrists, psychologists, and psychotherapists across the United Kingdom, Europe, North America, and Australia.

In 2010, his path crossed with Dr. Frank Corrigan during a course Andy was teaching in Scotland. Both shared a profound interest in effective methods to facilitate healing from Post-Traumatic Stress Disorder (PTSD). This fortuitous encounter led him to delve further into other trauma-related modalities alongside Dr Corrigan including Brainspotting and the Comprehensive Resource Model (CRM). Therefore, when Dr Corrigan developed Deep Brain Reorienting (DBR) it was only natural that Andy became a keen student of this ground-breaking work, and subsequently has developed into a trainer in the field.

Aside from his expertise in trauma therapy, Andy is also an accomplished teacher in Mindfulness-Based Cognitive Therapy (MBCT), having received training from the Centre for Mindfulness Research and Practice at the University of Bangor, North Wales. This further expanded his holistic approach to mental well-being and enabled him to incorporate mindfulness techniques into his therapeutic repertoire.

In 2013 Andy and his family made a life-changing decision to relocate to Western Australia, where he had been invited to assume the role of Senior Therapist in a psychiatric day hospital.

Presently, Andy dedicates his time between conducting training sessions across Australia, where he educates mental health clinicians on body-based approaches to psychotherapy, and managing his private practice in Western Australia, where he continues to work closely with individuals on their healing journeys.

Andy gave a TED talk titled 'Mind the Gap: Moving from the Brain to the Body. For those eager to explore this further the talk can be accessed through the following link:

<https://www.youtube.com/watch?v=yfcnRzcpTd4>