

The Parents' Association from St Mary's College Naas would like to invite all CBS parents to a talk by Stella O' Malley in the school next Tuesday evening at 7.45pm



Stella O'Malley is psychotherapist, best-selling author, public speaker and a parent with many years' experience working in counselling and psychotherapy. Born in Dublin, she now calls Birr, Co. Offaly home where she lives with her husband and two children and runs her private practice.

Stella holds a B.A. in Counselling and Psychotherapy, an M.A. in Cognitive Behavioural Therapy and diplomas in Youth Studies, Psychometric Testing and Gender Identity counselling. Working as an integrative counsellor and psychotherapist, her work is mostly based upon a psychodynamic perspective that is rooted within a depth modality.

Much of Stella's counselling and teaching work is with parents and young people which culminated in the publication of her two bestselling books '[Cotton Wool Kids](#)' in 2015 and '[Bully-Proof Kids](#)' in 2017 while [Fragile](#), was released in 2019 and focuses on overcoming anxiety and stress.

Forging a career in the Irish media, Stella is a regular contributor to the [Irish Independent](#) and the Sunday Independent and also write extensively about mental health issues for newspapers such as the Irish Times, Sunday Times, Irish Examiner, Evening Herald, Daily Mail, Irish Tatler, Pregnancy and Parenting magazine and many other media outlets.

Stella recently released a new book "What your teen is trying to tell you" and will focus her talk on this subject, she will also have copies of this book available for purchase at the event.

Please note there is no parking available at the school at this event.

