



DR MENTAL HEALTH LIMITED

#SEMP-2430384

4 Ely Place Upper, Dublin 2, D02 T188

No of positions : 1

Self Employed

20 hours per week

50.00-55.00 Euro Hourly

22/01/2026

19/02/2026

How to apply

Application Method :

Not available



Open your camera
app & point here
to view this ad
online



Psychologist (CBT)

Job Description

Psychologist (CBT)

Location: Dublin, Ireland (In-person and Online)

Company: DR Mental Health

About Us: DR Mental Health is a leading psychology clinic in Dublin, dedicated to providing specialised mental health services to children, adolescents, adults, and families, focused on CBT and evidence-based practices. Our mission is to deliver personalised and effective mental health care to enhance well-being and reduce stigma.

Position: Psychologist (CBT)

Job Overview: We are seeking a qualified and dedicated Psychologist to join our team on a partnership model. In this role, you will focus on delivering high-quality therapeutic services, while we manage client prospecting, scheduling, and administrative tasks. This flexible model allows you to set your own hours, with no minimum or maximum requirements. Availability to work on-site is essential.

Responsibilities:

Conduct individual therapy sessions with clients.

Develop and implement treatment plans based on client needs.

Utilise Cognitive Behavioural Therapy (CBT) and other evidence-based practices in your work.

Maintain accurate and timely clinical notes and records.

Collaborate with other professionals within the clinic to provide holistic care.

Participate in continuous professional development to stay updated with best practices.

Requirements:

Registration with the Psychological Society of Ireland (PSI) or another relevant institution.

A Level 8 qualification or higher in psychology or a related field.

Professional indemnity insurance.

Proficiency in English.

Expertise in Cognitive Behavioural Therapy (CBT) and evidence-based practices.

Availability to work on-site.

Experience and availability to work with adults.

A second language is a plus but not required.

Garda vetting will be conducted with the selected candidate.

Strong interpersonal and communication skills.

Ability to work independently while being part of a collaborative team environment.

Additional Information:

This is a self-employed position, and the chosen candidate will be responsible for managing their own tax affairs, including PRSI contributions.

Experience in and availability for working with children and adolescents is a great plus.

Participation in interview meetings to be held biweekly (frequency may be adjusted as needed)

Therapy room located on Ely Place Upper, Dublin 02.

Pay is €50 per session for online therapy and €55 per session for in-person therapy.

Benefits:

Flexible working hours with no minimum or maximum requirements.

Administrative support for client prospecting, scheduling, and billing.

Competitive pay per session.

Opportunity to focus on clinical work without administrative burdens.

A supportive and professional work environment.

Application Process: Apply here or send your CV to admin@drmentalhealth.ie.

- This vacancy is suitable for Remote/Blended working
- **Sector:** human health and social work activities

Career Level

- Experienced [Non-Managerial]

Candidate Requirements

(Essential)

- **Minimum Experienced Required (Years):** 1
- **Minimum Qualification:** Level 8 (incl Higher Diploma & Honours Bachelor Degree) **OR** Psychology
- **Specialising In:** cognitive behavioural therapy
- **Languages:** English C1-Advanced

(Desirable)

- **Ability Skills:** Interpersonal Skills, Personal/Social Care
- **Competency Skills:** Collaboration, Flexibility, Teamwork