

Monica Whyte is a Systemic Family Psychotherapist specialising in working with families with problems related to the use of alcohol. Working in a frontline public health addiction service, she holds a Diploma in Addiction Studies, Diploma in Systemic Family Therapy, MSc in Psychotherapy, Post Graduate Diploma in Clinical Supervision and a Higher Diploma in Psychology.

Ms Whyte and her colleagues developed a reflecting team approach to working within the alcohol field. Monica is also involved in training frontline staff and staff teams in approaches with alcohol using clients who are resident in rehabilitation facilities and nursing homes. Monica was part of the training team for Children First Child Protection training for her area Health Board. Ms Whyte's current research interests are the impact of demographic and economic changes on the construction of families and how these are presenting in practice areas. Her current research interests are: the rise of multigenerational families living together and she presented on this topic in the EFTA conferences in Paris 2010 and Istanbul in 2013. Lone working and the moderating effect of team working on the precursors of burnout experienced by professional therapists. Monica has held several posts in her National Family therapy organisation: registration / membership secretary, Vice chairperson and chairperson, currently she is chair of the academic and professional council of the Clanwilliam institute in Dublin.