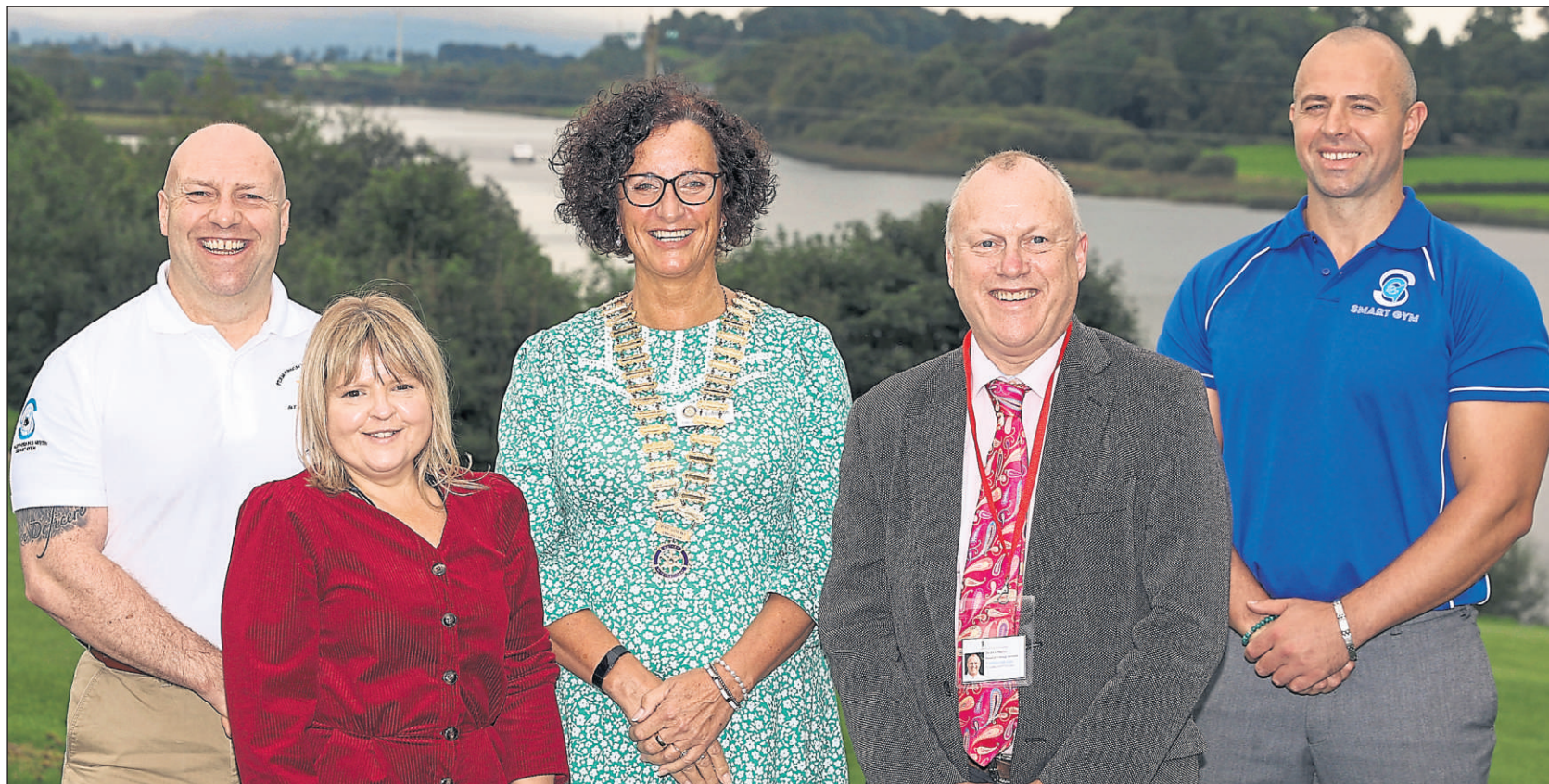


COMMUNITY Enniskillen Rotary Club welcomes an acclaimed guest speaker with fascinating mental health insights


Pictured at the Rotary afternoon dinner are Liam McCaffrey, personal trainer; Elerisian Lewis, psychotherapist; Catherine Robinson, Rotary President; guest speaker Dr. Art O'Malley, Head of Clinical Services, Ely Centre; and Michal Ihnat, Bachelor of Science, Human Nutrition and SMART Gym.

Expert discusses the best ways to deal with trauma

by VICTORIA JOHNSTON

A LEADING psychiatrist was last week's speaker at the meeting of the Enniskillen Rotary Club.

Dr. Art O'Malley is the Head of Clinical Services at the Ely Centre, Enniskillen, where he delivers therapeutic services.

Dr. O'Malley spoke to the Rotary Club about his methods of therapy treatments for people who have suffered mental health issues as a result of a range of complex traumas, including Post-Traumatic Stress Disorder (PTSD).

He spoke this week to The Impartial Reporter for a discussion on his work.

Dr. O'Malley had practised as a GP and a consultant Child and Adolescent Psychiatrist in the NHS before entering private practice in 2014.

He is the leading Eye Movement Desensitisation and Reprocessing (EDMR) psychiatrist for adults, chil-

dren, and adolescents on the island of Ireland, and one of the leaders in the field in the UK.

He left the NHS for private practice in order to train others in his techniques.

He began his conversation with this newspaper by discussing his use of EDMR for the treatment of PTSD.

He said: "It is different to other types of therapies and is different to talking therapies like CBT which only deals with the surface issues, and the surface issues are just 10 per cent of the problem."

Analogy

Dr. O'Malley used the analogy of the Titanic's sinking to explain the effectiveness of different types of therapies on those who are seeking treatment for PTSD.

He said: "When people were sailing on the Titanic, they could only see the iceberg, and not the 90 per cent of the

danger which was under water, [but] 90 per cent of trauma is in the body under the surface.

"You need to develop a therapeutic technique which addresses the conscious memory, but also addresses where it is stored in the body."

Touching on some of his work, he continued: "In the past three years since I have worked in the Brook House and The Ely Centre, every single person I see is literally multiplying their trauma just by living in the North, just by hearing the news and the things they see.

"It is even worse for those in the military because instead of running away from the danger, they are running toward it, and they are trained to override their natural instinct of defence so the traditional therapeutic approaches that are developed for civilians do not work for the military."

His work had to move online during the Covid-19 pandemic. He said: "We

have found online treatment is just as effective, if not more effective, than face to face treatment.

"I have developed an app where you connect your headphones and then use self-tapping techniques such as 'the butterfly hug'. This is a way of getting the natural rapid eye movement which is associated with dreaming."

Dr. O'Malley and the team he has built across the UK are now striving for excellence; he and his team were invited by Dr. Kieren Mulholland to be a test programme for accreditation for the Quality Network of Veterans Mental Health Services in Northern Ireland.

When examined, they received a 98 per cent rating, and now the team are endeavouring to receive the Kitemark, awarded by the British Standards Institution, denoting the excellence of the programme.

He added: "If you have this marking every veteran will know that you are at the top of your game."

Suspected drugs seized after occupant of vehicle threw items out of the window

THE PSNI Fermanagh and Omagh District Support Team were carrying out patrols in the Bellanaleck and Derrylin areas on Monday afternoon (September 20) when a passenger in a vehicle in front threw a bag of suspected controlled drugs out of the window.

A PSNI spokesperson said: "The vehicle was searched and the occupant has been reported to the PPS for alleged possession offences. Drugs are a one-way ticket to trouble, whether that be the police, courts or with your family."

The patrols in the Bellanaleck and Derrylin area were being undertaken as part of Operation Dealbreaker.

'Commitment'

At the launch of Operation Dealbreaker in July, Detective Superintendent Zoë McKee, from the PSNI's Organised Crime Unit, said the policing initiative would "cover every aspect of the PSNI's drug-related operational activity, and reflects our organisational commitment to tackling the harm caused by illegal drugs and illicit prescription medication, and their supply, use, and misuse in Northern Ireland".

She continued: "It is only by understanding the environment we operate in, and by working with partners and communities, that we can effectively tackle the hugely complex and challenging arena of illegal drugs supply and misuse in local areas."

One year ban from driving for Enniskillen drink driver

AN ENNISKILLEN man has been banned from driving for 12 months for drink driving.

Cathal Anthony Beacom(33), with an address of Chanterhill, Enniskillen, was convicted of driving with excess alcohol in breath last Wednesday, September 15.

As well as being disqualified from driving, Beacom was also fined £350 and registered to complete a drink driving course which will see his disqualification period reduced by three months on successful completion.

impartialreporter.com Enniskillen and District Motorcycle Club members were busy at the Ulster Superbike Championship. See Page 55.

Disqualified driver warned he could face prison

A MAN has been warned that if he drives a car while he is disqualified he will go to prison.

Arek Nowicki (41), of Church Street, Enniskillen, appeared in court on Monday for sentencing on charges of driving while disqualified and using a motor vehicle with no insurance.

On April 12, police on mobile patrol in Enniskillen stopped a Kia Sportage on the

Dublin Road at around 8.45pm.

Nowicki confirmed he was the owner of the car but when asked for insurance details he did not have any, and it further transpired that he had been disqualified from driving in February for six months at Magherafelt Magistrates Court.

The defendant was taken to Omagh and his car was seized.

During interview, Nowicki made full admissions and was charged with the two offences, to which he made no reply.

'Blatant breach'

Ciaran Roddy, a barrister for Nowicki, said the "blatant breach" has to be accepted but pointed out that the defendant's circumstances had changed leading up to the incident.

The week prior he had been

effectively made homeless, according to Mr. Roddy, and had been residing in his car.

Mr. Roddy went on to say that his client had been committing the offence of no insurance if he was driving the car in public places, but it went beyond that and driving the vehicle while disqualified was a more serious matter.

The court heard of Nowicki's mental health issues and how he was living

in a lorry in his employer's yard with the hope of finding accommodation.

In sentencing, District Judge Steven Keown warned Nowicki: "If you get behind the wheel of a car again while disqualified you will be going to jail."

Nowicki was handed a three-month prison sentence suspended for one year and was also banned from driving for one year.