



CARING FOR CAREGIVERS

Coping Techniques
with Mary Scarff,
Psychotherapist.



Caring for Caregivers - Coping Techniques, this is a 7-week online programme that is designed to support family caregivers with the *psychological impact* of caring for a person with MND. Caring for Caregivers takes place throughout the year and is funded by the Charlie Bird Development Fund. The course is hosted by the IMNDA and facilitated by Mary Scarff, Psychotherapist.

This online programme takes place on Tuesdays and each session is from 3pm to 5pm with places limited to 20 people per session but you must be able to commit to all 7 sessions. This online programme is designed for family caregivers who are looking for *psychological help* when caring for a person with MND. The MND client must be registered with the IMNDA and live in the Rep of Ireland.

Each week Mary looks at the following areas:

Anticipatory grief, Trauma and anxiety, Self-talk, Relationships, Conflict, Sleep, Process of change and Self-care programme.

About Mary Scarff:

Mary has over 25 years' experience in private practice. She provides clinical supervision to therapists, trainee therapists, nurses and teams. She facilitates psychoeducational courses and talks in many well-established charities nationwide.

Following her training in Somatic Experiencing® trauma therapy, Mary now focuses on the impact of trauma on clients both in her private practice and with many organisations. Her initial background is in complementary therapies. She further trained in the following modalities: stress management, colour therapy, psychotherapy, relationship counselling, Somatic Experiencing® trauma therapy, and clinical supervision.

Testimonials from Caring for Caregivers course participants:

Listen to Michael's experience of the Caring for Caregivers programme, please visit our YouTube Channel @MNDireland by clicking on the link below:

[Caring for Caregivers Course 2026](#)

"I would just like to say a huge thanks to you and the IMNDA for arranging and facilitating the online course. I have personally gained a lot from the last few weeks, and I am very grateful to you and the association for everything you do and all your support.

I would also like to express a huge thank you to Mary for sharing her wisdom and knowledge that allowed me to validate my feelings and bring an in-depth level of understanding to what I am experiencing.

To my fellow caregivers sharing time with them in the chat rooms and on the WhatsApp, group has been invaluable, and I truly wish everyone well as they continue on this journey.

May everyone have the strength to carry on and overcome whatever difficulties and challenges each day may bring. I am absolutely privileged to have met such a wonderful and extraordinary group of people - so once again thank you Johanna to you and all your colleagues."

***Please note that this programme focuses on the psychological impact of caring for someone with MND, if you would like more information about managing the psychical care of someone with MND, please visit [Learning & Education - Family Carers Ireland](#)**