

Sorca McGrath – Blended Practice Biography

Integrating Creativity, Psychotherapy, and Mentorship in Embodied Practice, Relational Process, and Authentic Expression

Grounded in both clinical and creative disciplines, my practice integrates principles of psychotherapy, creative expression, psychoeducation, and mentorship. I am a humanistic and integrative psychotherapist, play therapist, trauma-informed educator, and creative clinical supervisor with over 15 years of experience supporting children, adolescents, vulnerable adults, and their care networks through relational and creative therapeutic approaches.

In addition to my clinical practice, I serve as the Programme Leader for the MA in Child and Adolescent Psychotherapy at PCI College, Dublin, overseeing curriculum development and supporting the growth of trainee therapists, guiding them through their academic journeys with a commitment to reflective practice and trauma-informed care. I also co-direct the Relate Ability Centre, delivering clinical supervision, psychotherapy, and psychoeducational workshops that integrate theoretical knowledge with creative and embodied methodologies.

Alongside my therapeutic and educational work, I maintain a long-standing creative career rooted in music and sound. I trained in classical piano at the College of Music (now TU Dublin Conservatoire), and as a youth, performed with the Park Singers under Seán Creamer as part of the National Children's Choir. Over the past two decades, I have honed my craft as a vocalist, guitarist, producer, and sound engineer, working nationally and internationally across live and recorded settings. As a member of the band *Ships*, I co-wrote, produced, and performed on the album *Precession*, which won the RTÉ Choice Music Prize for Best Irish Album in 2017.

My creative work extends to sound design and composition for theatre, dance, and film. Notable projects include *The Let Down* (Queen's University Belfast, 2018), the *Dance and the Maternal Series* (ongoing, Queen's University Belfast), *Grief as a Ghost* (RTÉ, Homebeat/St. Patrick's Festival, 2021), and the short film *Sites of Significance* (2023). I also contributed vocal performance and co-production to the ESB's national "Brighter Future" campaign (2018–2022), blending emotional depth with commercial storytelling.

Across clinical, educational, and creative domains, my work is rooted in metaphor, symbolic play, polyvagal-informed practices, and embodied, musical storytelling. I see creativity as a vital medium for integration, regulation, and transformation. Whether facilitating trauma-informed workshops, mentoring emerging therapists and artists, composing music, or providing supervision, I aim to create spaces where vulnerability is met with attunement and connection, allowing authentic expression to unfold. I welcome opportunities in composition, sound production, vocal performance, training, supervision, and mentorship—particularly within interdisciplinary projects exploring creativity and lived experience. At the heart of my practice is a commitment to cultivating reflective, relational spaces where expression becomes an act of healing, meaning-making and connection.