



# Ciara McEnteggart

## PBBT Institute

Dr. Ciara McEnteggart is a psychologist who spent much of her career working in academic settings as a highly established behavioural scientist.

As academics, Ciara and her co-founder, Dr. Yvonne Barnes-Holmes, worked for many years on trying to advance the basic scientific theory of human behaviour in order to connect it to psychotherapy and mental health problems. Their scientific discoveries led them to understand the core elements of mental health and enabled them to build a science-based programme of psychotherapy, called PBBT. It could be argued that a psychotherapy built directly from scientific principles is the first of its kind in the field of clinical psychology.

With PBBT, clinicians' clinical precision and client outcomes are significantly enhanced.

In 2020, Ciara and Yvonne founded Perspectives Ireland. Earlier this year, the business relaunched as the PBBT Institute, a professional online training institute for mental health professionals. The PBBT Institute is the only place worldwide where you can learn PBBT directly from its developers.

In 2022, the business received the Start Up of the Year award at the Louth Business Awards and in 2023, it reached the regional finals of the InterTradeIreland Seedcorn competition.

Ciara's goal is to focus on the further development of the Institute so that they can reach more and more mental health professionals across the globe. Their mission at the PBBT Institute is to improve the burden of mental health across the globe through their effective treatment.

**[www.perspectivesireland.com](http://www.perspectivesireland.com)**