



Dr. Claire Conlon

The Caterpillar Clinic

Dr. Claire Conlon is a Chartered Clinical Psychologist with over 20 years' experience working across the UK and Ireland. Her work has focused on mental health, neurodevelopmental differences, and disability. Drawing from both her professional and personal experience, Claire is passionate about equipping parents with the knowledge, confidence, and support they need.

The Caterpillar Clinic was born from Claire's passion for ensuring families receive support when they need it most. Through her work in the HSE, it became increasingly apparent that many families were waiting years for services, often becoming more distressed over time. The clinic was established to provide timely, evidence-based support at the onset of challenges, helping to reduce difficulties before they escalate.

Since its establishment, The Caterpillar Clinic has supported thousands of families. A key development has been the creation of accessible, psychology-led therapeutic programmes that bring clinical expertise directly into the home. These supports are designed to empower parents and young people with a clear understanding of what is happening in their minds and bodies, while equipping them with practical, evidence-based tools to feel more in control. This approach makes high-quality clinical psychology support available without the barriers of cost or long waiting times. This is complemented by the weekly "Cocoon" email, which reaches a large and highly engaged parent community. The clinic has also expanded its reach through partnerships with the HSE, charities, and organisations, supporting families on a broader, national scale.

The Caterpillar Clinic won Best Psychology and Mental Health Service 2026 as part of the Private Healthcare Awards. Looking ahead, Claire plans to continue scaling these accessible therapeutic supports, both nationally and internationally. This includes further development of child-focused programmes such as one that helps children understand the biology of anxiety, empowering them to better understand and manage their emotions from an early age.

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