

# Dr Dan Fitzpatrick

Mental-health researcher | Educator | Irish Defence Forces veteran | Author of The Cognitive Gorilla | Framework developer

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|------------------------------|------------------------|-----------------------------------|
| 22 years                     | PhD research           | 687 personnel                     |
| Irish Defence Forces service | Trinity College Dublin | Across all three service branches |

## PROFILE

Dan is an educator, mental-health researcher and Irish Defence Forces veteran whose work connects psychology, organisational systems and lived experience. Across 22 years in the Irish Air Corps, he worked in personnel support, operational medicine, emergency response, team leadership, training and organisational support. He currently teaches Employment-Based Training at National Learning Network College East. He is the author of The Cognitive Gorilla: Reclaiming Authorship Over the Mind, a practical and personal exploration of thought appraisal, emotional regulation, metacognition and psychological autonomy. The book is available on Amazon in Kindle, paperback and hardcover formats.

### RESEARCH AND FRAMEWORKS

PhD: Mental Health in the Military, a mixed-methods investigation of mental health and help-seeking in the Irish Defence Forces.

Creator of Organisational Psychological Architecture (OPA), examining how formal systems become lived psychological experience and shape trust, voice and behaviour.

Developer of the Defence Forces Integrated Mental Health Governance Framework (DF-IMHGF), an independent whole-system proposal.

### SELECTED EXPERIENCE

Employee Assistance Practitioner, Personnel Support Service, 2012-2023.

Welfare Officer, Aero Region, Permanent Defence Force Other Ranks Representative Association (PDFORRA), 2020-2023.

Firefighter, Crew Commander, Medic and Combat Medic, including UNIFIL service in Lebanon.

## TALKS, WORKSHOPS AND ORGANISATIONAL WORK

Mental health and help-seeking | Psychological safety and trust | Leadership, culture and silence | Decision-making under pressure | Trauma-informed organisational practice | Organisational Psychological Architecture