



**Sérgio Jorge da Silva Vale Gouveia**

Clinical and Health Psychologist

Professional License as a Full Member of the Portuguese Psychologists Association (OPP), No. 18818.

Professional Title of Specialist in Clinical and Health Psychology and in Psychotherapy (OPP).

Psychotherapist accredited by the Portuguese Association for Behaviour Therapy (APTC).

**Academic Background**

Integrated Master's Degree in Psychology, Clinical and Health Psychology Section, Cognitive-Behavioural and Integrative Track (University of Lisbon – completed in 2011).

Specialized Training in Cognitive Behavioural Therapy.

Advanced Training in Dialectical Behaviour Therapy.

Advanced Training in Compassion-Focused Therapy.

Training in Emotion-Focused Therapy (Levels I and II).

Postgraduate Training in Cognitive Behavioural Therapies – Three Generations.

Postgraduate Training in Clinical Neuropsychology.

**Clinical Experience**

Over 10 years of professional practice in public and private settings, providing individual and group Cognitive Behavioural Psychotherapy, mainly with adults.

Experience with neurodevelopmental disorders, mood disorders, anxiety, stress, panic, obsessions, and phobias.

Participation in community-based programs within multidisciplinary teams.