



Maria Teresa Campos Ferreira

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EDUCATION AND TRAINING

Master Degree in Clinical and Health Psychology

Faculty of Psychology and Educational Sciences of the University of Porto [09/2009 – 11/2011]

City: Porto | Country: Portugal | Website: https://sigarra.up.pt/fpceup/pt/web_page.inicial

Postgraduate degree in Palliative care

Faculty of Medicine of the University of Lisbon - Center for Bioethics [14/09/2007 – 17/12/2007]

City: Lisboa | Country: Portugal | Website: <https://www.medicina.ulisboa.pt/en/centre-bioethics>

Postgraduate degree in Clinical Neuropsychology

Psyvolution [25/11/2003 – 11/03/2004]

City: Porto | Country: Portugal

Degree in Psychology

Faculty of Psychology and Educational Sciences of the University of Porto [09/1993 – 30/09/1998]

City: Porto | Country: Portugal | Website: https://sigarra.up.pt/fpceup/pt/web_page.inicial

PROFESSIONAL QUALIFICATIONS

[10/2018 – Current]

European Certificate in Clinical Psychology - European Federation of Psychologists Association

[02/08/2016 – Current]

Advanced specialization in Neuropsychology - Order of Portuguese Psychologists

[02/08/2016 – Current]

Specialization in Clinical Psychology - Order of Portuguese Psychologists

[06/2010 – Current]

Professional Aptitude Certificate in Adult education and training Course Mediation

[06/2003 – Current]

Professional Aptitude Certificate in Promoting Equal Opportunities

[02/1999 – Current]

WORK EXPERIENCE

Specialist clinical psychologist

Vila Nova de Gaia/Espinho Hospital Center [03/03/2005 – Current]

City: Vila Nova de Gaia | Country: Portugal

- Responsible for the neuropsychology clinic (Preliminary psychological and neuropsychological assessment at the Elderly Psychiatry Clinic; Psychological and neuropsychological assessment; Psychotherapeutic support; Development of neuropsychological rehabilitation programs to be implemented in the Neurology Service; Preparation of assessment reports)
- Responsible for the Pain Psychology Clinic (Responsible for maintaining cohesion among team members, detecting conflict areas, facilitating communication and interaction, and creating a space for reflection regarding the team and patient care; Intermediary seeking understanding in relationships between professionals/patients and professionals/family members; Psychological assessment in the context of oncological and non-oncological chronic pain; Psychological assessment in the context of psycho-oncology; Psychotherapeutic support; Psychological support for oncology patients and their families/caregivers; Participation in monthly multidisciplinary clinical meetings; Development of scientific activities; Preparation of assessment reports and certificates; Development of training activities)
- In-hospital Palliative Care Support Team (Psychological assessment in the context of palliative care; Psychotherapeutic support for inpatient and outpatient patients; Psychotherapeutic support for caregivers in outpatient settings; Psychotherapeutic support for caregivers (bereavement) in outpatient settings; Participation in weekly multidisciplinary clinical meetings; Training of professionals in communication in palliative care)
- Training activities (Development and implementation of training activities; Participation as a trainer in training sessions for hospital professionals, within the scope of the Human Potential Operational Plan; Participation as a trainer in the medical internship training program)
- Professional Training (Activity developed through partnerships between the Psychology Service of Centro Hospitalar de Vila Nova de Gaia/Espinho and higher education institutions and healthcare institutions; Supervision of curricular internships for bachelor's/Master's integrated degrees in Psychology; Supervision of internships for career entry into the higher technical health profession - Clinical Psychology branch)
- Recruitment jury committee
- Replacement of the Psychology Service Director

Trainer

Northern Regional Health Administration [2017 – Current]

City: Porto | Country: Portugal

- Trainer for the Intermediate Palliative Care course in the curricular unit "Communication in Palliative Care"

Practitioner of clinical psychology

Sinapse - Therapeutic clinic [09/2012 – Current]

City: Porto | Country: Portugal

- Psychological and neuropsychological assessment and Psychotherapeutic support for children, adults, and the elderly

Trainer

Several companies [09/1998 – Current]

City: porto | Country: Portugal

- Trainer at various organizations with over 5000 documented training hours (In-person training; Blended learning training; E learning training):
 - Psychology

- Pain Psychology
- Palliative care
- Neuropsychology
- Communication
- Leadership
- Motivation
- Management of complaints and conflicts
- Training for future trainers

Practitioner of clinical psychology

CRIAR - Center for Education and Therapy for Children and Adolescents [2001 – 2004]

City: Porto | Country: Portugal

- Psychological and neuropsychological assessment and Psychotherapeutic support for children, adults, and the elderly

PROFESSIONAL TRAINING

[06/04/2023 – 20/04/2023]

Professional Training Course. Psychological Intervention in Domestic Violence Situations

10 hours online course.

[30/03/2023 – 13/04/2023]

Professional Training Course: Financial Education and Psychology

10 hours online course.

[09/01/2023 – 31/03/2023]

Basic Course in Pediatric Palliative Care

25 hours online course

[07/03/2023 – 20/03/2023]

Professional Training Course: Psychological Assessment of Drivers and Driver Candidates

10 hours online course

[23/02/2023 – 08/03/2023]

Professional Training Course: Interprofessional Communication and Information Sharing

10 hours online course

[22/02/2023 – 07/03/2023]

Professional Training Course: Marketing People and Professionals

10 hours online course.

[17/02/2023 – 02/03/2023]

Professional training course: Psychological Intervention in Alcohol-related Problems

10 hours online course

[15/02/2023 – 28/02/2023]

Professional training course: Intervention with Children and Youth at Risk

10 hours online course

[08/02/2023 – 21/02/2023]

Professional training course: Psychological Intervention with Refugees and Asylum Seekers

10 hours online course

[07/12/2022 – 21/12/2022]

Professional Training Course: The Professional in Palliative Care

10 hours online course.

[22/11/2022 – 06/12/2022]

Professional Training Course. Health Literacy: The Role of the Psychologist

10 hours online course.

[22/11/2022 – 06/12/2022]

Professional Training Course: Psychological Intervention with Older Adults

10 hours online course.

[15/11/2022 – 28/11/2022]

Professional Training Course: Provision of Psychology Services Mediated by Information and Communication Technologies

10 hours online course.

[10/11/2022 – 23/11/2022]

Professional Training Course: Guidelines for Supervision Practice

10 hours online course

[18/10/2022 – 31/10/2022]

Professional Training Course. Psychological Intervention with LGBTQ Individuals

10 hours online course.

[07/12/2021 – 21/12/2021]

Professional Training Course: Implementation of Psychology Services in National Health Service Units

10 hours online course.

[13/06/2018]

Professional Training Course in Basic Life Support, organized by the Training and Education Center from Vila Nova de Gaia/Espinho Hospital Center

4 hours course

[06/04/2018]

Professional Training Course: Pain Information Systems

2 hours course as part of In-service Training

[12/12/2014 – 13/12/2014]

Professional Training Course: Introduction to Biostatistics with IBM SPSS Statistics

12 hours course

[14/12/2006 – 23/02/2007]

Professional Training Course: Neuropsychological Assessment

40 hours course

[12/10/2006 – 21/12/2006]

Professional Training Course: Analysis of Children's Drawings

21 hours course

[20/11/2006 – 24/11/2006]

Professional Training Course: Elimination Disorders in Childhood and Adolescence

30 hours course

[05/06/2006 – 09/06/2006]

Professional Training Course: Speech Language Disorders

20 hours course

[13/02/2006 – 17/02/2006]

Professional Training Course: Reading and Writing Disorders

30 hours course

CONFERENCES AND SEMINARS

[30/04/2024] Online

Webinar: Bipolar Disorder Participant

[24/04/2024] Online

Seminar: Statistics and Data Analysis in Health with SPSS Participant

[14/03/2024] Online

Webinar: Sleep Disorders, Causes, Consequences, and Treatment Participant

[11/03/2024] Online

Webinar: Transcranial Magnetic Stimulation (TMS): Intervention in Treatment-Resistant Depression Participant

[09/01/2024] Online

Webinar: The Importance of Psychological Counseling Linked to Self-Awareness Participant

[20/12/2023] Online

Webinar: Advance Directives - Conscious Decisions for My End of Life Participant

[14/12/2023] Online

VI Annual Conference of the Group of the Spanish Pain Society: Psychology and Pain, The Role of 21st Century Psychology in Pain Assessment and Management Participant

[16/11/2023] Online

Webinar Pain Management in Long-Term Care and Maintenance Units Participant

[09/11/2023] Online

Webinar: Guidelines on Neuropathic Pain Assessment Participant

[09/11/2023] Online

Webinar: Guidelines on Neuropathic Pain Assessment by the European Academy of Neurology-European Pain Federation-Neuropathic Pain Special Interest Group Participant

[20/10/2023 – 21/10/2023] Porto, Portugal

VIII Congress of the Portuguese Association for the Study of Pain Participant

[10/10/2023] Online

Webinar: Myths and Misconceptions about Mental Health and Illness Participant

[05/10/2023] Online

II Conference of the Group of the Spanish Pain Society: Fibromyalgia and Pain Participant

[11/09/2023] Online

Webinar: Intervention in Crisis and Disaster Participant

[05/09/2023] Online

Webinar: Anxiety - From Apprehension to Panic Participant

[27/07/2023] Online

Webinar: Burnout - Symptoms and Therapeutic Approach Participant

[11/07/2023] Harvard Radcliffe Institute Online event

Webinar Virtual Book Talk with Ann-Christine Duhaime “ Minding the climate: How Neuroscience can help solve our environmental Crisis Participant

[14/12/2022] Online

Webinar Mental Health and Trauma-Informed Care in Residential Care Settings Participant

[01/12/2022] Online

Seminar: Psychology and Pain Working Group - Spanish Pain Society Participant

[25/11/2022] Vila Nova de Gaia, Portugal

1st Meeting of the Adult Violence Prevention Team of Vila Nova de Gaia/Espinho Hospital Center Participant

[21/10/2022] Aveiro, Portugal

APED 2022 Workshop: Pain in Oncology Patients Participant

[22/10/2022] Aveiro, Portugal

National Meeting of Pain Units: Pain in Portugal - From Science to Practice Participant

[21/09/2022 – 24/09/2022] Figueira da Foz, Portugal

Multidisciplinary Pain Congress Participant

[23/09/2022 – 24/09/2022] Figueira da Foz, Portugal

Multidisciplinary Pain Congress Speaker: Mini Course: Communication in Chronic Pain

[19/10/2021] Online

IV Meeting of the Hospital Support Unit for Children and Youth at Risk of the Vila Nova de Gaia/Espinho Hospital Center: The Professional as a Person: Knowing Myself to Intervene Participant

[25/10/2019] Vila Nova de Gaia, Portugal

Third Meeting: Caring for Patients with Dementia Moderator: Clinical Approach to Dementia

[24/09/2019] Porto, Portugal

XII National Congress on Brain Aging and Alzheimer's Disease Participant

[17/05/2019 – 18/05/2019] Vila Nova de Gaia, Portugal

9th Psychiatry and Mental Health Conference: Psychiatry in the General Hospital - Past, Present, and Future Participant

[25/10/2018 – 27/10/2018] Porto, Portugal

IX National Congress / 8th Congress of Portuguese Institute of Oncology on Palliative Care Participant

[19/10/2018] Vila Nova de Gaia, Portugal

Second Meeting: Caring for Patients with Dementia Speaker: Mood Changes in Dementia

[19/12/2017] Vila Nova de Gaia, Portugal

Healthy Aging Conference Speaker: Psychological and Behavioral Symptoms in Dementia

[15/12/2017] Vila Nova de Gaia, Portugal

2nd Healthy Aging Conference, Active Mind, Healthy Mind Participant

[19/10/2017] Vila Nova de Gaia, Portugal

First Meeting: Caring for Patients with Dementia Speaker: Psychological and Behavioral Symptoms in Dementia

[31/05/2017] Porto, Portugal

VI International Congress of Psychological Intervention: Psychological Intervention Across the Lifespan Speaker: Psychological Intervention with Elderly: Neuropsychological Assessment at Vila Nova de Gaia/Espinho Hospital Center

[17/11/2016] Vila Nova de Gaia, Portugal

Healthy Aging Symposium Speaker: The Memory and Cognition Clinic at Vila Nova de Gaia/Espinho Hospital Center – The Importance of Neuropsychological Assessment

[13/11/2015] Braga, Portugal

1st Meeting of Northern Psychologists Speaker: The Memory and Cognition Clinic of Vila Nova de Gaia/Espinho Hospital Center – The Role of Psychology in the Multidisciplinary Team

[18/09/2014] Vila Nova de Gaia, Portugal

1st Edition of the Oncology and Hematology Symposium of Gaia Speaker: Challenging Communication Situations in Palliative Care

[30/05/2014] Alfena, Portugal

Workshop: License to Play Speaker: Playing with Feelings: Promoting Emotional Intelligence

[04/04/2014] Porto, Portugal

2nd Iberian Congress of Psycho-Oncology – Pre-Congress Course Speaker: Psychological Intervention in Palliative Care

[06/12/2013 – 07/12/2013] Vila Nova de Gaia, Portugal

Internal Medicine Meeting Speaker: Communication in Palliative Care

[14/04/2011 – 15/04/2011] Vila Nova de Gaia, Portugal

1st Congress of the Association of Child and Pediatric Health Nurses Speaker: Delayed Independence: Psychosocial Aspects of Young Adults

[16/04/2011] Porto, Portugal

Health Fair Speaker: Palliative Care: Psychological Support for Caregivers and Family

[21/01/2011 – 22/01/2011] Porto, Portugal

1st Congress: Center for Studies in Oncological Psychology Speaker: Psychological Interventions in Oncological Pain

[20/05/2009] Vila Nova de Gaia, Portugal

First Psychology Symposium of Gaia Institute of Languages and Administration Speaker: Pain Psychology

RESERCH

[01/2016 – 12/2016]

The impact and overload of caregiving for elderly people with dementia on informal caregivers

Research project in psychogeriatrics, which assessed the impact and overload of caregiving for elderly people with dementia on informal caregivers (IC). Its objectives were: to understand the sociodemographic and clinical profile of IC and elderly dementia patients, to evaluate the physical, social, and psychological impact on IC, as well as the caregiving overload they face, by analyzing the relationship between the impact and overload of caregiving with the degree of deterioration of the elderly. Project developed by the Psychology Service of Centro Hospitalar de Vila Nova de Gaia/Espinho, EPE.

[01/2014 – 12/2014]

Pathways of Adolescent Pregnancy: A Longitudinal Study

Longitudinal research aimed at contributing to the expansion of knowledge about adolescent pregnancy, through the characterization of the population of mothers who attended the Adolescent Pregnant Women Psychology Clinic (GA) at Centro Hospitalar de Vila Nova de Gaia/Espinho EPE between 2000 and 2007

[01/2014 – 12/2014]

Aging and Depression: Sociodemographic Characteristics and Prevalence of Depression in the Elderly

It aimed to analyze the prevalence of depression and dementia in the elderly population and evaluate the association between depression and dementia. Study conducted by the Psychology Service of Centro Hospitalar de Vila Nova de Gaia/Espinho, EPE

[01/2013 – 12/2013]

The effect of education on cognitive deficit

Research project in psychogeriatrics aimed to evaluate the relationship between education level and the degree of deterioration in the elderly. Project developed by the Psychology Service of Centro Hospitalar de Vila Nova de Gaia/Espinho, EPE.

[09/2009 – 11/2011]

The (Dis)agreement in the Marital Dyad and the Role of Depression, Anxiety, and Stress in the Experience of Chronic Pain.

Research conducted within the scope of the Master's Degree in Clinical and Health Psychology in the area of Pain Psychology, with the aim of analyzing the (dis)agreement of the couple in the perception of pain intensity of patients with non-oncological chronic pain, as well as investigating possible relationships between the depression, anxiety, and stress of the patient with chronic pain and the spouse, both in the perception of the patient with chronic pain and the spouse of the patient's pain intensity, and in the aforementioned disagreement

PUBLICATIONS

[2010]

Avaliação do desenvolvimento Psicomotor no Exame Global da Saúde aos 5-6 anos Tavares, H. B., Santos, H., Dinis, M. J., Teles, A., Lopes, A., Ferreira, T., Marques et al. (2010, Março/Abril). Avaliação do desenvolvimento Psicomotor no Exame Global da Saúde aos 5-6 anos. *Acta pediátrica portuguesa*, 41 (2), 59-63

[2009]

A mulher e o cancro do pulmão Ferreira, T. (2009, Maio). A mulher e o cancro do pulmão. *Revista do grupo de estudos do cancro do pulmão*, 6 (1), 9-12.

[2007]

Caracterização e avaliação dos doentes com fibromialgia Arantes, S., Marcos, A., Ferreira, T. & Carvalho, C. J. (2007, Dezembro). Caracterização e avaliação dos doentes com fibromialgia. *Revista de Anestesia Regional e terapêutica da dor*, 50, 34-38.

[2008]

Dislexia: a experiência de uma consulta de desenvolvimento Santos, H., Lopes, A., et al (2008). Dislexia: a experiência de uma consulta de desenvolvimento. 9º Congresso da Sociedade Nacional de Pediatria. Acta pediátrica portuguesa, 39 (5) S32.

[2007]

Avaliação do desenvolvimento Psicomotor no Exame Global da Saúde aos 5-6 anos Tavares, H. B., Santos, H., Dinis, M. J., Teles, A., Lopes, A., Ferreira, T., Marques et al. (2007). Avaliação do desenvolvimento Psicomotor no Exame Global da Saúde aos 5-6 anos. 56º Congresso da associação espanhola de Pediatria. *Anais de pediatria da associação espanhola de pediatria*, 66 (3), 162.

PROJECTS

[10/2023 – Current]

"Painless" Expert Panel Member of the *Painless* Expert Panel, aimed at developing and reaching a consensus on recommendations, to be eventually adopted by the Portuguese Association for the Study of Pain, on how to improve the quality of psychological care provided in Portugal to people with chronic pain, adapting psychosocial interventions to make them more appropriate and effective in our cultural context. This expert panel is coordinated by a team of researchers from the Portuguese Catholic University, ISCTE – University Institute of Lisbon, the William James Center for Research, the University of Washington, and the Universitat Rovira i Virgili, in partnership with the Portuguese Association for the Study of Pain (APED), and with the support of the Foundation for Science and Technology, IP.

[01/2022 – 02/2022]

Protocol for assessing the psychological profile of patients proposed for treatment with medicinal cannabis Development of the protocol for assessing the psychological profile of patients from the Multidisciplinary Pain Unit of Vila Nova de Gaia/Espinho Hospital Center, proposed for treatment with medicinal cannabis

[01/2021 – 03/2021]

Protocol for assessing the psychological profile of patients proposed by Neurosurgery for spinal cord stimulator placement Development of the Protocol for assessing the psychological profile of patients from the Multidisciplinary Pain Unit of Vila Nova de Gaia/Espinho Hospital Center, proposed by Neurosurgery for spinal cord stimulator placement

[03/2020 – 04/2020]

Psychology Protocols for COVID-19 Development of the protocols for the Psychology Clinic at Vila Nova de Gaia/Espinho Hospital Center, in the context of Covid-19 - patients and professionals

[03/2020 – 04/2020]

Contingency Plan for the Psychology Service Development of the COVID-19 Contingency Plan for the Psychology Service of Vila Nova de Gaia/Espinho Hospital Center

[03/2020 – 04/2020]

Development of the protocol "Remote Access Installation Manual" in the context of COVID-19 Development of the protocol "Remote Access Installation Manual for Windows and Mac OS" for the Psychology Clinic of Vila Nova de Gaia/Espinho Hospital Center, in the context of COVID-19

[03/2020 – 04/2020]

Development of the "Infection Control Procedures Manual" in the context of COVID-19 Development of the "Infection Control Procedures Manual for the Psychology Service": Recommendations from the local coordinating group of the infection prevention and control program and antimicrobial resistance of Vila Nova de Gaia/Espinho Hospital Center, in the context of COVID-19

[2016 – 2017]

Certification of the Stroke Unit Development of the neuropsychological assessment protocol for certification of the Stroke Unit at Vila Nova de Gaia/Espinho Hospital Center: "First Certified ESO Stroke Center" awarded by the European Stroke Organization in 2017

[2014 – 2015]

Development of the Memory and cognition clinic at the Vila Nova de Gaia/Espinho Hospital Center Development of the Memory and cognition clinic at the Vila Nova de Gaia/Espinho Hospital Center (multidisciplinary team):

- Manual protocols
- Neuropsychological assessment protocol

[2011 – 2013]

Development of the palliative care team at the Vila Nova de Gaia/Espinho Hospital Center Development of the palliative care team at the Vila Nova de Gaia/Espinho Hospital Center (multidisciplinary team):

- Manual protocols
- Psychological assessment protocols

NETWORKS AND MEMBERSHIPS

[04/2020] Portugal

Friends Association of the Vila Nova de Gaia/Espinho Hospital Center Friends Association, with humanitarian purposes, aims at promoting and protecting health and seeks welfare and social, cultural, and civic intervention, for the benefit of the well-being of users, employees, and the good name of the Vila Nova de Gaia/Espinho Hospital Center

[10/2018] Europe

Affiliated Member of the European Federation of Psychologists Association The European Certificate in Psychology (Europsy) is a European Certification System for psychologists, created by the European Federation of Psychologists' Associations (EFPA). It is awarded by the National Awarding Committee, mandated by the European Awarding Committee. As a Registered EuroPsy Psychologist i am considered qualified for independent practice as a psychologist, within the fields of practice specified in the EuroPsy Register, and below, in any European Country in which the EFPA Member Association has accepted the EFPA Regulations on EuroPsy, in as far as there are no restrictions from national regulations in the country concerned.

- EuroPsy Certificate in Psychology (Field of practice: Clinical and Health)

[02/08/2016] Portugal

Member of the Portuguese Order of Psychologists The award of the professional title, its use, and the practice of the psychologist profession, autonomously, in any sector of activity, depend on registration with the Portuguese Order of Psychologists as a full member (since its foundation, in 2016):

- Specialization in Clinical Psychology
- Advanced specialization in Neuropsychology

[06/2010] Portugal

Founding Full Member of the Center for Oncological Psychology Studies Association aiming to provide an integrated and comprehensive reflection to help understand and determine new approaches for the better quality of life for oncology patients

[03/2005] Portugal

Member of the Portuguese Association for the Study of Pain The Portuguese Association for the Study of Pain aims to contribute to the study of pain by disseminating clinical and research content, bringing together scientists, doctors, nurses, psychologists, physiotherapists, and other healthcare professionals to publish their basic or applied research in this area of knowledge.

HOBBIES AND INTERESTS

Music Music is a universal aspect of human culture, transcending geographical, cultural, and temporal boundaries. Different genres reflect diverse cultural identities and histories. Music allows us to convey thoughts, feelings, and experiences, evoking strong emotions, triggering memories, and altering mood.

Photography Photography is a form of storytelling and a means of self-expression and creativity, serving as a way to preserve memories and document history, and has the power to immortalize moments in time.

Cinema Cinema is a combination of factors including storytelling, escapism, social relevance, visual artistry, communal experience; this form of art continues to captivate and inspire audiences worldwide, enriching our lives in profound ways.

Tecnology While as a teenager and young adult, I grew up in a world where technology was in a very early stage. However, I was fortunate enough to witness the evolution of technology and how it has revolutionized the world we live in. Since then, my interest in technology is driven by its ability to improve efficiency, foster communication, unleash creativity, and address societal challenges. Nevertheless, it's important to approach it with a critical eye and a consideration for its broader impact on society. By doing so, we can harness the power of technology to create a better, more connected world for everyone.

Traveling Traveling holds immense importance for personal growth, cultural understanding, and broadening perspectives. It exposes individuals to new cultures, languages, and ways of life, fostering empathy, tolerance, and appreciation for diversity. Travel allows people to step outside their comfort zones, challenge their assumptions, and develop a more nuanced understanding of the world. It's not just about visiting new destinations; it's about experiencing life in all its richness and diversity. Travel broadens horizons, fosters

understanding, and enriches lives in countless ways. It provides opportunities for self-discovery and personal development.

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C2 READING C2 WRITING B2

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Spanish

LISTENING C2 READING C2 WRITING B1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

French

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user