

# PSYCHOLOGY

## - SPECIALISATION IN CLINICAL PSYCHOLOGY

### COORDINATOR

Prof. João Salgado

[jsalgado@ismai.pt](mailto:jsalgado@ismai.pt)

### COURSE DURATION:

Full-time (4 years) or part-time (5-6 years)

### TIMETABLE

Classes will preferably be held on Fridays and Saturdays (subject to possible change)

### CERTIFICATION:

Accredited for a maximum period of 6 years, without conditions, by the Agency for Assessment and Accreditation of Higher Education – A3ES, Official Gazette, 2nd Series – no. 27, Notice no. 1936/2014 of 7 February

Inspired in the ‘scientist-practitioner’ model, also known as Boulder model, this study cycle aims to provide:

1. Advanced training of psychotherapists in empirically supported models, namely in Cognitive-Behavioural therapy and Emotion-Focused Therapy, enriched by narrative and dialogical approaches
2. The development of knowledges and research skills applied to the practice of clinical psychology, specially in the scope of research in psychotherapy.

### PROFESSIONAL OPPORTUNITIES

Holders of this degree can perform the following professional activities, among others:

- University teaching in the field of clinical psychology and applied research methods;
- Advanced training of psychotherapists, including clinical supervision;
- Practice of psychotherapy;
- Research in clinical psychology or interface projects in the field of health

### WHAT MAKES THIS COURSE DIFFERENT?

Distinctive features of the course:

- It is the only PhD programme in Psychology in Portugal that simultaneously provides advanced training, practice and supervision in psychotherapy;
- It is one of the few PhD programmes in the world that provide training in Emotion-Focused Therapy;
- Research activity is applied to practice, with a special focus on psychotherapy;
- Academic staff comprises national and international renowned researchers in the field of clinical research and practice, including Prof. William Stiles (President of Division 29 of APA in 2013);
- It offers students the possibility of attending the course full-time (4 years) or part-time (5-6 years);
- Students can be integrated in ISMAI’s Research Laboratory in Psychotherapy, integrated in the ‘Centre for Psychology at University of Porto’, recently classified as ‘Excellent’ by the Foundation for Science and Technology.

# Full-time Study Plan

## YEAR 1 • 60 ECTS

6	Semestral	Research in Clinical Psychology: State of the Art and Advanced Methods I I
6	Semestral	Emotion-Focused Therapy I
6	Semestral	Advanced Training in Therapeutic Relationship Skills
6	Semestral	Advanced Topics in Cognitive-Behavioural Therapy with Adults
6	Semestral	Research in Clinical Psychology: State of the Art and Advanced Methods II
6	Semestral	Emotion-Focused Therapy II
6	Semestral	Narrative and Dialogical Approaches applied to Clinical Psychology
6	Semestral	Advanced Topics in Cognitive-Behavioural Therapy with Children and Adolescents
12	Annual	Research Laboratories in Clinical Psychology I

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## YEAR 2 • 60 ECTS

4	Semestral	Developmental Psychopathology along the Vital Cycle
4	Semestral	Clinical Intervention with Specific Populations: Children and Adolescents
4	Semestral	Clinical Intervention with Specific Populations: Adults
30	Annual	Clinical Case Supervision
18	Annual	Research Laboratories in Clinical Psychology II

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## YEAR 3 and 4 • 120 ECTS

60+60	Annual	Thesis writing
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