

Clinical and Counselling Psychologist, CPsych, MSc, MA

**EMDR Therapist (Eye Movement Desensitization
Reprogramming)**

Deep Memory Process® Regression Therapist

Animal Assisted Therapy-AAT

Professional Experience

Clinical Psychologist,

Priory Wellbeing Centre, in Harley Street,

Clinical psychologist offering individual therapy to outpatients.

Integrative approach, EMDR.

Adults and adolescents

Clinical psychologist

**CAMHS Child Adolescent Mental Health Service,
Priory Hospital, Roehampton, London (UK)**

Clinical psychologist at 12 bed acute inpatient unit for adolescents. Became highly skilled at working with PTSD and complex trauma. Duties as the Ward Psychologist included providing individual and group therapy to suicidal adolescent inpatients with PTSD, acute trauma, complex trauma, ASD Therapy modalities included EMDR, CBT, DBT skills. I conducted assessments for personality issues, additional mental health difficulties such as anxiety disorders and depression, and specialist autism assessments. I participated in weekly ward rounds, contributing to treatment plans of patients. I was involved in service improvement initiatives such as Safe Wards initiative, training and streamlining psychology input across the hospital.

ATT, Animal Assisted therapy was incorporated in my work, as therapy dog Belle, would go daily with me into the Hospital and assist in sessions.

Clinical and Counselling Psychologist

Private Practice, London

Private practice working with Adults and young people.

Work with adults covers topics such as: anxiety, relationship issues, depression, grief and loss, phobias, addiction, codependency, trauma and communication. Use of integrative approach: systemic and psychodynamic frame of reference as well as EMDR, Eye Movement Desensitization Reprograming and Deep Memory Process ® (DMP®- regression therapy and body work), .

Animal Assisted Therapy- AAT:

Incorporation of AAT into the practice with Belle, a Yorkshire Terrier, now 11 years old. 2010- 2017

Actively searching for a new therapy dog to incorporate in therapeutic work.

Clinical Psychologist at Grasmere Primary School, London (UK)

Providing Counselling to children in school setting:

- Assessment and ongoing therapy
- Supporting and liaising with parents
- Supporting and liaising with the school staff

Clinical psychologist at the Paediatric Ward (Professional trainee)- Hospital de Santa Maria, Lisbon (Portugal)

Worked as a member of the Paediatric Ward team, providing

assessment and counselling for out-patients: children, adolescents and parents.

Member of a multidisciplinary team at the Paediatric Surgery Ward (Orthopaedic and Urology), providing support and counselling for in-patients and families. Counselling of children could continue during post-surgery if required.

Work supervised by: PhD Emilio Salgueiro and PhD Nuno Colaço

Education & Training

MSc in Clinical Psychology and Counselling,

Universidade Lusófona de Humanidades e Tecnologias,

Lisbon (Portugal)

Classification 16 (out of 20)

5 year full time course with a one year professional clinical placement at pediatric ward at St Maria University Hospital- This training with Work experience was accredited by:

HCPC as Clinical Psychologist and counselling Psychologist

BPA as Chartered Psychologist

Monograph: Research with asthmatic children using projective techniques published in a dissertation entitled : '*Asthma and Imagination: stories used as the differentiating element*'

MA in Psychoanalytic Observational Studies, Tavistock Clinic,
London (UK)

Master focus on child development , within a Psychoanalytical

frame of reference, with a very practical component:

- working with children (compulsory)
- Esther Bick's Observation Method (1 hour once a week):
observing a baby for 2 years and a child for 1 year.
- Work Discussion Seminar supervised by Trudy Klauber

Dissertation title: *Reflection on the use of drawings as a means of communication in counselling work with children*

**Professional Certification in Deep Memory Process®
(DMP), Woolger Training International (UK)**

Regression therapy: trauma and body work.

Trained by Roger Woolger, PhD (Jungian analyst)

Clinical supervision by Roger Woolger from 2007 to 2011

EMDR, Eye Movement Desensitization and Reprograming

Richman EMDR Training -Part one, London, UK

Training with Alexandra Richman

Richman EMDR Training -Part two, London, UK

Training with Alexandra Richman

Richman EMDR Training -Part three, London, UK

Training with Alexandra Richman

ADOS-2 Training Completed by Mark Lovel, London, UK

ACAMH accredited

The Flash Technique by Dr Philip Manfield, London, Uk

Day workshop

EMDR Advanced Training with Dolores Mosquera, London, UK

Day Workshop

Professional Affiliations

British Psychology Association, BPA

M M Pires CPsychol

Chartered Member n°393324

Health & Care Professional Council: HCPC

Registered as clinical psychologist and counselling psychologist

Registration number: PYL33041

EMDR Association UK and Ireland

EMDR Europe Accredited Practitioner-

Ordem dos Psicólogos Portugueses: OPP

(Portuguese Association of Psychologists)

Professional membership number: 19683

Registered as clinical psychologist and psychotherapist

European Association of Regression Therapy: EARTh

www.earth-association.com

Certified Member of Earth since 2007

International Deep Memory Association: IDMA

www.idmassoc.org

Board Member of IDMA - 2007 to 2011

Languages

Portuguese: Native speaker

English: Working language since 2001

Spanish: Good (fluent conversation and understanding)