



Dr Livia Pontes B.Sc., MSc., CPsychol., AFBPsS  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL33137**  
British Psychological Society Membership: **292422**

A highly skilled Clinical Psychologist with a multicultural background, specialising in and possessing expert knowledge of cognitive-behaviour therapy (CBT), neuropsychology, expert witness and medico-legal assessments. Possesses over 16 years of clinical experience in treating a wide variety of psychiatric and neuropsychiatric conditions, including anxiety disorders, mood disorders, psychosis, Alzheimer's Disease, among others. Highly committed to continuous professional development, is an exceptional communicator, and has achieved successful results when treating patients of many age ranges. Has amassed significant research experience, including randomized controlled trials, and management of research teams. Has been successful in having a wide range of work and projects published in various well-regarded scientific journals, books, book chapters and events' annals.

#### **PROFESSIONAL EXPERTISE**

- Parents with psychological and Neuropsychological conditions
- Parents with severe and enduring mental health problems
- Complex developmental and personality difficulties
- Parents with developmental trauma and PTSD
- Assessment of mental capacity
- Asylum seekers and human trafficking
- In Portuguese with an in-depth understanding of South American culture

#### **WORK HISTORY**

##### **2012 – Present Private Practice - Clinical psychologist, CBT therapist and Neuropsychologist**

- Treating a wide variety of psychiatric/psychological conditions and difficulties such as mood disorders
- (depression, bipolar disorder), schizophrenia, anxiety disorders (generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, social anxiety disorder, health anxiety), hyperactivity and attention deficit disorder, addictions, marital difficulties, low self-esteem, family difficulties, career difficulties, etc.
- Formulation, implementation and evaluation of both short-term and open-ended therapy programs.
- Expert witness assessment for the civil courts, asylum seekers, human trafficking, immigration litigation.
- Medico-legal assessments for insurance claims.
- Cognitive/neuropsychological assessments for a great variety of psychological/psychiatric/neuropsychiatric difficulties.

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- 2013 – 14** High Intensity CBT Therapist, Haringey IAPT West Team, Whittington Health NHS Trust
- 2003 – 10** Clinical Psychologist/ Neuropsychologist, Private Practise
- 2008 – 09** Clinical Psychologist, Santa Casa de Misericórdia Hospital (public)
- 2007 – 10** Clinical Neuropsychologist, Integral Health Clinic (private)
- 2005 – 07** Clinical psychologist (volunteer), Schizophrenia Unit, Institute of Psychiatry, University of São Paulo (public)
- 2003 – 05** Resident clinical psychologist, Psychology and Neuropsychology Service, Institute of Psychiatry, University of São Paulo

#### **PROFESSIONAL QUALIFICATIONS**

- 2011** Master in Sciences, University of Sao Paulo Medical School (Brazil)
- 2006** Post-Graduate Diploma: Cognitive-Behavioural Therapy, University of Sao Paulo, Institute of Psychology
- 2005** Post-Graduate Diploma: Neuropsychology, University of Sao Paulo Medical School
- 2003** Post-Graduate Diploma: Cognitive-Behavioural Therapy, University of Sao Paulo Medical School  
Clinical Psychologist (Hons), Mackenzie Presbyterian University  
Bachelor in Psychology (Hons), Mackenzie Presbyterian University

#### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2015** Functional Analytic Psychotherapy, Gareth Holman
- 2014** Leadership skills, British Psychological Society  
Clinical Audit Workshop, Whittington Health NHS Trust  
Working with Complexity in Trauma/PTSD, Charlie Walker Institute  
Data Protection, British Psychological Society  
Managing workload, British Psychological Society
- 2013** The adult ADHD toolkit: coping inside and out, BABCP  
Best Practices: CBT for depression and suicide, London  
Using trauma focused CBT to work with PTSD, British Psychological Society  
Working Successfully in Private Practice, British Psychological Society
- 2012** Cognitive Remediation Therapy, King's College London  
Cognitive Behavioural Therapy for Psychosis, King's College London
- 2011** Human Brain Anatomy Course, University College London
- 2010** Structuring of Articles for International Publication, University of Sao Paulo Medical School

- 2007** Neuropsychological Rehabilitation of Memory, University of São Paulo Medical School
- 2006** Functional Analytic Psychotherapy Atlanta, (USA)
- 2004** Introductory Course in Cognitive Rehabilitation, Sao Paulo  
Cognitive-Behavioural Therapy for Children, Brazil  
Acceptance and Commitment Therapy, Brazil
- 2002** Psychological Practices in the General Hospital, Brazil  
Advanced Certificate in Rational Emotive Behavioural Therapy, Albert Ellis Institute (USA)
- 2002** Primary Certificate in Rational Emotive Behavioural Therapy, Albert Ellis Institute

### **PUBLICATIONS AND PRESENTATIONS**

#### **Books and Chapters:**

- Pontes LMM, Elkis H. (2013) "Attention and Memory Training in Schizophrenia: a practical manual".  
Treinamento de Atenção e Memória em Esquizofrenia: um manual prático.  
São Paulo: Artmed, 2013. ISBN: 978-85-65852-12-8
- Bio D, Pontes LMM. (2012) "The Neuropsychology of Schizophrenia". A Neuropsicologia da Esquizofrenia. São Paulo: Instituto Neurológico de São Paulo.
- Bio D, Pontes LMM. (2012) "The Neuropsychology of Anxiety". A Neuropsicologia da Ansiedade. São Paulo: Instituto Neurológico de São Paulo.
- Pontes LMM, Santoro CF. (2007) "Non-focused Cognitive-Behavioural Therapy: a case study".Terapia CognitivoComportamental Nao Focalizada: um estudo de caso In: Sobre Comportamento e Cognição: temas aplicados ed.São Paulo : ESETEC, 2007, v.19, p. 326-334. ISBN: 85-88303-85-X  
<http://www.abpmc.org.br/site/wp-content/uploads/2011/06/sumarioscompletos.pdf>

#### **Scientific Journals:**

- Pontes LMM, Elkis HE. (2015) "A Systematic Review of Cognitive Training for Schizophrenia in Developing Countries." EC Neurology, 2015; 2.1: 33-41.
- Pontes LMM, Martins CB, Napolitano IC, Fonseca JR, Oliveira GMR, Iso SMK, Menezes AKPM, Vizzotto ADB, Elkis H. (2013) "Cognitive Training for Schizophrenia in Developing Countries: a pilot trial in Brazil." Schizophrenia Research and Treatment, 2013, Article ID Article ID 321725  
<http://dx.doi.org/10.1155/2013/321725>
- Pontes LMM, Pereira RF. (2013) "Functional", sub-clinical Obsessive Compulsive Symptoms and their challenges: the case of "Angela". Pragmatic Case Studies in Psychotherapy, 2013; 9(1): 81-97.

Pontes LMM, Hübner MMC. (2008) "Neuropsychological Rehabilitation: a behavioural reading". A Reabilitação Neuropsicológica sob a ótica da Psicologia Comportamental. Revista de Psiquiatria Clínica, 2008; 35: 06-12.

**Events:**

**2012** Cognitive Rehabilitation in Schizophrenia: a double-blind, randomized, controlled trial using simple resources. Cognitive Remediation in Psychiatry Conference, Columbia University 2012, New York, USA.

**2012** Cognitive Rehabilitation in Schizophrenia: a double-blind, randomized, controlled trial using simple resources. Schizophrenia International Research Society Conference 2012, Florence, Italy.

**2012** Attention and Memory Training in Stable Schizophrenic Patients: a double-blind, randomized, controlled trial using simple resources. Refocus on Recovery Conference, Institute of Psychiatry, King's College London, UK

**2011** Cognitive Rehabilitation in Schizophrenia: a double-blind, randomized, controlled trial using simple resources. Schizophrenia International Research Society South America Meeting, Sao Paulo, Brazil, Revista de Psiquiatria Clinica, 2011. v.38. p.57 - 57

**2009** Mind and Body: an overcome dichotomy? IV Journey of Psychology: Mind and Body Integrated Mental Health Care Centre - Irmandade da Santa Casa de Misericórdia de São Paulo Hospital, 2009, Sao Paulo, Brazil.

**2006** Behavioural Therapy for Children: a case of child (and parents'...) 'disobedience'. III Mini Congress of the Specialization Course in Behavioural and Cognitive Therapy: theory and practice. Institute of Psychology, University of Sao Paulo, 2006, São Paulo, Brazil.

**2005** Social Skills Training to Groups of Patients with Schizophrenia: report on the results achieved in GARPE in 2005. XV Brazilian meeting of Behavioural Psychotherapy and Medicine, Brazil

**2005** Non-focused Cognitive-Behavioural Therapy: a case study. XIV Brazilian Meeting of the Behavioural Psychotherapy and Medicine Association, 2005 Campinas, Brazil.

**2004** Training Group for Home Maintenance and Organization for Psychiatric Patients. XIII Brazilian Meeting of the Behavioural Psychotherapy and Medicine Association and II International Congress of Association for Behaviour Analysis, Campinas, Brazil.

**2003** Neuropsychological Assessment as Guidance for Cognitive-Behavioural Therapy. XII Brazilian Meeting of the Behavioural Psychotherapy and Medicine Association, Londrina, Brazil.

**2003** The Importance of Neuropsychological Assessment for the Psychotherapeutic Practice: case study. VII Brazilian Congress of Neuropsychology and I Brazilian Symposium of Traumatic Brain Injury, São Paulo, Brazil.

**2003** Case Study on Panic Disorder: presentation of an intervention under a cognitive-behavioural approach. IV Meeting of Undergraduate Research and VII Post-graduate Show, 2003, São Paulo, Brazil.