

**Dr Jorge Barreira**  
BSc (Hons) DClinPsych.  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL040397**

Dr Barreira is a Psychology graduate since 2004. He has been working in different settings in Portugal, Spain and UK as a Clinical Psychologist. He also completed a postgraduate program in Clinical neuropsychology at University of Salamanca in 2006. He is a Practitioner Clinical Psychologist registered with the HCPC since November 2021.

Dr Barreira does mainly clinical work through therapy sessions. He recently started some expert witness work with reports related to traffic accidents and workplace accidents.

#### **AREAS OF SPECIALISM**

- PTSD
- Anxiety
- Depression
- Personality Disorders
- Mental Capacity Assessment
- Adults

#### **PROFESSIONAL QUALIFICATIONS**

**2007** Postgraduate in Clinical Neuropsychology – University of Salamanca

**2004** Degree in Psychology – University of Coimbra

#### **WORK HISTORY**

##### **2021 – Present Clinical Psychologist - London**

Psychology sessions, assessment and treatment based on TF-CBT, ACT and Compassion focused therapy; Assessment and discharge letter production supervision meetings and team meetings.

##### **2020 – 21 Clinical Psychologist Placement - Liverpool**

Main duties were: (1) clinical work with children, older adults and people with learning disabilities using models of psychological intervention (e.g. CBT, EMDR, ACT and TF-CBT); (2) systematic literature reviews related with my caseload (3) participation in research and service evaluation; (4) Participation in MDT reviews related with the caseload.

##### **2020 – 21 Healthcare Assistant Mental Health – Oxford Health NHS Foundation Trust**

Support worker at mental Health wards in Oxford area.

##### **2016 - 20 Health Care Assistant**

Simply Together; Prime Care Support Ltd; Amegreen Complex Home Care; Newcross Health Care; Acquire

**2008 – 10      Military Clinical Psychologist – Ministry of Defence, Centre of Applied Psychology of the Portuguese Army**

Psychological capacity and responsibilities: I had trained as a military Psychologist and worked as a Psychologist for the Portuguese Army. My responsibilities were related to the psychological assessment of the new candidates aiming joining the army. The model of evaluation was based on the utilization of psychological scales and structured psychological interviews. For each candidate a report was done and reviewed by the main Consultant Military Psychologist. Also, I had a period of work (approx. 6 months) at the main hospital of the Portuguese army where I did psychological assessments and treatment for all the categories of militaries and some members of their families, including children. The model of intervention was based on a CBT approach, EMDR and ACT. Reports and Clinical histories were performed for which case and reviewed in MDT.

**2005            Psychologist (Trainee) – Academic Department of the University of Coimbra**

Follow up of students of the University of Coimbra under regular supervision of the manager of the service, a Consultant Psychologist. Main duties were psychology sessions with students aiming to improve their academic life and academic results. Main Psychological model of assessment and intervention was Cognitive Behavioural therapy and mindfulness-based therapies, mainly Acceptance and commitment therapy. Also, I was delivering motivational workshops for the students about academic success and time management at the University and about how to deal with the anxiety of examination and evaluation at the University.

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**2020**            POA for HCPC Approved and Concluded

**2015**            Frequency of the Medical School – Health Sciences Faculty of the University of Beira