

## Research in Clinical Practice

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We are concerned with the existence of a practice supported by research.

Therefore, we collaborate with national studies whose goal is to better evaluate the impact of intervention in promoting the well-being of the clients.

In addition to these collaborations, we have been focusing on the elaboration of Case Studies, shared in wider communities, as a way to contribute to the reflection and the design of intervention strategies that fit a large number of cases.

Additionally, we developed other studies subordinated to key elements of the therapeutic process, as motivation for therapy, therapeutic goals, among others.

## Colaboration in National Studies

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### **Sistema individualizado de Avaliação do Progresso do Cliente [Individualized Customer Progress Assessment System]\*\***

**Know more about this project in:** Célia Sales, Paula Alves, Chris Evans, Robert Elliott & on Behalf of Ipha Group (2014). The individualised Patient-Progress System: A decade of International collaborative networking.

[\*Counseling and\*](#)

[\*Psychotherapy research: linking research with\*](#)  
[\*practice.\*](#)

14:3, 181-191.

[\[available here\]](#)

## **BINOCULAR: Visões do Processo em Psicoterapia [BINOCULAR: Views of the Process in Psychotherapy]**

[Know more about the study in the oficial website.](#)

### **Other studies**

For more information, check the following document "Psychological support: a practice based on science" [\[available here\]](#).

## **Case Studies**

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- Lucas, C. V., Oliveira, F. & Soares, L. (2018). **Reports of an addiction: Therapeutic intervention of a young adult dealing with cannabis dependence.**  
*Adolescent Psychiatry*  
, 8,1.  
[Doi: 10.2174/2210676608666180208155007](https://doi.org/10.2174/2210676608666180208155007)

- Lucas, C. V., Soares, L. & Oliveira, F. (2018). **Asperger syndrome & adolescent girl: Understanding the rhythm of emotions towards the struggle with social relationships - cognitive-behavioural and narrative therapy.**

*RUMUS - Revista Científica da Universidade do Mindelo*  
, 5(1). 253-268

- Lucas, C. V. & Soares, L. (2016). **"I have a wish: not have tics and stop worrying" The impact of tics disorder in the development of a child.**

*Iberian Journal of Clinical and Forensic Neuroscience,*

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III, IV, 9-10, 1061-1079, ISSN: 2182-0290.

[\[disponível aqui\]](#)

- Oliveira, F. & Soares, L. (2015). **He looks now "bigger" than before: regulating emotions - emotion-focused cognitive-behavioral approach.**

*Iberian Journal of Clinical and Forensic Neuroscience,*

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III, 7-8, 882-905, ISSN: 2182-0290.

[\[disponível aqui\]](#)

- Oliveira, F. & Soares, L. (2014). **Changing the clinical narratives patients live by a cognitive behavioral approach of a clinical case of paruresis.**

Journal

of Poetry Therapy: The interdisciplinary Journal of Practice, Theory, Research and Education, 27, 3, DOI: 10.1080/08893675.2014.949514

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[Disponível aqui](#)

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- Lucas, C. V. & Soares, L. (2014). **Being a teen and learning how to surf anxiety: Integrating narrative methods with cognitive behavioral therapy.**

*Journal of Poetry Therapy: The interdisciplinary Journal of Practice, Theory, Research and Education,*

27, 2, 69-82, DOI: 10.1080/08893675.2014.895489

[\[Disponível aqui\]](#)

- Coelho, C. & Soares, L. (2013). **Narrative Cognitive Therapy and insecure / ambivalent attachment pattern: a clinical case of epilepsy.**

*Iberian Journal of Clinical & Forensic Neuroscience,*□

1(2), 208-222.

[\[Disponível aqui\]](#)

## Research: Therapeutic Process

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- Soares, L., Lemos, M.S., Oliveira, F., Lucas, C.V. & Roque, L. (2013). **Reflections about the perception of therapeutic environment in clients and therapists: the importance of the 5th session** . In

*International Journal of Psychotherapy*  
, 17, 3.

- Soares, L., Lemos, M. S., Oliveira, F., Fernandez, M. & Faria, C. (2013). **Goal agreement between client - therapist dyads.**

*Iberian Journal of Clinical & Forensic Neuroscience*,  
year 0,1 (3), 311-328. ISSN: 2182-0290.

- Soares, L., Oliveira, F., Lemos, M.S., Lucas, C.V., Botella, L. & Corbella, S. (2012). **Motivation for therapy: an important ingredient to change?**

*Revista de Psicologia da IMED*  
, 4(1), 460-468.

- Soares, L., Lemos, M.S., Oliveira, F., Lucas, C.V. & Roque, L. (2010). **Therapeutic environment: reflections of dyads of clients and therapists,**

in  
*Book of Abstracts 12th International Conference on Motivation New Directions in Mind.*  
M. S. Lemos, T. Gonçalves, L., Veríssimo, H., Meneses (Eds.) University of Porto 2-4th  
September, p.73, Edição LivPsic. ISBN 978-989-8148-48-3

- Oliveira, F., & Soares, L. (2010). **Reflexões sobre estratégias de intervenção em situações de perda/morte. Será possível preparar as pessoas para lidar com a morte?**

In  
*Livro de Abstracts do 16º Congresso da Associação Portuguesa para o Desenvolvimento Regional*

– Universidade da Madeira, Funchal, Colégio dos Jesuítas, 8 a 10 julho, pp. 3154-3170