

Education

September 2003 to June 2009: Integrated Master Degree in Medicine at Faculdade de Medicina da Universidade do Porto, Portugal.

Professional Experience

General Residency

January 2010 to December 2010. Hospitais da Universidade de Coimbra, Portugal.

Psychiatry Training

January 2011 to December 2015. Hospital de Magalhães Lemos, Porto (Portugal), the reference psychiatric hospital in northern Portugal, comprising the following internships:

Adult Inpatient Unit (2 years) Hospital de Magalhães Lemos (HML, Porto)

Working at a 28 bed inpatient unit, with male and female acute patients, usually being responsible for 6 to 10 patients at a time, for eighteen months in the beginning of my training and another six months at the end.

Most frequent diagnosis at the moment of discharge were affective disorders (Major Depressive Disorder, Bipolar Disorder), Psychotic Disorders (Schizophrenia, Substance Induced Psychosis and Schizoaffective Disorder) and severe Personality Disorders. Significant comorbidity with alcohol and other substance's abuse.

Liaison Psychiatry (3 months) Hospital de Pedro Hispano, Matosinhos

Aimed at establishing differential diagnosis with non-psychiatric disorders and helping other medical areas with patients presenting with psychiatric symptoms, be it as outpatients, inpatients or day hospital setting.

Neurology (3 months) Centro Hospitalar de São João (CHSJ), Porto

Focus on differential diagnosis of neurological conditions with psychiatric symptoms and

on disorders requiring multidisciplinary interventions, such as neurodegenerative disorders and pain disorders.

Substance Use (3 months) Centro de Respostas Integradas, Porto

Treatment of substance abuse, mostly opioids, cocaine and cannabis, as well as cases of gambling addiction. This internship entailed daily contact with opioid substitution program (methadone and buprenorphine) as well

as with community intervention teams in problematic neighborhoods, and two weeks at a dedicated withdrawal prevention unit and one week at a therapeutic community aimed at long term residential programs.

Community Mental Health Unit (3 months) HML, Porto

Daily contact with chronic psychiatric patients, mostly psychotic and severe affective disorders, with the purpose of biopsychosocial rehabilitation, through occupational therapy and psychoeducation.

Alcohol Misuse (3 months) Unidade de Alcoologia do Norte, Porto

Optional internship addressing alcohol related neuropsychiatric disorders, in a multidisciplinary team. Most of the internship was dedicated to outpatient care and day hospital but another two weeks were allocated to the withdrawal prevention unit mentioned above.

Child & Adolescent Psychiatry (6 months) Centro Hospitalar do Porto, Porto

Integrated in a multidisciplinary team focused on detecting early signs of distress, predictors of potential mental disorder in young children and diagnosis and treatment of ADHD and Autism Spectrum Disorders (ASD).

The last two months were dedicated to diagnosing and treating mental illness in a cohort of patients in their adolescence.

Psychiatric Day Hospital (6 months) HML, Porto

Psychodynamic orientated unit, with daily sessions of co-therapy and group sessions, caring for patients with severe personality disorder whenever outpatient treatment had been ineffective.

Eating Disorders (3 months) CHSJ, Porto

Optional internship at a specialized center, aimed at treating eating disorders, mostly Anorexia Nervosa, Bulimia and Binge Eating Disorder in a multidisciplinary environment.

Follow up of patients in different stages of treatment and different settings, such as outpatient, inpatient, day hospital and biopsychosocial rehabilitation unit.

Weekly screening of obese patients in waiting list to bariatric surgery as well as weekly attendance of Family Therapy.

Psychiatry of Old Age (3 months) HML, Porto

Optional internship at a specialized centre with a multidisciplinary team with the objective of understanding aging psychiatric patients as well as diagnosing and treating neurodegenerative disorders. Follow up of patients treated in outpatient and inpatient setting, day hospital and domiciliary visits.

Forensic	Unit	(3	months)	HML,	Porto
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Optional internship with focus on the Portuguese Mental Health Act and its applications, as well as implications of common law in penal and civil cases involving psychiatric patients, including evaluation of criminal imputability, interdiction processes and attendance to court cases.

Psychiatric Emergency (5 years) CHSJ, Porto

At all times during my training, a weekly shift of 12h at a metropolitan psychiatric emergency unit, at CHSJ, was maintained except during Neurology and Child & Adolescent Psychiatry internships, where I did integrate their own emergency teams.

Assessment and acute treatment of a wide range of psychiatric disorder, with focus on risk management, differential diagnosis with medical and neurological disorders and application of the Mental Health Act when appropriate.

Outpatient Consultation (5 years) HML, Porto

One to two weekly periods of outpatient consultation, with 10 to 12 patients per period (usually one initial contact, the rest being follow up sessions), were maintained throughout the whole training.

Professional Experience as a Psychiatrist

Hospital de Magalhães Lemos (9 months) Porto

Upon completion of the 5 year training scheme, maintained full time professional activity from January to September 2016 at HML, with final exam in April 2016 (final grade of 19.3 out of 20).

Centro Hospitalar da Póvoa de Varzim e Vila do Conde (7 years & 9 months)

Vila do Conde

From January 2017 until September 2023, I worked as a full time psychiatrist at Centro Hospitalar da Póvoa de Varzim e Vila do Conde, entailing the following clinical activities:

- Five to six weekly periods of outpatient consultation;
- One weekly period of 12h at the metropolitan emergency department, at CHSJ;
- Liaison psychiatry;
- Weekly domiciliary visits, as coordinator of a multidisciplinary team, from 2017 until 2020.

Grupo Trofa Saúde (6 years) Braga & Matosinhos

Part-time outpatient clinics at two different private hospitals belonging to Grupo Trofa Saúde (GTS), Hospital Privado de Braga and Hospital da Boanova, comprising two to four weekly periods of outpatient consultation. My collaboration with GTS started in 2014, during my training, and ended in March 2020.

Clínica Conde Saúde (3 years) Vila do Conde

Private outpatient clinics, from April 2020 until November 2023.

Clínica Nau Saúde (2 years) Póvoa de Varzim

Private outpatient clinics from January 2022 until November 2023.

Saúde da Mente (18 months) Online

Private outpatient clinics online in Portuguese, English and Spanish, from July 2022 until January 2024.

Professional Experience as a Consultant Psychiatrist

Registered as a Consultant Psychiatrist with the Irish Medical Council and the College of Psychiatrists of Ireland in September 2023 and November 2023, respectively.

Applied to the national procedure to obtain the degree of Consultant Psychiatrist in Portugal in October 2021, obtaining same after completing the form exam, which was scheduled 3 years later, in November 2024.

Mayo Mental Health Services (20 months) County Mayo

Full time Consultant Psychiatrist at the Mayo Mental Health Services from November 2023 until June 2025, entailing the following clinical responsibilities:

- Seven weekly periods of outpatient consultation, covering two community mental health centres (Westport and Ballinrobe) while leading a multi-disciplinary team with nursing, psychologist, CBT/DBT therapists, dietitian, addiction counselor and social worker;
- On call duties, providing guidance to non-consultant hospital doctors during the week and on site observation of acute patients admitted over weekends and bank holidays;

Pedagogic

Activity

From 2012 to 2016, lessons of Psychiatry directed to medical students from Instituto de Ciências Biomédicas Abel Salazar (ICBAS) at Porto's University. On my last year of training, educational supervision of GP and Neurology trainees while on their own Psychiatry's internships.

From 2017 to 2023, educational supervision of general residents and GP trainees, at Centro Hospitalar da Póvoa de Varzim e Vila do Conde.

From November 2023 until June 2025, educational supervision of 5 Psychiatry trainees, at Mayo Mental Health Services.

Workshops

Motivational interviewing in the treatment of addiction: *"how can we help patients change their behaviour and habits?"*, XXII European Congress of Psychiatry, Munich, February 2014;

Two days' workshop of Transcranial Direct Current Stimulation (TDCS), at Nijmegen, the Netherlands, November 2017.

Ballint Group

Monthly attendance of a Balint group at HML during the first 2 years of training (2011 to 2012).

Continuous Personal Development and Publications

Regular attendance of national and international conferences, with publication of posters and oral communications.

Publication of scientific articles in national and International journals.