

João Francisco Barreto

Área: Psychosocial Rehabilitation



João Francisco Barreto holds a degree and a PhD in Psychology from the Faculty of Psychology and Education Sciences at the University of Porto. His background includes research, specialized training, and professional practice in psychotherapy. At the School of Health of the Polytechnic Institute of Porto (E2S | P.Porto), he is an Associate Professor in the technical-scientific area of Social and Human Sciences, Coordinator of the Student Support Office, and Coordinator of the Psychology Unit of the Pedagogical Clinic. As a researcher, his interests include mentalization, integration and common factors in psychotherapy, therapists' mental processes, relational processes in therapy across different orientations, and mental health and its determinants.

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