

## Zita Sousa

*Human Movement System Re(habilitation)*

With a Ph.D. in Clinical Psychology by the University of Minho and professional training in Therapeutic Relationship by the Simon Fraser University, Zita Sousa is currently an Invited Professor at School of Health (ESS-P.Porto) and also a Collaborator Researcher in the Human Movement System Re(habilitation) area of the Center for Rehabilitation Research (CIR). She's a Mindfulness-Based Stress Reduction Teacher enrolled at MBPTI of University of California San Diego (UCSD), a Founder Member of the Portuguese Society for Clinical Communication in Health Contexts and Coordinator of the action-research project Mindfulness, Wellbeing and Integral Development. Her main research areas are mindfulness, stress reduction, emotional balance, communication, and interpersonal/therapeutic relationships.



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