MESTRADO INTEGRADO EM PSICOLOGIA
ÁREA DE ESPECIALIZAÇÃO EM PSICOLOGIA CLÍNICA E PSICOLOGIA DA SAÚDE

Seminário de Dissertação

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Aula: Atendimento:

Tema do Seminário
Self-compassion and Mindfulness-Based interventions on Sexuality and Health Psychology.

Aim:
The main goal of the project is to analyse the clinical relevance of mindfulness and self-compassion theoretical models in diverse areas of Sexuality and Health Psychology.

Metodologia
Mixed methodology: quantitative and qualitative methods.

Bibliografia Fundamental


http://self-compassion.org/
http://self-compassion.org/self-compassion-scales-for-researchers/

Referências


mindfulness-based self-control intervention for aggression by an individual with mild mental retardation an
