



Associates of the Compassionate Mind Foundation

Portugal

José Pinto-Gouveia, MD, PHD, is a Psychiatrist, Head of the Cognitive-Behavioral Department of the Psychiatric Unit of the Hospital of University of Coimbra, and Professor and Chair of the Cognitive Behavioural Department of the Faculty of Psychology of the University of Coimbra. He is the Director of CINNEIC a Research Center of Psychological Department of University of Coimbra which is financed by the Portuguese National Foundation for Science and Technology. He holds research funding from the Portuguese National Foundation for Science and Technology and from BIAL (a private Portuguese Foundation for research support), for research programs addressing cognitive schemas and psychopathology. His current research interests include psychological models of eating disorders, mindfulness and compassion. Research projects are focused on self-criticism, shame and entrapment in depression and borderline personality disorders. His interest in compassion stems from his clinical experience (managing therapeutic alliance) and research on self-criticism, and was fuelled by the Compassionate Mind Training workshops lead by Professor Paul Gilbert at the University of Coimbra. He is interested in the links between mindfulness and the development of self-compassion. He is a member of the editorial board of *Behavioural and Cognitive Psychotherapy* and Past President of the Portuguese Association for Behavioral and Cognitive Therapy.

Publications include two books on social Phobia and Panic and chapters of books on eating disorders and PTSD (in Portuguese language).

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