



# Universidade de Évora

## Edital

Applications for Admission to the Continuing Education in  
Metacognitive Training for Depression  
Academic Year 2023/2024

### 1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

### 2. Coordenador(a)

Lara Manuela Guedes de Pinho (larapinho7@gmail.com)

### 3. Program description

Metacognitive Training is a psychotherapeutic intervention based on cognitive behavioral theory and aims to modify cognitive biases. The main common cognitive errors in Depression, the concept of Metacognition, the procedures for conducting Metacognitive Training sessions, and the modules of Metacognitive Training in Depression, through simulation sessions, will be addressed.

### 4. Objectives

Aquisição de competências para a operacionalização prática do Treino Metacognitivo a pessoas com sintomas depressivos.

### 5. General conditions of access and admission

#### i Specific admission conditions

Profissional da área da saúde mental e psiquiátrica com competências para aplicação de intervenções não farmacológicas.

#### ii Necessary documentation

- a) Curriculum Vitae;
- b) document proving the date of birth;

- c) documents proving the qualifications;
- d) document proving the residence permit issued by SEF, in the case of international student;
- e) document with fiscal number, in case of international student;
- f) if it is applicable, a document proving the unemployment situation;

International students who do not submit the documentation referred to in d) and e) can be admitted to the Course, if there is a vacancy, but cannot benefit from the PRR Adult Support.

## 6. Selection Process

First priority: Be over 23 years old when the course starts

Second priority: Date of application

For the course to take place, 75% of the candidates admitted must be over the age of 23

## 7. Maximum number of admissions

- Maximum number of admissions: 25

## 8. Minimum number of students

Minimum number of students: 15

## 9. Tuition fee

- Tuition fee: 50,00 €

Students benefiting from PRR Adult Support will have 10 working days, after the date of receipt of the incentive, to pay the tuition fee.

## 10. Organization / Duration

- a. **Duration of the program:** 4 weeks
- b. **Number of ECTS to obtain the post-graduate program:** 2

## 11. Learning Type

Presencial

## 12. Schedule type

Labor

### 13. Classes schedule (week days and schedule)

September 5th from 9:00 am to 1:00 pm and 2:30 pm to 4:30 pm (in person)  
September 19th and 26th from 14:30 to 19:00 (online)

### 14. Program Dates

- 1st Phase
  - Program Start Date: September 5, 2023
  - Program End Date: September 26, 2023
- 2nd Phase
  - Program Start Date: September 5, 2023
  - Program End Date: September 26, 2023

### 15. Application Dates

- 1st Phase
  - Applications Start Date: July 12, 2023
  - Applications End Date: August 10, 2023
  - Announcement of Results (until): August 21, 2023
  - Enrollments Start Date: August 22, 2023
  - Enrollments End Date: August 25, 2023
- 2nd Phase
  - Applications Start Date: August 28, 2023
  - Applications End Date: August 30, 2023
  - Announcement of Results (until): September 4, 2023
  - Enrollments Start Date: September 4, 2023
  - Enrollments End Date: September 5, 2023

August 25, 2023  
The Rector

Hermínia Vasconcelos Vilar