



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Treino Metacognitivo para a Depressão (Metacognitive Training for Depression)
Academic Year 2024/2025

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 (lmgp@uevora.pt)

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

Acquisition of skills for the practical operationalization of Metacognitive Training for people with depressive symptoms.

5. General conditions of access and admission

i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

ii Specific admission conditions

Professional in the field of mental health and psychiatry with skills in applying non-pharmacological interventions.

In the edition of the course to be held in Funchal (Madeira), preference will be given to Specialist Mental Health and Psychiatric Nurses from SESARAM, EPERAM.

iii **Required academic qualifications** Higher Education - Degree (Pre -Bolhan) or equivalent

iv **Necessary documentation**

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;
- f) if applicable, proof of unemployment;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 100

Each edition of the course has 25 places

8. Minimum number of students

Minimum number of students: 15

9. Tuition fee

- Tuition fee: 100,00 €

This course is covered by the PRR's Adult Impulse. Students can receive two prizes: the participation prize, equal in value to the course fee, and the completion prize ([according to Regulation](#)), to be paid into a bank account held by the student.

10. ECTS

- Number of ECTS of the program: 2

11. Horas de Contacto

- Total de horas de contacto: 15

12. Learning Type

Presential

13. Schedule type

Labor

14. Classes location

University of Évora- Course to be held between November 4 and November 25
Funchal, Madeira - Course to be held between November 7 and December 2

15. Classes schedule (week days and schedule)

Edition to be held at the University of Évora:

November 4th from 09:00 to 13:00 and from 14:30 to 17:30 (ONLINE)

November 25th from 09:00 to 13:00 and from 14:00 to 18:00 (PRESENTIAL)

Edition to be held in Funchal, Madeira:

November 7th from 09:00 to 13:00 and from 14:30 to 17:30 (ONLINE)

December 2nd from 09:00 to 13:00 and from 14:00 to 18:00 (PRESENTIAL)

16. Program Dates

- 1st Phase
 - Program Start Date: November 4, 2024
 - Program End Date: November 25, 2024
- 2nd Phase
 - Program Start Date: November 7, 2024
 - Program End Date: December 2, 2024
- 3rd Phase
 - Program Start Date: June 13, 2025
 - Program End Date: June 27, 2025

17. Application Dates

- 1st Phase
 - Applications Start Date: July 19, 2024
 - Applications End Date: September 15, 2024
 - Announcement of Results (until): September 30, 2024
 - Enrollments Start Date: October 1, 2024
 - Enrollments End Date: October 18, 2024
- 2nd Phase
 - Applications Start Date: October 12, 2024
 - Applications End Date: October 18, 2024

- Announcement of Results (until): October 25, 2024
- Enrollments Start Date: October 25, 2024
- Enrollments End Date: October 29, 2024
- 3rd Phase
 - Applications Start Date: May 5, 2025
 - Applications End Date: May 26, 2025
 - Announcement of Results (until): May 30, 2025
 - Enrollments Start Date: May 30, 2025
 - Enrollments End Date: June 4, 2025

April 30, 2025

The Rector

Hermínia Vasconcelos Vilar