



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Treino Metacognitivo na pessoa mais velha com Sintomas Depressivos (MCT-Silver) (Metacognitive Training in Older Adults with Depressive Symptoms (MCT-Silver))
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Celso Filipe Boto da Silva (celso.silva@uevora.pt)

3. Program description

Metacognitive Training for Older Adults with Depressive Symptoms (MCT-Silver) represents an innovative therapeutic approach to treating depression in older adults, focusing on developing the ability to reflect on one's own thought processes. This methodology teaches people to identify and modify dysfunctional thinking patterns, such as rumination and excessive worry, which are central characteristics of depression in older adults. Through specific techniques, people learn to recognise when they are engaged in cycles of negative thinking and to implement alternative cognitive processing strategies, promoting greater mental flexibility and emotional control.

It is particularly effective due to the adaptation of techniques to the specificities of this population, considering factors such as age-related cognitive changes, medical comorbidities, and psychosocial context.

Studies indicate that MCT-Silver not only significantly reduces depressive symptoms but also improves the quality of life and adaptability of older adults.

4. Objectives

Train mental health and psychiatry professionals to implement Metacognitive Training for Older Adults with Depressive Symptoms (MCT-Silver).

Skills to be developed by students:

Acquisition of skills for the practical implementation of Metacognitive Training for Older Adults with Depressive Symptoms (MCT-Silver).

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

Bachelor's degree or higher in the health field.
Only Specialist Nurses in Mental Health and Psychiatric Nursing, Psychologists, Psychiatrists, and other professionals in the field of mental health and psychiatry will be admitted.

iii Required academic qualifications Higher Education - Degree 1st Cycle (Bologna) 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;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 25

Microcredential within the scope of Impulso Mais Digital of the PRR - MedTech NEXT Project - Medicine, Technology, and Future, subject to an incentive program according to its own regulation.

8. Minimum number of students

Minimum number of students: 15

9. Tuition fee

- Tuition fee: 0,00 €

10. ECTS

- Number of ECTS of the program: 1

11. Horas de Contacto

- Total de horas de contacto: 10

12. Learning Type

e-Learning

13. Schedule type

After-work

14. Classes location

University of Évora, São João de Deus School of Nursing - Évora

15. Classes schedule (week days and schedule)

2nd Phase:

19 November 2025: 2:00 p.m. to 6:00 p.m. (ONLINE)

26 November 2025: 2:00 p.m. to 6:00 p.m. (ONLINE)

16. Program Dates

- 1st Phase (1st Edition)
 - Program Start Date: October 22, 2025
 - Program End Date: October 29, 2025
- 2nd Phase (1st Edition)
 - Program Start Date: November 19, 2025
 - Program End Date: November 26, 2025

17. Application Dates

- 1st Phase (1st Edition)
 - Applications Start Date: September 22, 2025
 - Applications End Date: October 9, 2025
 - Announcement of Results (until): October 16, 2025
 - Enrollments Start Date: October 16, 2025
 - Enrollments End Date: October 20, 2025
- 2nd Phase (1st Edition)
 - Applications Start Date: October 21, 2025
 - Applications End Date: November 4, 2025
 - Announcement of Results (until): November 10, 2025
 - Enrollments Start Date: November 10, 2025
 - Enrollments End Date: November 14, 2025

October 20, 2025

The Rector

Hermínia Vasconcelos Vilar