

# Adriano Mesquita

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## Psychologist

With specialization in

**Hospital Psychology**

and

**Mental Health**

- **Psychotherapy**
- **Counseling**
- **Gestalt therapy approach**
- **CBT techniques**
- **Mindfulness and awareness**

Registration number of the Regional  
Council of Psychology of the State  
of Rio de Janeiro  
**05/16284**

Graduated psychologist, licensed and with 12 years as a psychotherapist, aim that clients, in mutual cooperation, could achieve their life's goals and personal growth.

### Education

- Specialization course in Hospital Psychology - Clementino Fraga Filho University Hospital - HUCFF/UFRJ - 1 year (2015 - 2016).
- Specialization course in Mental Health - Institute of Psychiatry - IPUB/UFRJ - 1 year (1992 - 1993).
- Psychology (graduated) - PUC RIO - 4 years - concluded 1990

### Experience

- Núcleo Sol - Clinical Psychologist. March 2021 - current - Psychotherapy using Gestalt therapy approach.
- Own office - Clinical Psychologist. September 2008 - February 2021. Psychotherapy (CBT techniques). Treated cases: depression, stress, family therapy (social maladjustment), phobia.
- Serdem Clinic - Clinical Psychologist - January 2010 to June 2010. Psychotherapy (CBT techniques) and counseling. Cases treated: diet monitoring, bullying.
- Solon Consulting - Psychologist - August 1999 to February 2002. RH in technological area.

### Specialization

- **Hospital Psychology** - area of the Medical Psychology of the Medicine Faculty at the Clementino Fraga Filho University Hospital (UFRJ - Federal University of Rio de Janeiro) - Monitoring patients at the Hemato-oncology Wards of the HUCFF - use of neuropsychological tests (as WAIS III, Trail, TDR, RAVLT, miniMental) to the outpatients of the Geriatrics Clinic at HUCFF.
- **Mental Health** - Psychiatry Institute of the University of Brazil (IPUB/UFRJ). Psychologist member of the Mental Health Team at the Day Hospital, working with outpatients in resocialization programs using Pichon-Rivière Operative Group in order to provide tools to the development of working groups to create products of clay or imitation jewelry to be sold at fairs.

### Relevant Courses

- Training Course in CBT - Center for Applied Psychology and Training CPAF-RJ - November 2007 to November 2008.
- Theater of the Oppressed Workshop - Module II - Theater of the Oppressed CTORio - September 2007.
- Training in HR, recruitment and selection of professionals, EBAP FGV. June 2000 to July 2000.
- Psychodramaturgy - Institute of Psychiatry IPUB/UFRJ. - June 1992 to September 1992.

### Reference

- Rosa Cristina Cavalcante - Núcleo Sol - + 5521 99673 6684
- André Solon Ribeiro (partner) - IN3 HR Consulting - + 5521 99403 8871