

1. Brief Curriculum vitae

1. Personal data

Full name

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2. Academic degrees

Year	Academic degree	Institution
2008	Ph D	University of Essex. Centre for Psychoanalytic Studies
1995	MA	Instituto Superior de Psicologia Aplicada

3. Previous and current scientific and/or professional activities

Period	Position or category	Institution
June 2008 - Present	Post-Doc researcher	Instituto Superior de Psicologia Aplicada, Lisbon
February 2007 – Present	Invited Lecturer	Instituto Superior de Psicologia Aplicada, Lisbon
November 2006-May 2007	Residential care worker	Ryes School and Community, Sudbury
Winter Term 2006-2007	Graduate Teaching Assistant	Centre for Psychoanalytic Studies, University of Essex
January 2004-September 2005	Research Assistant	Institute for Social and Economic Research, University of Essex.
August 2003- August 2005	Teaching Assistant	Essex Summer School in Social Sciences Data Analysis and Collection – Univ. of Essex

7. Participation in research projects

The impact of father involvement in family dynamics and child development (Principal Investigator M. Veríssimo) Foundation for Science and Technology Portugal PIHM/GC/0008/2008

Positive Affect and the Socio-Emotional Development of Preschool Children. (Principal Investigator A. J. Santos) Foundation for Science and Technology Portugal PTDC/PSI/66172/2006

Children's Attachment Security, Parental Secure-Base Scripts and Mother-Child/ Father-Child Narrative Styles (Principal Investigator; M. Verissimo) Foundation for Science and Technology Portugal PTDC/PSI/64149/2006

Ullevål Personality Project-Randomized controlled trial for testing the effect of a combined treatment on personality disorders - Ullevål University Hospital and the University of Oslo, Norway (Principal Investigator: Sigmund Karterud).

8. Prizes and awards

2008-2011 Post-Doctoral research grant. Foundation for Science and Technology, Portugal.

2000-2004. PhD research grant. Foundation for Science and Technology, Portugal.

2000. Visiting fellow grant Council of Europe-Pompidou Group

9. Thesis

PhD Thesis

Disorders of emotional containment and their somatic correlates: The Protomental nature of Addictions, self-harm and non-communicable diseases. University of Essex- Centre for Psychoanalytic Studies, March 2008

Supervisor: Robert Hinshelwood. *Internal Examiner:* Karl Figlio. *External Examiner:* David Taylor

Selected Papers in international scientific periodicals with referees

Monteiro, L., Veríssimo, M., Vaughn, B. E., Santos, A. J., Torres, N., & Fernandes, M. (2009). The organization of children's secure base behaviour in two-parent Portuguese families and father's participation in child-related activities. *European Journal of Developmental Psychology*. doi: 10.1080/17405620902823855.

Veríssimo, M., Santos, A. J., Vaughn, B. E., Torres, N., Monteiro, L., & Santos, O. (2009). Quality of attachment to father and mother and number of reciprocal friends. *Early Child Development and Care*. doi: 10.1080/03004430903211208.

Selected Chapters in books

Torres, N. (2003) 'Gregariousness and the Mind. W. Trotter and W. Bion' in Pines, M. and Lipgar, R. (Eds.) *Building on Bion: Roots*. London: Jessica Kingsley Publishers

10. Selected Communications

Torres, N. (2009, November) Commentary to Horst Kachele 'Stages of psychoanalytic treatment research – an overview'. *II colóquio de Psicoterapia psicanalítica. Desenvolvimentos e investigação em psicoterapia psicanalítica*. Appsi. 6 e 7 Novembro 2009, ISPA.

Morgan-Jones, R.; Torres, N. (2009, June) Under the Skin of the Organisation: Violation and the Shamelessness-Searching for a Model to Explore ProtoMental Dynamics. *The International Society for the Psychoanalytic Study of Organizations (ISPSO) annual meeting*. June 26th - 28th). Toledo, Spain.

Machado, P., Veríssimo, M., Santos, A. J., & Torres, N. (2009, April). School Readiness: Relations among Measures of Intellectual Functioning, Emotion Knowledge, and Social Adaptation. In *Social Competence and Academic Adjustment Correlates of Affect Expression and Emotion Knowledge in Young Children*, Chairs: Brian E. Vaughn, Manuela Veríssimo. *2009 Biennial Meeting of the Society for Research in Child Development*, Denver, USA.

Torres, N. (2004) "The Dawn and Dusk of Man. Trotter and Bion's Evolutionary Group Psychology"; Group Analytic Society-London. 23rd November 2004

Sanches, M. and Torres, N. (2003) 'Attachment Patterns and Drug Addiction' Communication presented at the 15h International Conference of Emotional Psychotherapy (Bonding Psychotherapy), Lisbon, April 2003.

Torres, N.; Neto, D.; Sanches, M. (2001). 'Evolution of patients on an ambulatory Bonding Psychotherapy group, according to the attachment theory'. 14th International ISNIP Conference - Bonding Psychotherapy: for whom, when and how? Belluno, 22 - 23, September 2001.

Selected Posters in conferences

Oliveira, D., Torres, N. & Ramalho, A. (2010, July). Adult attachment and care-giving in substance abusers under treatment: a Portuguese adaptation of the care-giving questionnaire. *Biannual Conference of the International Association for Relationship Research (IARRC)* Herzliya, Israel, July 22-26, 2010

Torres, N., Pinto, A., Maia, J., Santos, O., Pinhel, J. & Verissimo, M. (2010, July) Attachment narrative representations and psychopathological symptoms. The mediation effect in institutionalized children. 12th World Congress of the W.A.I.M.H. Infancy in Times of Transition Leipzig, Germany, June 29 - July 3, 2010

Torres, N.; Pinto, A.; Santos, O.; Pinhel, J. & Ramos, B. (2009, October) Attachment and Object Relations: Similarities and Differences. *International Attachment Conference - IAC 2009*. Barcelona Spain

Pinhel, J. , Ramos, B., Torres, N., Maia, J., Santos, O., Pinto, A. (August, 2009) Attachment and behavior problems in institutionalized children *XIV European Conference on Developmental Psychology*. Vilnius, Lithuania

Santos, O., Santos, A. J., Torres, N., Ferreira, B., Veríssimo, M. (August, 2009) The relation between quality of attachment, number of friends and social acceptance *XIV European Conference on Developmental Psychology*. Vilnius, Lithuania

Torres, N. (2005) "The Biochemistry of Emotional Dependence". The 6th International Neuro-Psychoanalysis Congress - "On Dreams and Psychosis" Rio de Janeiro, Brazil, 24-27 July 2005

2. Research Interests

I am interested in multi-level biopsychosocial models that integrate psychoanalytic and emotional development theories to understand deviant developmental trajectories to disorders of emotional-regulation and associated somatic symptoms. In my undergraduate research I focused on psychoanalytic-guided observation of family dynamics of heroin addicted patients in treatment. My PhD research was a comparative study of disorders of affect-regulation and emotional containment in three clinical groups: substance additions, psychosomatic conditions and para-suicide, using Bion's notions of basic group Valency, the protomental system, emotional processing and alpha-function.

Presently I am mainly focused in two areas of research. a) Assessment of processes and social contexts of socio-emotional development in children: primary relationships with parents (Attachment System organization), secure-base attachment representations, and autonomous interactions with peers (social competence and sociometric acceptance). b) Empirical research and evidence-based practice in psychodynamic psychotherapy with young people.

3. Current Research Involvement.

Project Audit of the “Espaço S”- psychodynamic psychotherapy in community-based service for young people.

Background

One in five children/adolescents experiences the signs and symptoms of a psychiatric disorder during the course of a year, and more than one in 10 children have moderately severe functional symptoms that disrupt their school, social, and family life (Russel, 2008). Furthermore, many disorders that have their onset in childhood are either chronic and persist into adulthood or place those who have them at risk for relapse or developing new classes of disorders in adolescence and later stages of development (Cicchetti & Cohen, 2006). Evidence for efficacy and effectiveness of psychotherapeutic treatment for adolescents is scarce and mixed, and the literature argues that further research is urgently needed (Weisz et al, 2006; Baruch, 2001). In particular, the domain of psychodynamic/psychoanalytic psychotherapy for adolescents has a very limited number of empirical studies (Baruch, 2002; Russell, 2008), and the reluctance some professionals have in recommending this form of therapy may be due to limited knowledge of its benefits (Delgado, 2008). Due to the specific characteristics of adolescents, some aspects of psychodynamic therapy such as type of techniques and length of treatment may have to be adapted and tailored to the young patients' stage of development, and to specific problems such as externalizing behaviours (Baruch, 2001; 2002).

The present project aims at evaluating in a naturalistic study the effectiveness of open-ended psychodynamic psychotherapy for adolescents in a community centre near Lisbon (Cascais), as well as the role some intervening process variables may play in the therapeutic outcomes. Psychoanalysis and psychoanalytic psychotherapy / psychodynamic are growing in Portugal through an increase in scientific societies and in the number of practitioners. However, empirical research in this type of therapeutic modality is virtually nonexistent, and to best of our knowledge such a study will be pioneer in our country. Thus, we expect this research to be a stimulus to the practice of empirical research in the field of psychoanalytic / psychodynamic psychotherapy in Portugal.

Aims of the study

Assess the effectiveness in improving adaptation, quality of life and reduction of problem behaviors of open-ended psychodynamic psychotherapy delivered in a community-based public centre, of young people from 10 to 24.

Identify patient variables and therapeutic process variables that can contribute to predict outcomes.

This study has its foundation in a replication of a successful audit in a similar psychotherapy centre in England (Baruch, 1995; 1997; 1998, 2001, 2002), which reported that the methodologies of audit were successfully integrated with clinical work without harming psychotherapeutic practice, and made an important contribution to planning the direction of the clinical service.

Design

Due to the characteristics of the centre, the most adequate design seems to be a Naturalistic longitudinal Study. The inclusion of a randomized control group is very problematic due to the usual ethical and pragmatic reasons, and the inclusion of a non-randomized or natural control group is a possibility that must be assessed carefully in the future. The principal objective is to establish a repeated measures follow-up, assessing symptom clusters profile and level of functioning at intake, 3 months, 6 months and 12 months of psychotherapy. The Dose-effect curve between length of treatment and number of sessions and the amount of change will be modeled by adequate statistical techniques. Follow-up measures should ideally be multiple informants (self-report, parents/teachers). Desirable control variables to be included are:

- Demographic variables,
- Standardized diagnostics,
- Therapist's type of approach/techniques variables,
- Therapeutic alliance.
- Countertransference

These variables will be used to identify groups of young people with better and poorer outcomes, and to investigate moderating and mediating process factors in levels of change and outcome.

The first stage of the study will consist in a pilot-study during 6 months, in order to implement the procedures and measures of the study. The two most experienced psychotherapists in the Espaço-S centre will implement the procedures of the pilot-study.

Setting

The “Espaço S” is a community centre with public funding from the Town Council of Cascais, Portugal, with the objectives of providing solutions to the local population of young people (10 to 24 years of age), aiming at improving quality of life in several areas. One of the services provided by the centre is a clinical psychology service, which offers psychodynamic psychotherapy among other services.

The main philosophy of the psychology service includes the ethical norms of anonymity, confidentiality and is free-of charge. The young people can access to the psychology service by self-referral, or can be referred by a third party such as the family, school and other community services.

Two preliminary interviews are undertaken for assessment, and to establish a therapeutic contract. The therapeutic contract includes agreeing on frequency of the sessions (weekly or every two weeks), 45 minutes sessions, and general rules to maintain the therapeutic process.

Target population of the study

The majority of clients are female (between 60-70%). The average age is around 16 years, and the age range presenting more requests is between 14 and 17, followed by the 15-18 and finally the 19-24 age range. The most common motives for request in 2009 were depressive symptoms (26%) and family difficulties (25%). The third more common motive for request are behavior problems and acting-out; this latter group of clients is normally referred by the school and community services, and many youngsters have already a psychiatric history and are under medication by psychiatrists

Health technologies being assessed

Open-ended Psychodynamic psychotherapy. The service is provided by 5 therapists, with graduation of an MA-level in psychology, in the Clinical branch, with age ranging from 28 to 46 years; 4 are female and their clinical experience at the centre is between 1 and 9 years. There are 2 coordinating therapists, 1 male and 1 female, which perform clinical supervision of the team, and are undertaking psychotherapeutic training in psychoanalysis and in psychoanalytic psychotherapy in Portuguese official organizations and have supervision with senior training psychoanalysts registered in the I.P.A.

The data management of the project will be performed by an independent team of a university psychology department in Lisbon (ISPA). This team will be coordinated by a post-doctoral researcher in developmental psychology and psychopathology, which has a PhD in Psychoanalytic Studies. Other members of the assessment team, which will have research consultancy and supervision roles, are senior researchers, PhD, specialists in social-emotional developmental psychology and research methodology, one of them a coordinating member of Appsi (Portuguese Association for Psychoanalytic Psychotherapy).

Measures of outcomes and process

Outcome Measures:

We plan to use the Achenbach System of Empirically Based Assessment (ASEBA) (Achenbach, 1991; Achenbach & Rescorla, 2001): *Yout Self Report (YSR)*, *Child behaviour Checklist (CBCL)*, *Teacher Report Form (TRF)*.

These questionnaires have Portuguese versions that are well studied and have norms for general population (Fonseca et al, 1994; 1995; 1999; Albuquerque et al, 1998; Gonçalves & Simões, 2000). A series of previous studies by Baruch and collaborators (1995; 1997; 1998; 2001; 2002) have showed that these questionnaires were well integrated in the clinical practice of adolescents of a similar age-range in England. The results of these previous studies can be compared with the present study.

Process measures:

-*WAI (working alliance inventory)*.

This questionnaire has a Portuguese version, which has been adapted for adolescents (Pacheco et al, 2003)

- *Therapeutic Identity (ThId)*

This questionnaire would have to be translated to Portuguese. There is a Spanish version (Sandell et al 2004).

- *Countertransference Questionnaire (Betan & Westen, 2008)*

There is a Portuguese pilot version of this questionnaire, developed in a MA thesis.

Sample size

In 2009 the centre has provided psychotherapy to 109 clients. Therefore it is reasonably expected that, even accounting for drop-outs and associated attrition rate, the sample size after one year of the assessment project could reach a number near 100, divided by the several follow-up stages.

Pilot Project timetable

The pilot project is expected to occur from March to September 2010.

Objectives after 6 months of Pilot-Study

- Qualitative evaluation of the questionnaires' implementation.
- Quantitative evaluation of change.
- Preparation of the full implementation of the longitudinal project, including instruments and routine procedures.

References

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