

CLINICAL PSYCHOLOGIST AT OMC



Hello there!

I'm, as from **21 of October (every Wednesday)**, the new member of the OMC.

So, let me introduce myself to you.

My name is **Inês Sales**. I've been a **clinical psychologist** for a decade and I'm also a **sexologist**.

I've studied clinical psychology in Lisbon, ISPA (Instituto Superior de Psicologia Aplicada) and I've also studied Clinical sexology in Belgium (Université Catholique de Louvain).

In the past, I've worked in Lisbon and more recently in Belgium, with the enormous expat community residing in Brussels. Therefore, I'm fluent in English, (Belgian) French and Portuguese, of course, as my mother tongue. I work mainly with adults.



As a therapist, I use eclectic therapy that comprises a wide range of different therapies and tools. I believe in diversity as we are so diversified as human beings. In my point of view, what works for one, doesn't necessarily work for another person. That's why I believe that as a professional we have to pay attention to it, in order to make the therapeutic process a successful one.

From the perspective of the patient, I would say that motivation for change has to be the main goal. You don't change without it. Change it's scary, and sometimes painful, let me tell you, but that's how you grow. That's how you discover new things about you and new ways of coping.



ISPA
INSTITUTO UNIVERSITÁRIO
CIÊNCIAS PSICOLÓGICAS, SOCIAIS E DA VIDA

And you know what? It's so good when you achieve that moment where you are able to use your inner tools to lead your own life!

ORANGE MEDICAL CENTRE

Edifício Atlântida

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Psychologist Inês Sales: 00351 96 93 88 434 (as from 01.10.2015)

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Here's some of the therapies that I'm trained with: CBT, DBT, Mindfulness, Psychoanalysis, Walk and talk therapy and EMDR, a tremendous therapeutic tool that has wonderful results with anxiety, phobias, low self-esteem issues, attachment issues (I'm going to explain it later), and so much more. Attachment is our ability to bond and to trust on relationships. Most of the times, it can be compromised by a parental difficult relationship in the past and it's taken to present relationships. This topic it's not so spoken in the media as I wished it would, but from my experience, there's a lot of you struggling with it. No matter if you're 15, 30 or 60 years old.

And who wants to stay attached to a chain from the past with anger, with resentment, with guilt and fear, because somewhere on the way you didn't feel loved, for instance? We really can address this, so that you can start living in the present and start building trustful relationships.

In sexology, we also address the issues above. However, the main goal is to help the patient to rediscover one's sexuality in a healthy way by being able to combine it with affection within the environment that he or she lives, and learning how to adapt it to daily life and needs. And talking about needs, this is a field that I also find very necessary to address in every therapeutic process. How do we live our needs? How do we listen to ourselves? How much are we neglecting them? Do I even know what my needs are?

I'm leaving you these very simple questions, but yet so important as an inner reflexion. I would have a lot more to share with you, but I'll reserve it for the next upcoming newsletters. In addition, you can take a look at my website, where you'll find plenty of information about my work and some texts with my thoughts: www.psychologyalacarte.com.



See you soon and make your life a great journey,

Inês Sales

To make an appointment, please call: **00351 96 93 88 434** (as from 01.10.2015)

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