



Conference (March 30 and 31, 2022)

Location: ISPA – University Institute

Rua Jardim do Tabaco, 34, 1149-041 Lisbon ([Google maps link](#))

Agenda:

March 30, 2022

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| 9.30 am | <p>Opening</p> <p>Chair of the WJCR, Professor Gün Semin
Chair of the Organizing Committee, Doctor Alexandra Ferreira Valente</p> |
| 10.00 am | <p>Symposium 1</p> <p>Psychology and Psychological Intervention(s) for Pain Management in Portugal: An historical overview</p> <p>Naide Ferreira, MSc (Centro Hospitalar Lisboa Ocidental; Task Force in Psychology of the Portuguese Association for the Study of Pain)</p> |
| 10.45 am | <p>Coffee break</p> |
| 11.00 am | <p>Symposium 2</p> <p>Mindfulness meditation, cognitive therapy, and behavioral activation for chronic low back pain: Preliminary findings from a randomized controlled trial.</p> <p>Melissa A. Day, PhD (Department of Rehabilitation Medicine, University of Washington; School of Psychology, University of Queensland)</p> |

Mark P. Jensen, PhD (Department of Rehabilitation Medicine, University of Washington)

Lunch Break

2.00 pm

Symposium 3

Spirituality as a Resource to Cope with Chronic Diseases – An overlooked dimension of Integrative Medicine

Arndt Büssing, PhD (School of Health, Witten/Herdecke University)

3.00 pm

Symposium 4

COping with PAin through Hypnosis, mindfulness, and Spirituality: State-of-the-art and results of a randomized experimental mixed-design study

Alexandra Ferreira Valente, PhD (William James Center for Research, ISPA – Instituto Universitário)

Margarida Jarego, MSc (William James Center for Research, ISPA – Instituto Universitário)

4.15 pm

Coffee break

4.30 pm

Symposium 5

Psychological management of pain and quality of life in people with hemophilia

Patrícia R. Pinto, PhD (ICVS, School of Medicine, University of Minho)

5.15 pm

Round Table

Pain management through the eyes of the psychotherapists: Case studies

Ana Carina Resina, MSc (Centro Hospitalar Universitário de Lisboa Central, Task Force in Psychology of the Portuguese Association for the Study of Pain)

Maria José Ramalho, MSc (Centro Hospitalar de Setúbal)

Fabrizia Raguso, PhD (Portuguese Catholic University, Center of Philosophical and humanistic Studies)

6.15 pm

Closure

March 31, 2022

10.00 am

Symposium 6

Non-pharmacological strategies to approach chronic pain in late adulthood: An overview of the state-of-the-art and needs assessment

Marta Osório de Matos, PhD (ISCTE, Department of Psychology)

10.45 am

Coffee break

11.15 am

Symposium 7

Psychological management of pediatric pain: Recent trends and future directions (title to be confirmed)

Catarina Tomé Pires, PhD (University Autónoma of Lisbon, Department of Psychology)

12.00 pm

Closure

Vice-Chair of the School of Psychology, Professor Maria João Gouveia

Vice-chair of the Organizing Committee, Professor José Pais-Ribeiro