



Dr. Daniela Semedo

Consultant Clinical Psychologist

Dr. Daniela Semedo is a Consultant Clinical Psychologist with 18 years of experience in both inpatient and outpatient mental health settings across Portugal, India, the United Kingdom, and the United Arab Emirates. Raised in Portugal and educated both in Portugal and the United Kingdom, she has developed a diverse, globally informed approach to clinical practice.

Dr. Semedo holds a PhD in Clinical Psychology from the prestigious University of Edinburgh, where she specialized in early detection and intervention in psychosis. She also holds a master's degree in clinical and health psychology, a Postgraduate Diploma in Clinical Neuropsychology, and a bachelor's degree in clinical psychology. She is also certified in Mentalization-Based Treatment for Children, as well as in several third-wave Cognitive Behavioral Therapies, including Mindfulness, Acceptance and Commitment Therapy (ACT), Compassion-Focused Therapy (CFT), and Dialectical Behavior Therapy (DBT). Additionally, she holds certifications in Solution-Focused Therapy and Schema Therapy.

Dr. Semedo's clinical expertise spans a wide demographic, including preteens, adolescents, and adults, and she is committed to providing evidence-based, integrative treatment approaches that are carefully tailored to meet the unique needs and backgrounds of each individual.

Dr. Semedo employs an empathetic and relational approach to psychotherapy, emphasizing the importance of creating a safe and compassionate environment in which clients can openly explore and address emotional and behavioral difficulties. Her work is centered on facilitating positive change, promoting personal growth, and helping clients create more fulfilling, balanced lives. She believes that empathy, understanding, and a strong therapeutic alliance are vital components for achieving successful outcomes.

In addition to her clinical work, Dr. Semedo is a university professor. She serves as a Senior Lecturer, researcher, and clinical supervisor, offering guidance to students during their clinical internships and master's thesis projects. Her academic contributions play a key role in shaping the next generation of Clinical Psychologists. As a certified clinical supervisor, Dr. Semedo also supports other Clinical Psychologists in advancing their professional practice, ensuring they receive the guidance and expertise needed to enhance their skills.

Outside of her professional endeavours, Dr. Semedo is an avid nature enthusiast, a certified interior designer, and a passionate traveller. She values spending quality time with her family and friends, constantly seeking new experiences and opportunities for personal growth and enrichment.



Biopsychosocial Health Centre FZ-LLC.

Commercial License Number: 105944

DKP, Block 11, Office 114, Dubai, UAE

info@bpsclinic.com | www.bpsclinic.com

Works with Patients:

- Adjustment, Trauma- and Stress-Related Disorders (incl. PTSD)
- Anxiety and Phobic Disorders
- Attachment Issues and difficulties with Interpersonal Relationships
- ADHD in Preteenagers, Adolescents and Adults
- Depressive Disorders
- Obsessive-Compulsive and Related Disorders
- Personality Disorders
- Schizophrenia Spectrum and Other Psychotic Disorders
- Somatic Symptoms and Related Disorders

Languages:

Portuguese, English

Setting:

- In-person
- Online (minors excluded)

Services Offered:

- Parent Intake
- Individual Therapy for Adults and Children
- Psychodynamic and Relational Therapy
- Divorce Mediation, Parenting Plans, and Post-Divorce Mediation
- Psychoeducational and Parental Guidance
- Emotional and Behavioural Assessment for Children
- Play Therapy

Presenting Concerns for Children (General and Specific):



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General and Specific Concerns for Adults:

Qualifications and Memberships:

• PhD in Clinical Psychology, The University of Edinburgh (UK) • MSc in Clinical and Health Psychology (Portugal) • Postgraduate Diploma in Clinical Neuropsychology (Portugal) • BSc in Clinical and Counselling Psychology (Portugal) • Member of the European Federation of Psychologists Associations (EFPA) • Member of the Order of Portuguese Psychologists (OPP) 22104 • Member of the British Psychological Society (BPS) • Clinical Psychologist, Dubai Health Authority (DHA) 43210284

Other relevant trainings • BPS-Accredited Training in Clinical Supervision (SDS Seminars, UK). • BPS-Accredited Training in Mentalization-Based Treatment for Children (Anna Freud National Centre for Children and Families, UK). • APT-Accredited Certificate in Solution Focused-Therapy Level 2 (The Association of Psychological Therapies, UK). • DHA-Accredited Certificate in Acceptance and Commitment Therapy (The Lighthouse Arabia, Dubai, UAE). • Schema Therapy Level 1 (Schema Therapy Training Australia). • BPS-Accredited Certificate in Third Wave CBT: Mindfulness, ACT, CFT and DBT (SDS Seminars, UK).



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