



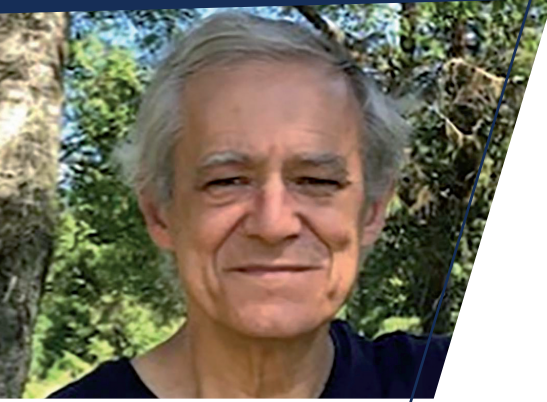
CATOLICA
FACULTY
OF HUMAN SCIENCES

LISBOA



DOCTORAL PROGRAM IN
**PSYCHOLOGY: EMOTION
AND WELLBEING**

Message from the Program Coordinator



Francisco Esteves

After decades of intensive research, the study of affective processing has finally received the acknowledgement it deserved for its crucial role in the understanding of human behaviour.

The newest and innovative PhD program in Emotion Psychology combines the advances in the scientific knowledge in the field with practical applications in different domains of our society: in health and well-being, in education, in economic and political decisions, in work and organizational contexts.

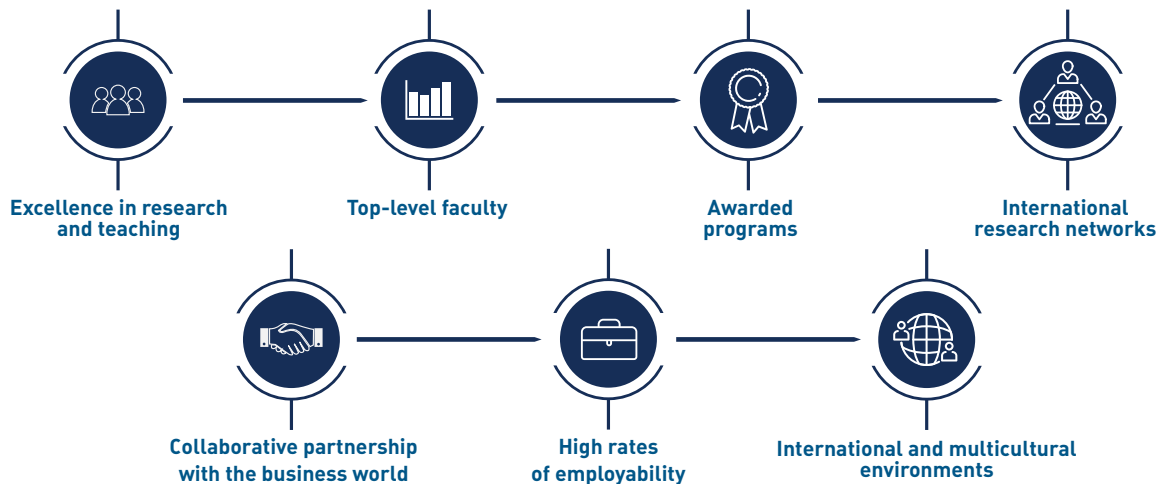
The first year combines mandatory courses focusing on basic scientific knowledge and research methodology, with elective courses allowing some specialization according to the different interests of the candidates. The second and third years will mainly be dedicated to the empirical work leading to the PhD thesis.

All in English, with the participation of recognized Portuguese and international teachers, we are looking forward to a group of motivated and interested students to start this adventure.

Welcome! See you in September!

Why study at FCH-Católica?

The Faculty of Human Sciences deploys a multidisciplinary and innovative training and research model, resulting from collaborative efforts between academic, cultural and organizational institutions. .



In a lively and dynamic environment, the school excels in its multidisciplinary approach to different fields of knowledge, providing every student and researcher with lifelong value.

Program Overview

This **PhD Program in Emotion Psychology** is innovative and unique in Europe and combines knowledge brought by Psychology and several other fields of Science to provide an updated solid theoretical and methodological background in the **study of emotional processes**.

It meets the exponentially growing interest of the last couple of decades in Emotion after the findings that **emotion is key to decision making** and that affective **processes in the brain** create an implicit layer of influence to the most varied aspects of **human mental activity, behavior, and creations**.

A strong branch of research is focusing on **emotion regulation** and **positive emotions**, forming a strong basis for applied interventions towards **psychological well-being** and health as well as the betterment of the workplace, education and human developmental contexts.

Who is this program designed for?

The Program is ideal for many types of professionals:

- Clinical or Health Psychologists, Neuropsychologists, Psychiatrists and professionals from other psychobiological/health domains
- Organization and Social Psychologists, to meet the high demand for experts in team processes
- Education and Developmental Psychologists, long-sought to prepare evidence-based projects entangling cognitive and socioemotional development and promoting healthy emotional development paired with children's/youth's brain maturation.
- Academics, pursuing university level teaching/research, seeking specific methodological training and opportunity to learn with world leading experts.

Program Structure

1st Semester

Fundamental Research in Emotion Processes

Methods and Techniques in Emotion Research

Elective Course I

2nd Semester

Applied Emotion Research – wellbeing
in various contexts

Advanced Methods of Data Analysis

Elective Course II

3rd Semester

Thesis Seminar

Academic skills

Thesis

4th Semester

Thesis Seminar

Academic skills

Thesis

5th Semester

Thesis

6th Semester

Thesis



Admissions

Applications from February to July.

Requirements:

- Master's Degree in any domain in Psychology, or Master's in Biology or Medicine relevant in Psychobiology;
- Other Master level degrees may be considered;
- High level of fluency and command of English.

Documents required for application:

- Curriculum Vitae in English;
- University Transcripts of Records;
- Motivation Letter;
- Project proposal;
- Identification document .

Besides those mentioned above, any other documents that Applicants find relevant to their application may be included.

How to apply?

1st

Start your application online, provide your personal information, upload the mandatory documents and pay the application fee.

2nd

Interview
(in person or via Zoom)

3rd

The Selection Committee reviews your application and makes a final decision





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