

# Joana Gonçalves

Psychomotor Therapist

Clinician Profile 2026

Joana Gonçalves

## Executive Profile

I am a senior Neurodevelopment Specialist and Psychomotor Therapist with deep expertise in autism, neurodevelopmental disorders, child mental health, inclusion, professional training and service development.

In Portugal, I currently hold a position within the largest Neurodevelopment and Child Mental Health department in the private healthcare sector, where I coordinate the largest hospital-based psychomotricity and special education team within the Centre for Neurodevelopment and Child and Adolescent Behaviour of Hospital da Luz, one of Portugal's leading private healthcare groups. My work spans direct clinical practice, team coordination and service development, with a consistent focus on delivering evidence-based, family-centred care. I work closely with paediatricians, child psychiatrists, psychologists and occupational therapists to ensure each child receives a cohesive, transdisciplinary support plan tailored to their individual developmental profile and family context.

My clinical work is centred on supporting children, pre-adolescents and their families through multidisciplinary approaches that advance participation, developmental outcomes, wellbeing and quality of life. I have been formally recognised as a Specialist with Merit by the Faculty of Human Kinetics at the University of Lisbon. My professional experience spans healthcare, education and community settings, positioning me to bridge clinical service delivery with broader inclusion and developmental initiatives across Portugal and internationally. This breadth of experience allows me to bring both clinical rigour and systemic thinking to every case, consultation and collaborative project I am involved in.

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## Professional development

My practice is grounded in continuous professional development, with internationally recognised certifications and advanced training in neurodevelopment, autism assessment and psychomotricity acquired through leading institutions in Portugal and abroad.



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## Certificates

- 2026 Basic Life Support (BLS) Provider**  
European Research Council (ERS)
- 2025 ADI-R, Autism Diagnostic Interview-Revised**  
Lincoln Institute of Applied Psychology (w/ Dr. Somer Bishop)
- 2023 Baby Signs® para Profissionais**  
Níveis I + II
- 2021 Griffiths III, Griffiths Scales of Child Development 3rd Ed.**  
ARICD (Association for Research in Infant and Child Development)
- 2021 Sibshops Facilitator**  
Sibling Support Project (w/ Emily Hoi)
- 2020 ADOS-2, Autism Diagnostic Observation Schedule, Second Edition: Modules 1-4 & Toddler**  
Emory University (w/ Dr. Catherine Rice)

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## Selected Achievements

- Recognition**  
I was recognised as Specialist with Merit by the Faculty of Human Kinetics, University of Lisbon.  
I am certified in ADOS-2, ADI-R and Griffiths III.  
I provide assessment and intervention services in English for international families.
- Leadership**  
I coordinate the largest hospital-based psychomotricity team in Portugal at Hospital da Luz.  
I founded a University of Lisbon entrepreneurship student club and received an entrepreneurship award supported by the European Commission Representation in Portugal.  
I have served as university lecturer and trainer in workforce development and multidisciplinary education.
- Practice / Impact**  
I am an invited speaker at congresses, conferences, podcasts and scientific events focused on autism, neurodevelopment and inclusion.  
My work spans healthcare, education and community settings, supporting children, families, schools and multidisciplinary teams across Portugal and internationally.

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## Areas of Expertise

- 01 Clinical Expertise**
  - ASD
  - Neurodevelopmental Disorders
  - Early Intervention
  - Child Mental Health
  - Developmental Assessment
- 02 Clinical Expertise**
  - School Inclusion & Educational Consultation
  - Parent Guidance & Family Support (including siblings)
- 03 Professional Development**
  - Professional Supervision
  - Workforce Development & Training
  - Service Development & Innovation
- 01 Collaboration**
  - Multidisciplinary / Transdisciplinary Collaboration

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## On the Mic

Conversations about movement, play and emotional well-being. Sharing ideas that support children and the adults who guide them.

- 01 IDEA Sem Filtro – Universidade de Lisboa**  
7 Sep 2025  
A conversation on neurodiversity, inclusion and what it really means to say the university is for all.  
[Listen on Spotify](#)
- 02 PsicoMotriQué? – Sara Duarte**  
26 Nov 2025  
"O Psicomotricista é o tradutor do movimento" – on the clinical role of psychomotricity in child development.  
[Listen on Spotify](#)
- 03 O Pediatra Responde – Hospital da Luz**  
24 Feb 2022  
"Crianças agitadas: sintoma ou indisciplinada?" – exploring the difference between behaviour and diagnosis in restless children.  
[Listen on Spotify](#)

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## Sharing Ideas that move me

I speak at conferences, congresses and professional events about child development, psychomotricity and neurodevelopment – translating clinical knowledge into ideas that practitioners, families and educators can actually use.

- TEDxUlisboa – A Tapestry of Tales**  
Talk - May 2026  
"What happens when you say out loud: 'University is for all?'"  
Lisbon  
[View event](#)
- Hospital da Luz – European Psychomotricity Day**  
Press Feature - 2023  
Hospital da Luz Lisboa marked European Psychomotricity Day with a clinical communication led by our team.  
[Read article](#)

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## Talks & Conferences

- May 2026 TEDxUlisboa**  
"What happens when you say out loud: 'University is for all?'"  
Lisbon
- May 2026 III Seminário Belong**  
"Entre a Singularidade e o Padrão"  
"Psicomotricidade – Quando pensar requer um corpo"  
Lisbon
- April 2026 Education Summit 2026**  
Roundtable: Atuar nas Perturbações do Neurodesenvolvimento: uma Perspectiva Inclusiva  
Guimarães
- Dec 2025 Psicomotricidade Summit 2025**  
Roundtable: Inclusão escolar e profissional na Neurodivergência  
Aveiro
- Oct 2025 8.º Congresso Nacional PHDA**  
"Eu consigo, escolho e falo por mim!" – Empowerment das próximas gerações na PHDA  
Coimbra
- Oct 2023 Congresso Nacional PHDA**  
ADHD in Childhood: Psychomotor Intervention on Executive Functioning and Emotion Regulation  
Lisbon
- May 2022 1.º FMH Career Forum**  
Intervenção Psicomotora na PHDA: idade pré-escolar – escolar  
Lisbon
- May 2021 1.º Congresso Internacional de Psicomotricidade da FMH**  
Impacto das dificuldades do funcionamento executivo na criança com PHDA: o papel do psicomotricista  
Lisbon
- June 2018 18th International Congress of Equine Facilitated Programmes**  
How does a psychomotor therapist bring value to the table?  
Dublin
- May 2016 6th Congress of European Forum of Psychomotricity**  
Playful interaction between typically developing children and their siblings with ASD  
Lucerne

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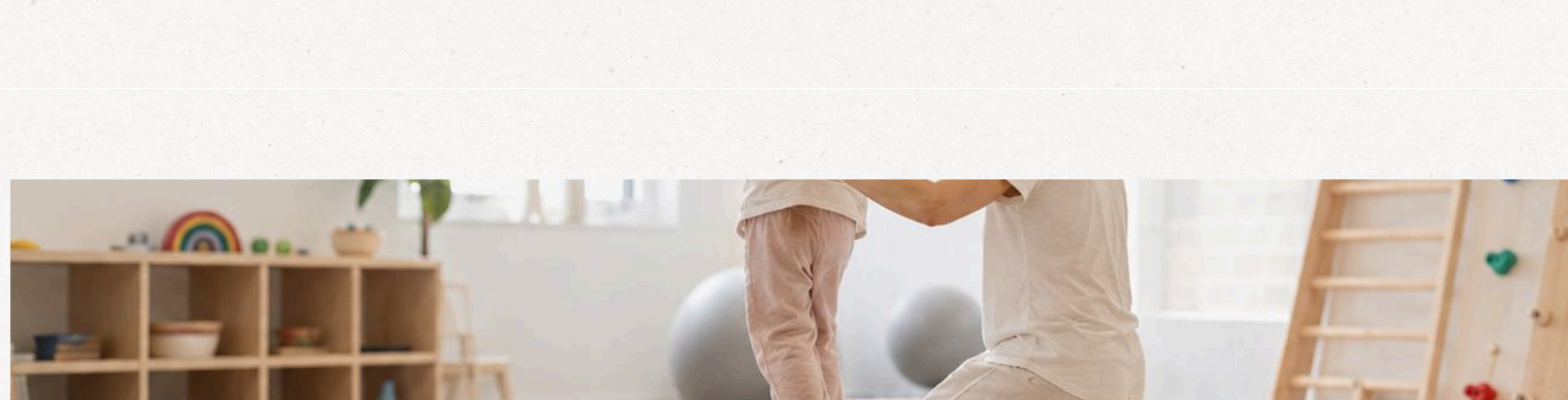
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## Thank you

This portfolio brings together the experiences, projects and ideas that shape the way I understand psychomotricity, as a space where movement, relationship and development meet.

Email

LinkedIn