



Biopsychosocial Health Centre FZ-LLC.

Commercial License Number: 105944

DKP, Block 11, Office 114, Dubai, UAE

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Joao Lourenco

Senior Clinical Psychologist

Joao Lourenço is a senior Clinical Psychologist with more than fifteen years of experience supporting children, adolescents, young adults, and families across Portugal and the United Arab Emirates. His work in both regions shaped a grounded and relational style of care, and he is known for creating a space where young people feel understood and parents feel supported.

Joao began his career in Portugal, where he worked with children, adolescents, and families in both clinical and educational settings. For the past decade, he has been based in the UAE, beginning his work at The Lighthouse Arabia. His early years there gave him a strong clinical foundation and helped him develop the skills and perspectives that continue to guide his practice today. This period shaped the child centred approach that has remained at the heart of his work.

Building on this foundation, Joao co founded The Free Spirit Collective in Dubai and served as Director of Child Services, where he led the development of pathways for children and adolescents. He later became Head of Therapies for Children at Aspris Wellbeing Clinic, guiding a multidisciplinary team and expanding services for emotional, behavioural, and neurodevelopmental needs. These leadership roles reflect his seniority and long standing commitment to shaping effective and compassionate child and family services.

In his clinical work, Joao supports a broad range of emotional, behavioural, and developmental concerns. He has extensive experience with neurodiverse children and adolescents, including those with Autism Spectrum Disorder and ADHD, as well as in working with attachment related difficulties and reflective parenting. He draws on evidence based approaches such as CBT, ACT, DBT informed work, MBT CYP, and



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developmentally attuned play based methods. His approach is always adapted to each child's developmental stage and unique way of making sense of their world.

Families often describe Joao as calm, steady, and compassionate. He helps children understand their emotions and experiences, and he supports parents in understanding the needs beneath their child's behaviour so they can respond with confidence. His work focuses on strengthening relationships, building practical coping skills, and helping young people develop a secure sense of self. Alongside his clinical practice, he provides supervision to other clinicians who work with children, adolescents, and families.

Beyond his therapeutic work, Joao is active in the wider community. He collaborates with schools and universities, offers training for educators, and supports institutions in creating environments where children can thrive. He is also a regular panelist and speaker on child development and mental wellbeing.

Outside the therapy room, Joao enjoys surfing, travelling, and cooking, interests that bring balance to his life and help him stay grounded in his work with young people and families.

Services Offered:

- Parent intake and parental consultations
- Individual therapy for children and adolescents
- Play-based interventions to support emotional regulation and social skills
- Cognitive Behavioural Therapy (CBT)
- Trauma-Focused Cognitive Behavioural Therapy (TF-CBT)
- Acceptance and Commitment Therapy (ACT)





- Dialectical Behaviour Therapy (DBT)–informed interventions
- Mentalization-Based Treatment for Children and Young People (MBT-CYP)
- Parental guidance (Reflective Parenting model and the Incredible Years Programme)
- Social skills groups for children and adolescents
- Psycho-educational and developmental assessments
- Behavioural assessments and behaviour support planning
- Clinical supervision for psychologists and other mental health clinicians

Presenting Concerns for Children:

- Anxiety (generalised anxiety, worries, panic, social anxiety, separation anxiety)
- Specific fears and phobias
- Low mood and depression
- Emotional regulation difficulties, frequent “meltdowns,” and intense emotional outbursts
- Childhood behavioural difficulties (e.g. oppositional behaviour, defiance, rule-breaking)
- Neurodevelopmental disorders (e.g. Autism Spectrum Disorder, ADHD and related profiles)
- Social skills difficulties and peer relationship problems
- School-related stress, school refusal, and adjustment to school changes
- Selective mutism





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- Obsessive–compulsive disorder (OCD) and related symptoms
- Post-traumatic stress and trauma-related difficulties (including medical, family, or school trauma)
- Self-image and self-esteem difficulties
- Parent–infant and early attachment difficulties

General and Specific Concerns for Adults:

- Parenting stress and burnout related to children’s emotional, behavioural, or developmental needs
- Supporting parents of neurodiverse children (ASD, ADHD and related presentations)
- Anxiety, worry, and overprotection in the parenting role
- Feelings of guilt, helplessness, or low mood related to parenting
- Adjusting to family changes (e.g. relocation, separation/divorce, school transitions)
- Difficulties understanding and responding to children’s emotional and behavioural needs
- Improving communication, connection, and boundaries within the parent–child relationship

Qualifications and Memberships:

- Bachelor’s degree in Psychological Sciences (BSc)
- Master’s degree in Clinical Psychology (MSc)
- CDA Licensed Psychologist – Community Development Authority, Dubai



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