



Luísa Sales

She is a psychiatrist holding the rank of Senior Consultant in the Hospital Medical Career and was Head of the Psychiatry Department at Coimbra Military Hospital (CSMC) until 2024. She is a Training Psychodrama Therapist and, from 1997 to 2024, led psychodrama therapy groups with victims of psychological trauma.
Since 2011, she has been a researcher at the Centre for Social Studies (CES) of the University of Coimbra. In 2009, she co-founded the CES Trauma Centre (now known as the Trauma Observatory), which she coordinated until 2023. From 2011 to 2016, she served on the Board of Directors of the European Society for Traumatic Stress Studies (ESTSS).
Until 2021, she was a member of the Scientific Committee of the Ministry of National Defence's Military Stress Resource Centre and, during the COVID-19 pandemic, she was part of the Portuguese Medical Association's COVID-19 Crisis Team.
From 2012 to 2022 onwards, she organised and coordinated the editions of the Trauma Observatory's training courses in Psychotraumatology, which awarded the ESTSS European General Certificate. During this time, she also taught on the Master's programme in Social and Cultural Psychiatry at the Faculty of Medicine of the University of Coimbra.
Her scientific interests have focused on psychiatric and psychosocial crisis intervention, post-traumatic stress disorder (PTSD), and mental health conditions affecting former military personnel.
She has authored, co-authored and edited books, book chapters, scientific articles and other publications. She has also participated in national and European research projects focusing on the intergenerational transmission of trauma, as well as the development of psychosocial support networks and clinical interventions following crises, disasters and catastrophes.

É psiquiatra com a categoria de Assistente Graduada Sénior da Carreira Médica Hospitalar e foi, até 2024, responsável pelo Serviço de Psiquiatria do Hospital Militar de Coimbra (CSMC). É Terapeuta Didata da Sociedade Portuguesa de Psicodrama tendo dirigido, de 1997 a 2024, grupos terapêuticos de Psicodrama com vítimas de Trauma Psicológico. Desde 2011 é investigadora do Centro de Estudos Sociais da Universidade de Coimbra. Em 2009 foi co-fundadora do Centro de Trauma /CES (agora designado por Observatório do Trauma) que coordenou até 2023. Integrou de 2011 a 2016, o Board of Directors da ESTSS (European Society for Traumatic Stress Studies).

Incorporou até 2021, a Comissão Científica do Centro de Recursos de Stress em Contexto Militar do MDN e, durante o período da pandemia, fez parte do Gabinete de Crise para a Covid 19 da Ordem dos Médicos. Entre 2012 e 2021, organizou e coordenou as edições dos Cursos de Formação em Psicotraumatologia do Observatório do Trauma, que conferiram equivalência ao Certificado Geral Europeu da ESTSS e foi docente no Mestrado em Psiquiatria Social e Cultural da Faculdade de Medicina da Universidade de Coimbra.

Tem mantido interesses científicos nas áreas de intervenção psiquiátrica e psicossocial na crise, do stress pós-traumático e das patologias psíquicas em ex-combatentes. É autora, coautora e organizadora de livros, capítulos de livros, artigos científicos e outros textos. Tem participado em projetos nacionais e europeus de investigação ligados à transmissão intergeracional do Trauma bem como à estruturação de redes psicossociais e intervenções clínicas pós- crises, desastres e catástrofes.