

CURRICULUM VITAE ANA PAULA SILVESTRE

CONTACT DETAILS

Mobile: +351 96 163 20 10
Email: paletasilvestre@gmail.com
Professional License (OPP) No. 02424

Languages

Portuguese (native)
Spanish (fluent)
Catalan (fluent)
English (fluent)

PROFESSIONAL PROFILE

In 1996, I completed a degree in Clinical Psychology at the Higher Institute of Applied Psychology (Lisbon), and until 1999 I worked as a trainer in drug prevention and mental health promotion projects at Associação Arisco. During this period, I was also a Psychology and Communication teacher at Vitorino Nemésio Secondary School in Lisbon.

From 2000 to 2011, I worked in Portugal, Colombia, and Barcelona in the fields of cooperation and development, particularly in mainstreaming gender equality in public policies, development and cooperation projects and programs, and NGO organizational culture. I worked as a coordinator, researcher, and technical officer in organizations such as the United Nations, the Catalan Federation of Development NGOs, among others.

In 2008, I completed a Master's degree in Women, Gender and Development at the National University of Colombia.

Over the years, I have gained extensive experience as a trainer working with diverse groups, including at-risk children and youth, teachers, public officials, NGO staff, and community and grassroots groups. The topics addressed include gender equality, creative expression, personal and social development, mental health promotion, and drug prevention.

I worked at Lapsis – Psychotherapeutic and Psychopedagogical Center, developing mental health promotion projects (using art and creativity as mediators for personal and group development and well-being for children, adults, teachers, and community organizations) and providing psychological counseling.

From 2019 to 2021, I collaborated with Associação Jovem Despertar in Camarate, supporting activities with children and youth and facilitating a Digital Education and Labor Market Integration course for unemployed migrant women.

Since 2022, I have been working as a visual artist and psychologist in the CuidArte project at Associação Arisco, funded by IPDJ, facilitating collage and mental health workshops in schools throughout the country.

Between 2013 and 2017, I collaborated with the Associação d'A Música Portuguesa A Gostar Dela Própria as a sound designer and producer (including the production of A Música da Mouraria A Gostar Dela Própria) and worked as a DJ (Senhora dos Passos). Listening has always been central to my life and is reflected in many ways in my professional path.

My exploration of visual arts intensified from 2009 onward, when I began dedicating myself to image-based composition and mixed-media collage (@apcollage). As training and group facilitation have always been part of my professional life, since 2018 I have also been facilitating

collage workshops, either as an artistic purpose in itself or as a mediator for objectives such as personal development, environmental awareness, and mental health promotion.

ACADEMIC EDUCATION

Cultural Prescription and Mental Health: Integrated Training for Health and Culture Professionals – Faculty of Psychology, University of Porto. 2025

Master's Degree in Women, Gender and Development – National University of Colombia. Bogotá, Colombia. 2008

Training of Trainers Course (CAP – Pedagogical Aptitude Certificate), including Training for Promoters of Equal Opportunities between Genders in Civil Society – GRAAL Association. Lisbon, Portugal. 1999

Postgraduate Studies in Music Therapy (not completed) – School of Music, Art and Process. Vitoria-Gasteiz, Spain. 1998

Degree in Clinical Psychology – Higher Institute of Applied Psychology. Lisbon, Portugal. 1996

Environmental Technologies Facilitator Course – GEOTA (Environmental and Territorial Planning Studies Group). Lisbon, Portugal. 1988

PROFESSIONAL EXPERIENCE

2020 – Present

Psychologist and Artist, CuidArte Project – Associação Arisco (IPSS)
(until 2024 integrated into the Cuidate+ project of the Portuguese Institute of Youth and Sports)
Design and facilitation of mental health promotion workshops through collage and other artistic mediators for young people across the country.

Facilitator of various artistic workshops for diverse audiences, from both recreational and personal development/mental health promotion perspectives.

2017 – 2020

Clinical Psychologist – Lapsis Psychotherapeutic and Psychopedagogical Center
Focused on children and youth.

2019 – 2021

Collaboration with Associação Jovem Despertar – Camarate, Loures
Support of activities with children and youth (2019).

Facilitation of a Digital Education and Labor Market Integration course for unemployed migrant women (2020/2021).

June 2009 – December 2011

Catalan Federation of Development NGOs (FCONGD) – Catalonia, Spain
Gender Officer

Coordination of gender mainstreaming within the federation's strategy, member organizations, and public cooperation and development policies.

Facilitation of training sessions on gender equality for strategic audiences.

June 2008 – February 2009

Fundació SURT – Barcelona, Spain
Pedagogical Officer

Responsible for the project "Tools and Strategies for Development Education."

Creation and development of the pedagogical material "Un equipaje para la interculturalidad" – Gender, Interculturality and Citizenship.

Employment Integration Officer

Monitoring, training, and labor market integration of young migrant women using SURT's competency-based model.

Liaison with participating companies and internship follow-up.
Training in active job search techniques for women in prostitution contexts.

2007 – 2008

Researcher – Lisbon and Barcelona

Master's thesis:

“Reconciliation between Productive Work, Reproductive Work and Leisure among Workers in Third Sector Organizations in Colombia.”

Supervisor: Luz Gabriela Arango.

October 2005 – October 2006

University of Coimbra – CES (Centre for Social Studies), Portugal

Consultant on the study:

“Diagnostic and Prospective Study on the Role of NGOs in Promoting Equal Opportunities between Women and Men.”

Coordinator: Virginia Ferreira.

April – June 2004

National University of Colombia – Bogotá

Consultant on the study:

“State of the Art and Strengthening of the Gender Perspective in Programs, Projects and Organizational Culture of Project Council Service and Its Partners (Phases I and II).”

Coordinator: Donny Meertens.

August – October 2003

National University of Colombia – Bogotá

Consultant on the study:

“Integration of the Gender Perspective in the Projects of the International Organization for Migration (IOM) Partners.”

Coordinator: Donny Meertens.

January 2000 – January 2002

United Nations High Commissioner for Refugees (UNHCR) – Urabá, Colombia

UN Volunteer Field Officer

Implementation and advocacy of UNHCR protection policies for internally displaced persons (IDPs).

Identification, evaluation, and monitoring of assistance projects and durable solutions.

Inter-institutional coordination and representation.

Training and awareness-raising sessions on displacement, UNHCR mandate, and protection frameworks from a differential perspective.

Responsible for gender, childhood, and communication areas at the sub-office.

1997 – 1999

Vitorino Nemésio Secondary School – Lisbon, Portugal

Psychology and Communication teacher.

Trainer in personal development for administrative staff.

Co-facilitator of the school's theatre group.

1994 – 1999

Associação Arisco – Lisbon, Portugal

Project assistant and trainer in drug prevention and mental health promotion programs.
Delivered training to teachers, at-risk youth, and staff in drug rehabilitation centers.