


NEUROPSYQUE®

HEALTHY BRAIN,
HEALTHY LIFE

THE THERAPEUTIC PROCESS: THE 10 PILLARS OF TREATMENT AT NEUROPSYQUE



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 info@neuropsiquiatria.pt



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The **Therapeutic process**:
the 10 stages of treatment and
care at **NeuroPsyque**.

01.

 More details – p.13

Assessment



Everything starts
with a **specialized**
assessment.

We analyze your clinical
history in meticulous detail.

Symptoms, medical background,
and life context are all considered
to ensure precise clinical
guidance and a deep
understanding of your needs.



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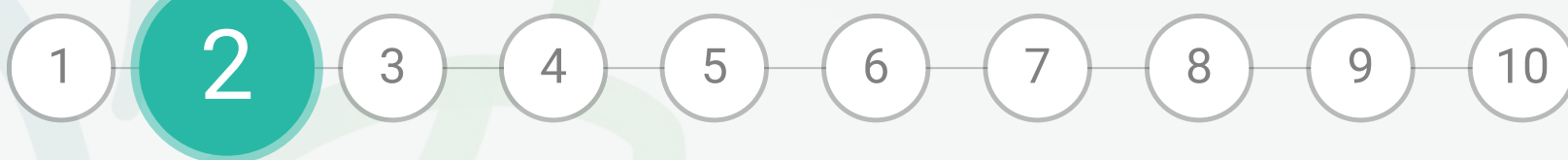
Screening



What is
affecting your
well-being?

Exclusion of hypotheses and
identification of causes.

We conduct a systematic analysis
to ensure that no neurological,
psychological, or metabolic
condition goes unnoticed.



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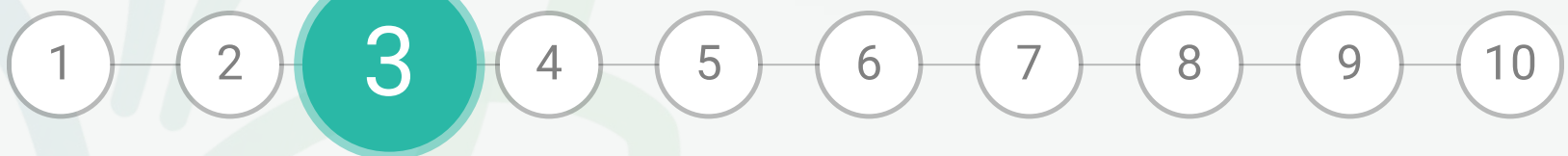
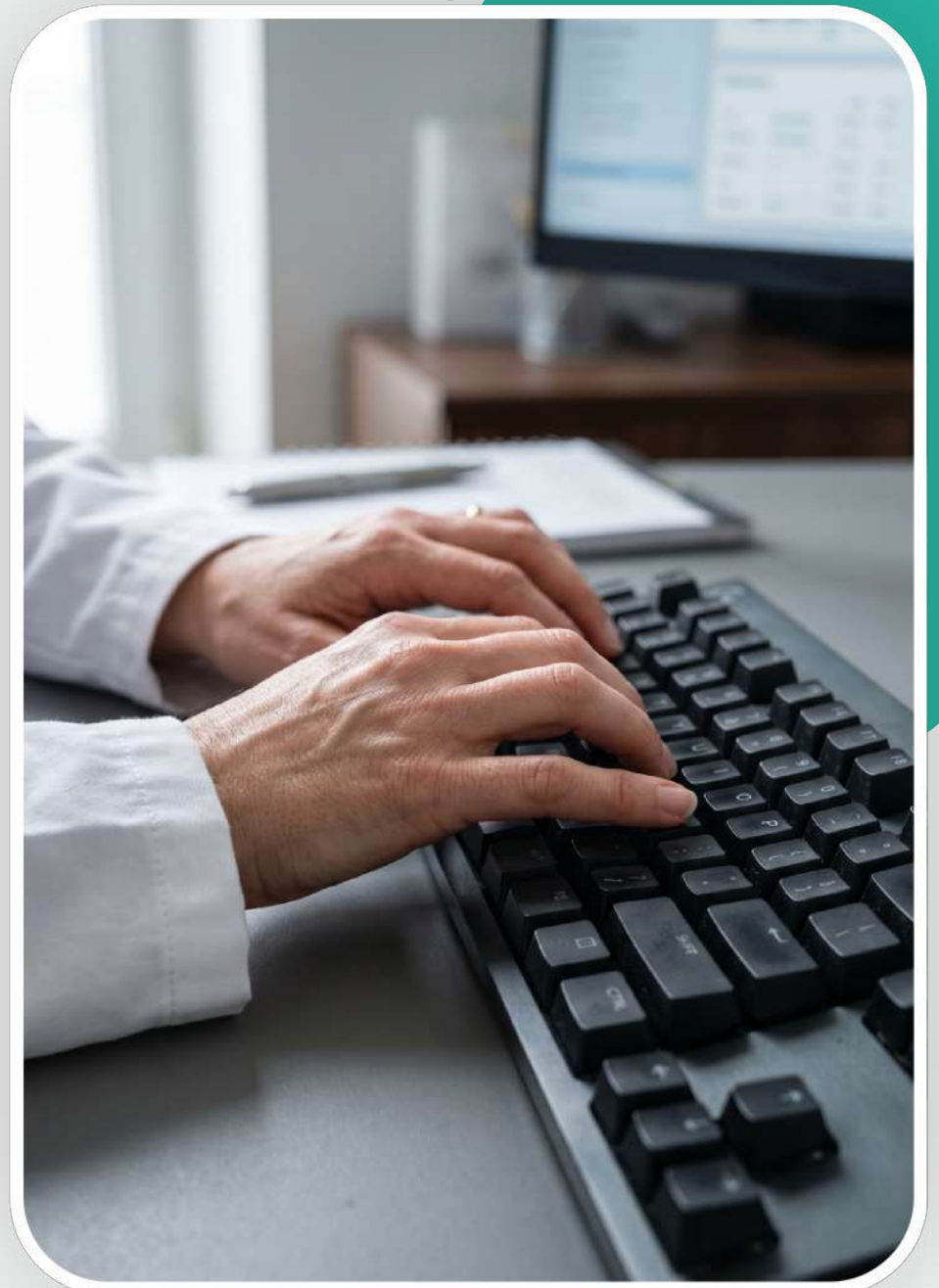
Diagnosis



A clear diagnosis
to **light** the way
forward.

Understand what is
happening — and why.

An accurate diagnosis is the
essential first step toward
effective, person-centered
treatment.



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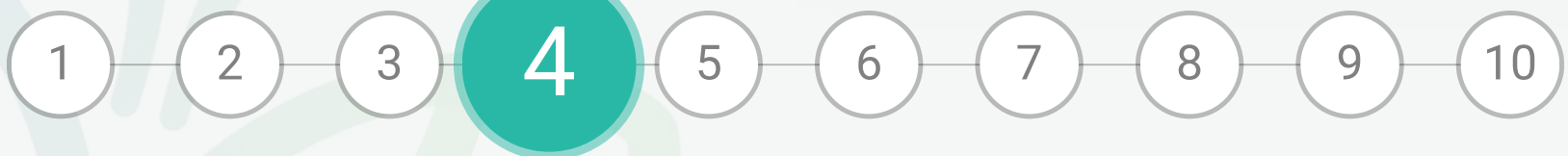
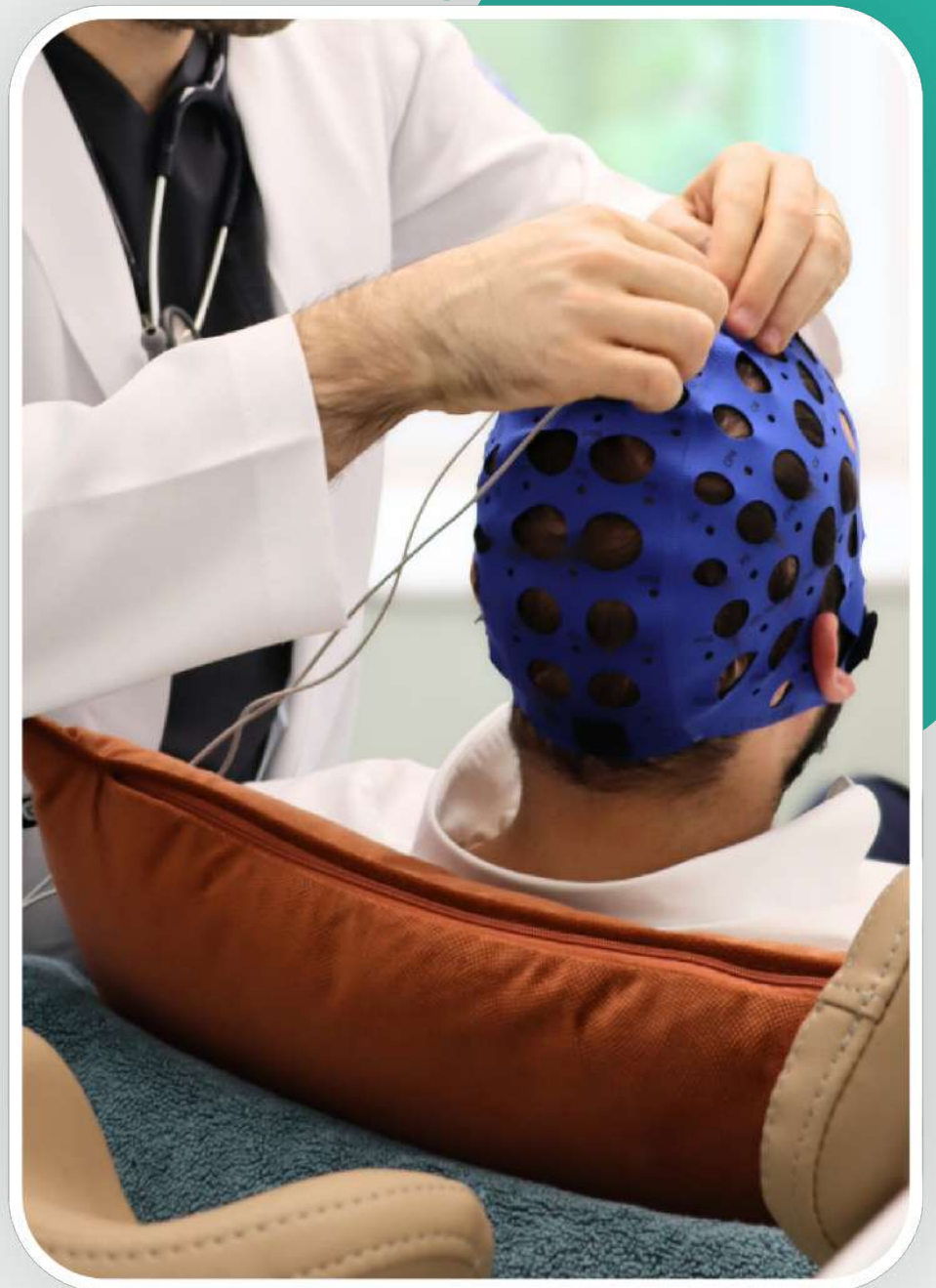
qEEG Mapping



The brain from
the **inside out**.

We map electrical brain
activity in high resolution.

qEEG identifies specific
functional patterns with precision
to provide data-driven guidance
for your treatment.



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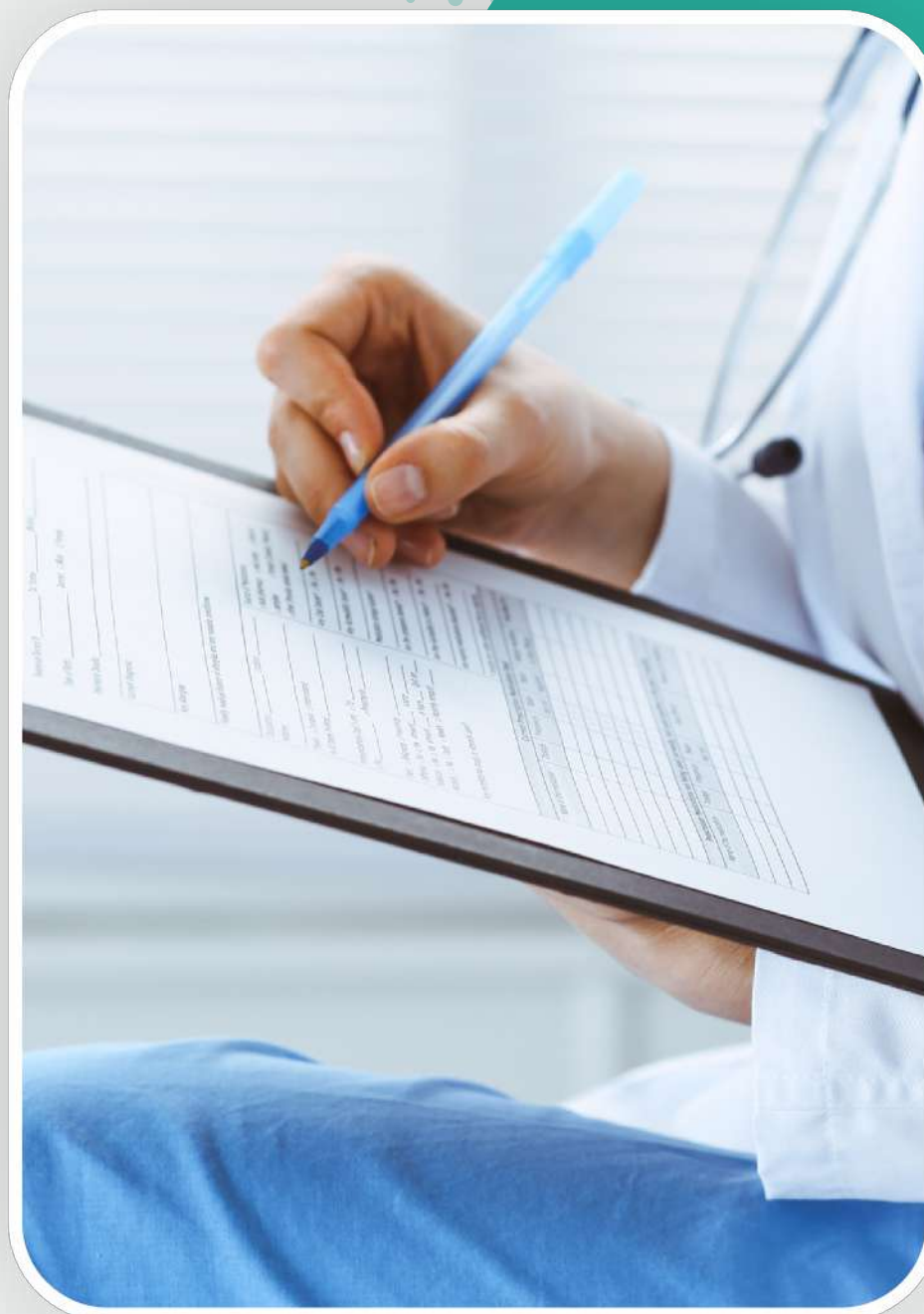
Treatment Plan



A path
designed with
you and **for you**.

Definition of interventions,
professionals, and objectives.

Your treatment plan is an
integrated, individualized
roadmap that we adjust over time.



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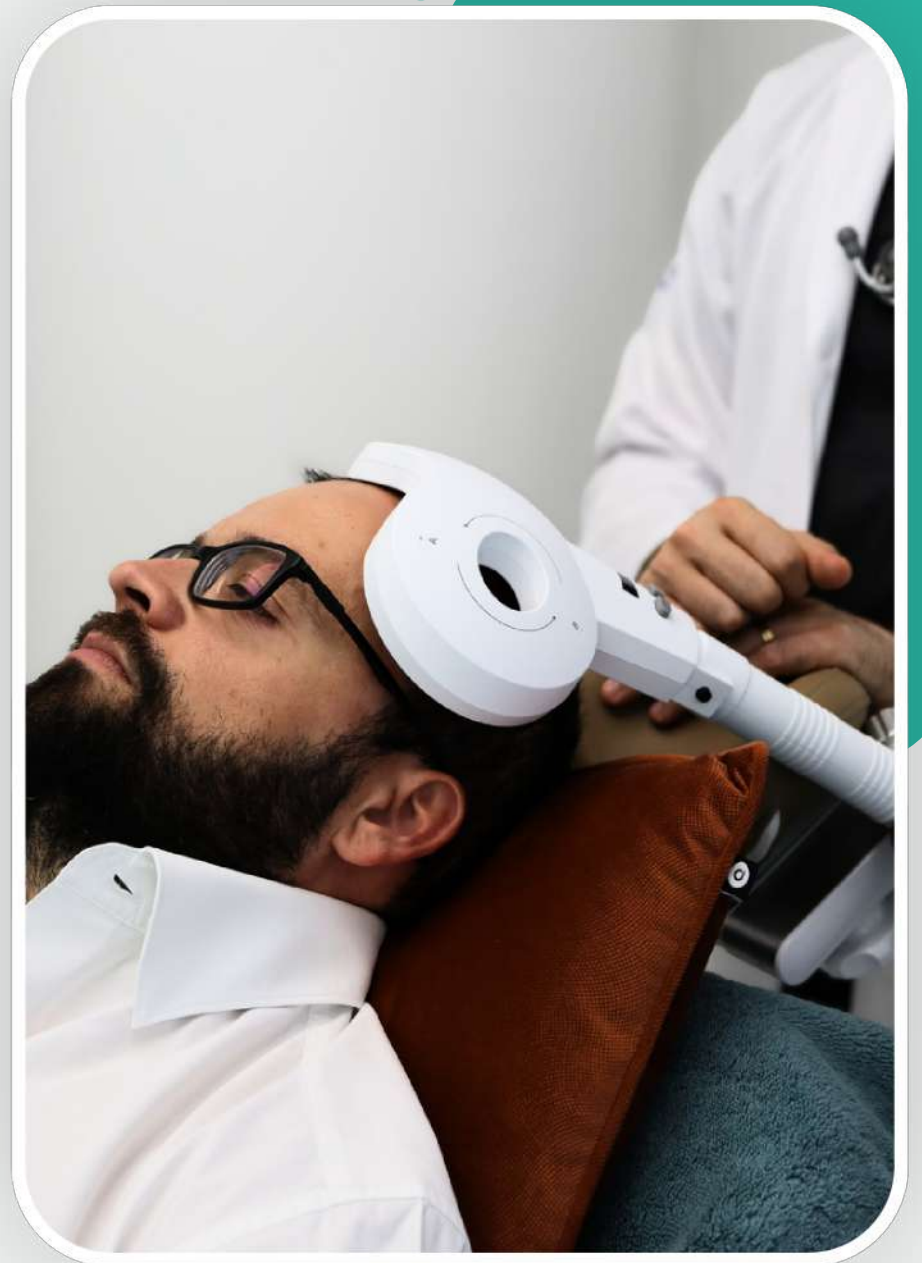
Neuromodulation - Non-Invasive Therapies



**Technology at
the service of
health.**

**Evidence-based Neurofeedback,
TMS, and tDCS.**

**These interventions act directly on
the brain, promoting
neuroplasticity and fostering a
deeper recovery.**



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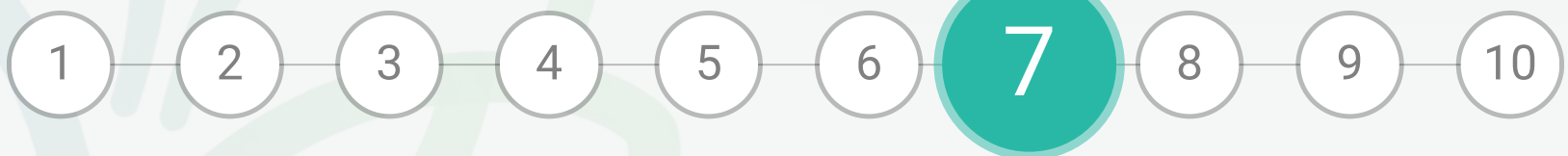
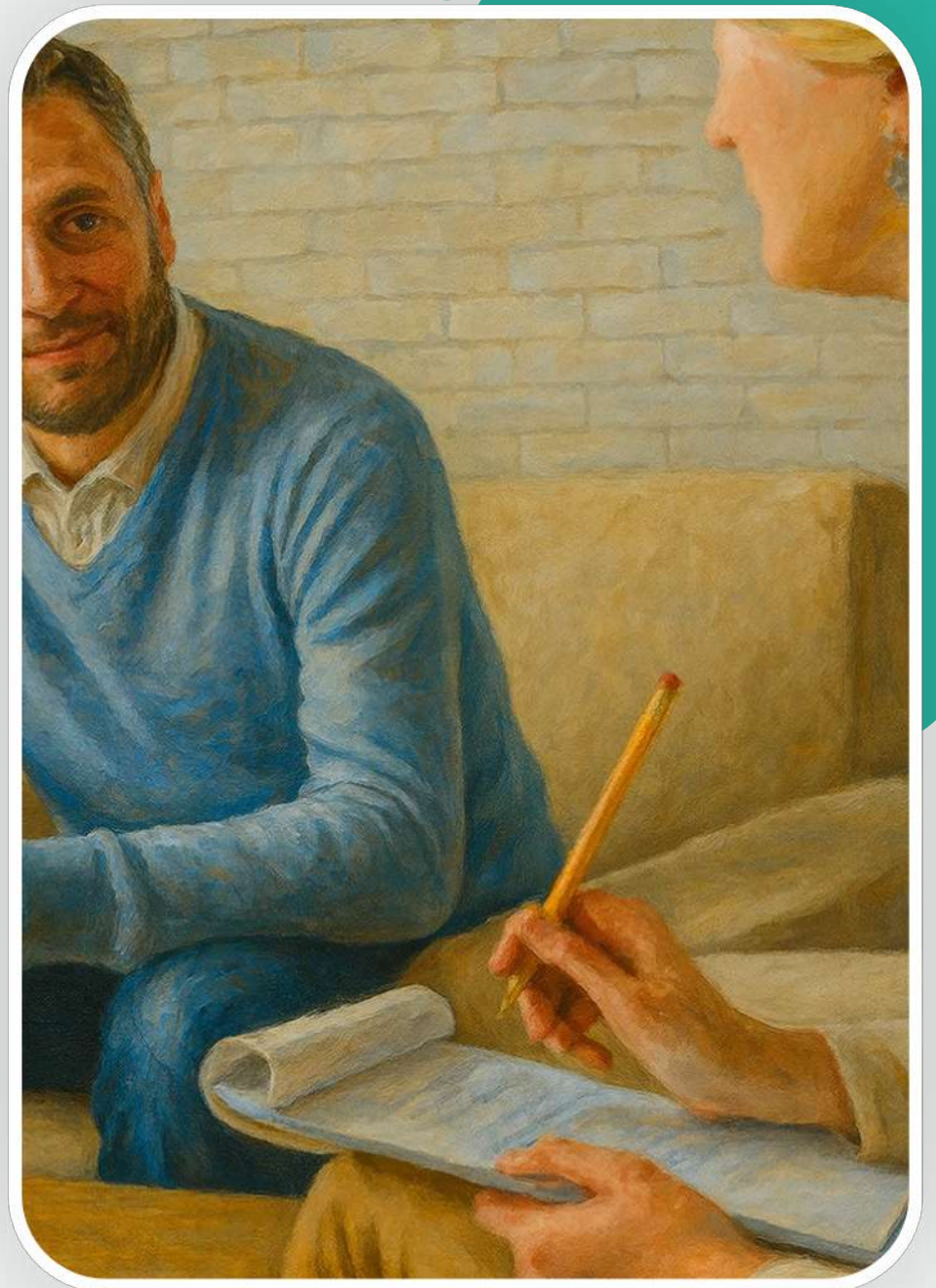
Psychology & Cognition



Balance for the
mind and intellect.

Emotions, behaviors, and
cognitive functions.

We help you develop lasting
internal tools for a more resilient
and balanced mind.



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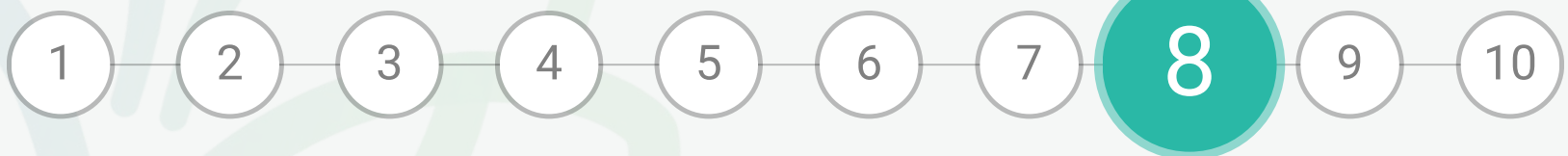
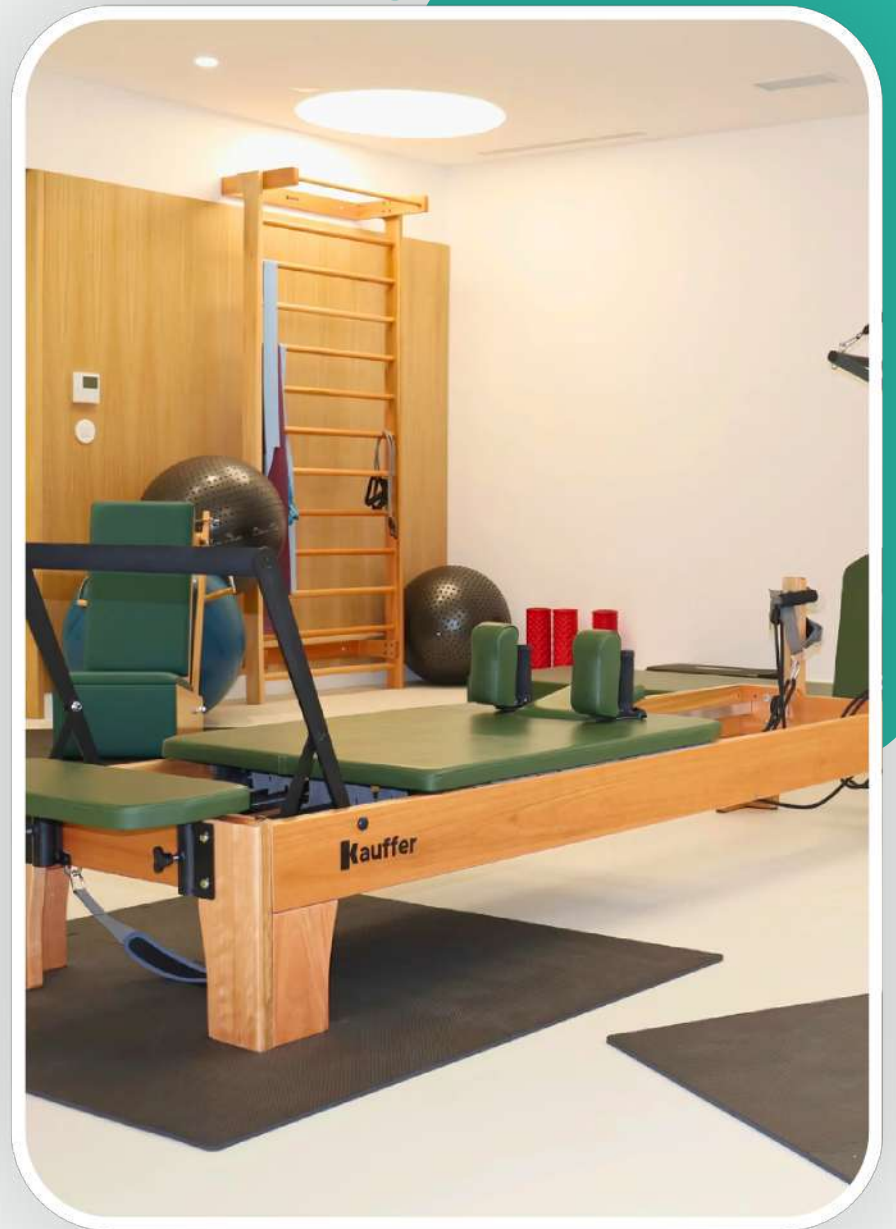
Complementary Approaches



Nurturing the whole.

Movement, Health & Well-being consultations, and alternative therapies.

These approaches enhance primary treatments, reduce physical symptoms, and promote overall long-term systemic balance.



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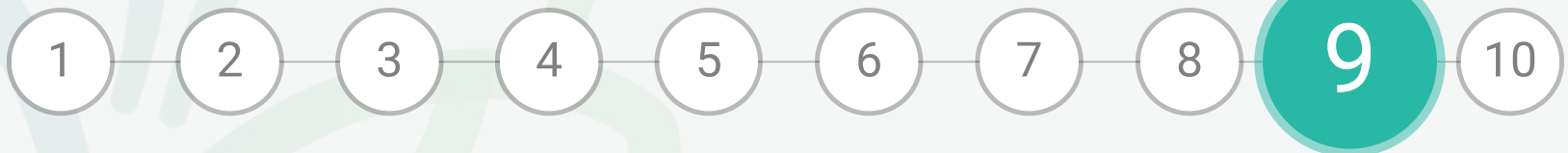
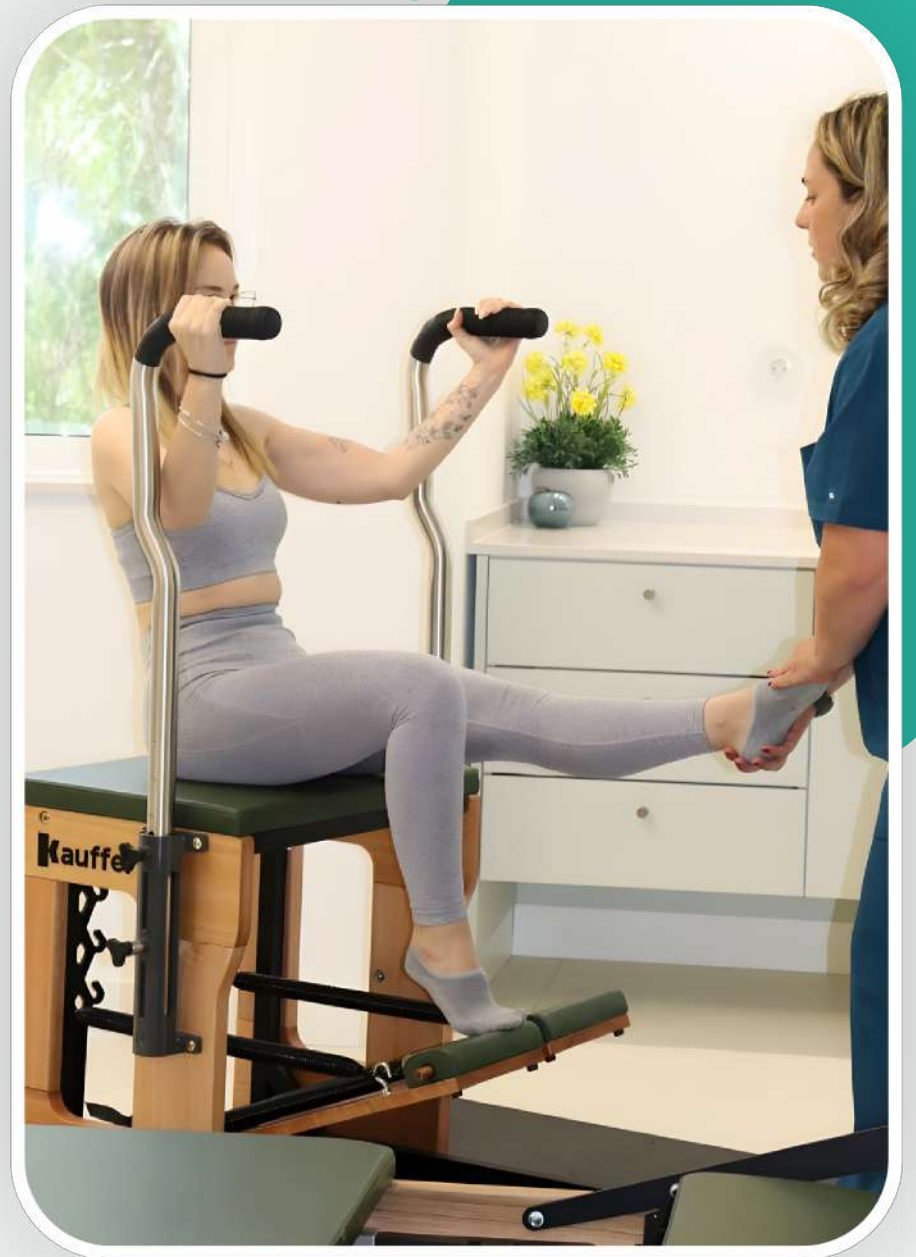
Rehabilitation



+ capacity
+ autonomy

**Physical and cognitive rehabilitation
for increased functionality.**

**A gradual, supported process,
always aligned with your personal
life goals.**



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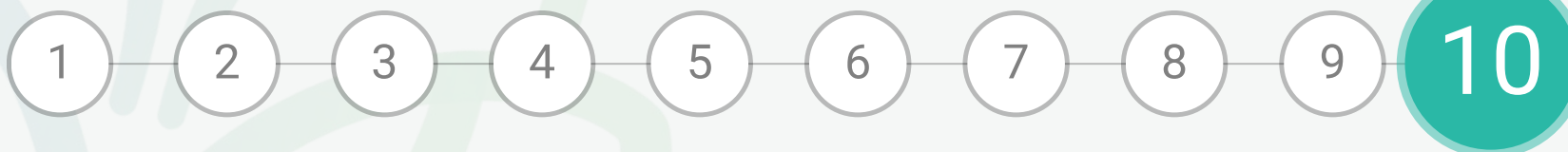
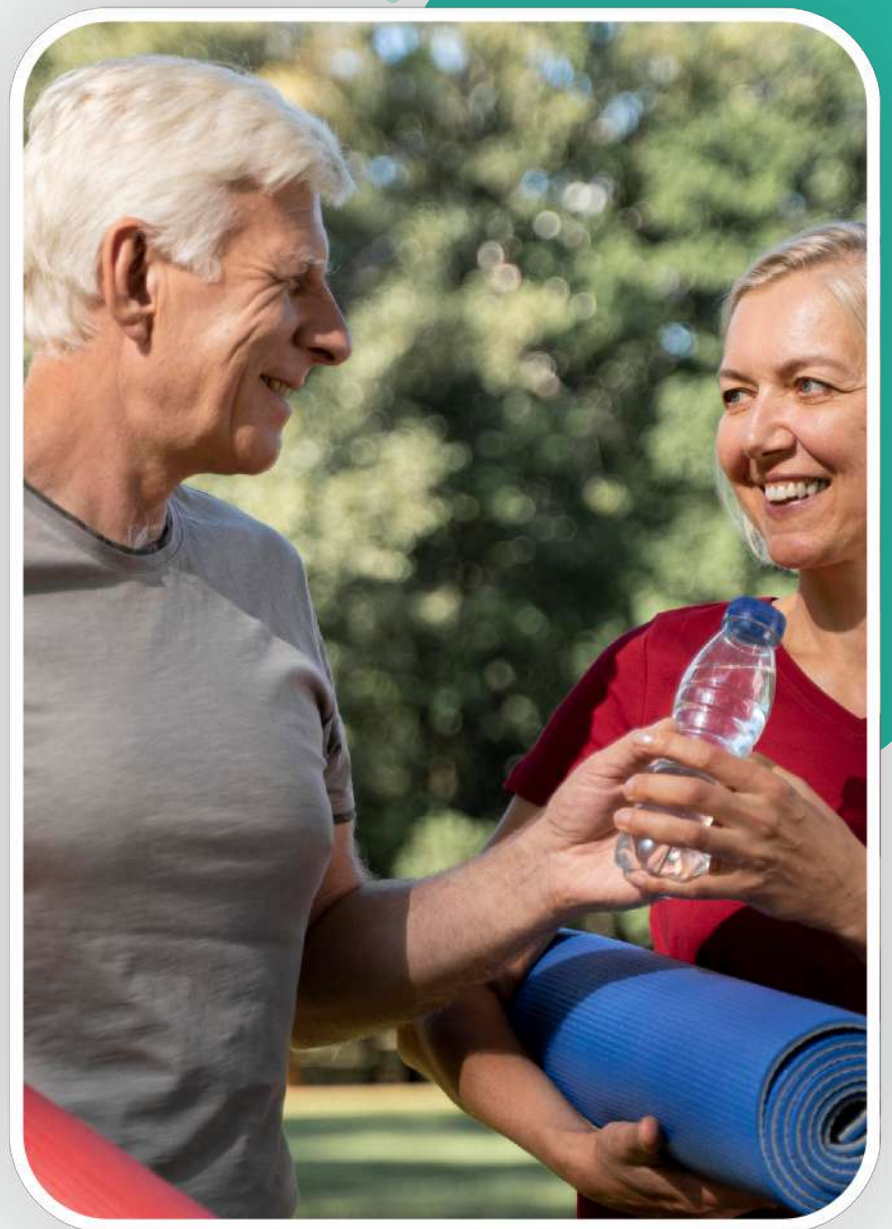
Well-being and Ongoing Support



**With you –
before, during,
and after.**

**Focus on preventing complications
and maintaining progress.**

**Neurological health is a journey;
our commitment is to support you
with continuity and clinical rigor.**



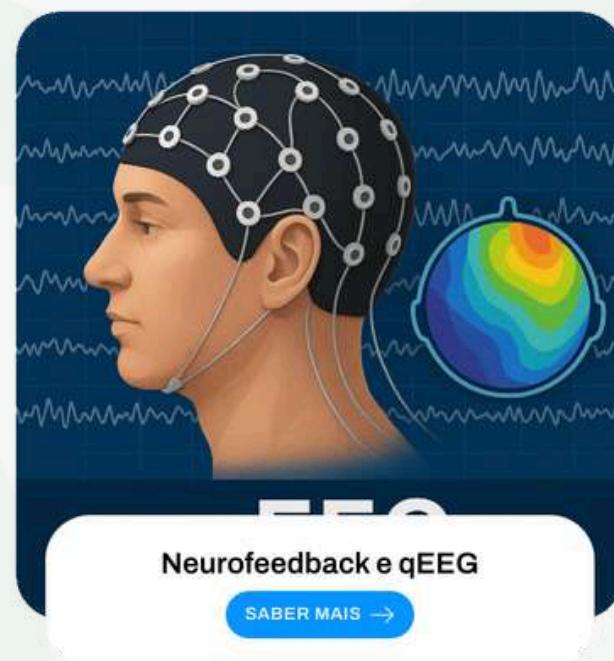
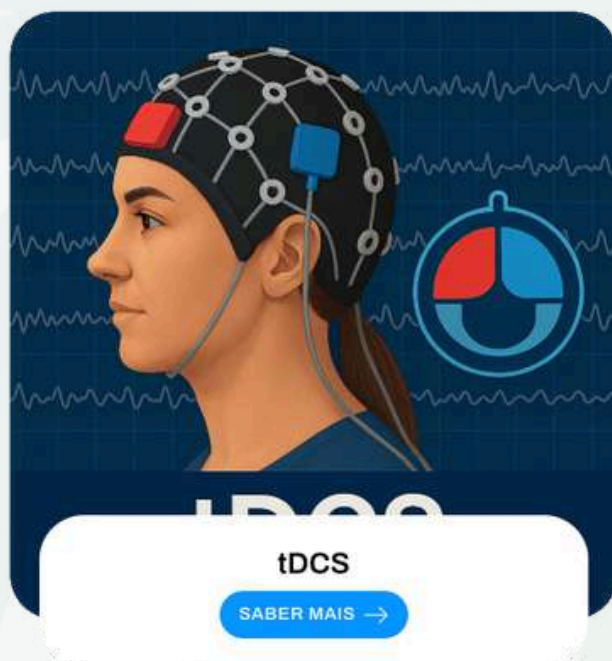
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SPECIALTIES:

- Neurology
- Psychiatry
- Psychology
- Neuropsychology
- Physiotherapy
- Pilates
- Acupuncture
- PNEI (Health and Well-being Consultations)

ADVANCED TECHNOLOGY:



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FREQUENTLY ASKED QUESTIONS:

1. How is the initial assessment carried out at NeuroPsyque?

- The first appointment at NeuroPsyque is always carried out by a medical doctor specialised in Neurology, Psychiatry or Neuropsychiatry. During this appointment, the doctor may recommend different diagnostic tests, such as a Neuropsychological Assessment or a quantitative Electroencephalogram (qEEG), among others.

2. I want to do Neurofeedback. Do I need a qEEG before starting?

- Yes. A qEEG is a test that measures electrical activity in specific areas of the brain. To begin Neurofeedback and monitor progress throughout the treatment, this brain mapping needs to be carried out periodically, in order to check observable changes in brain activity.

FREQUENTLY ASKED QUESTIONS:

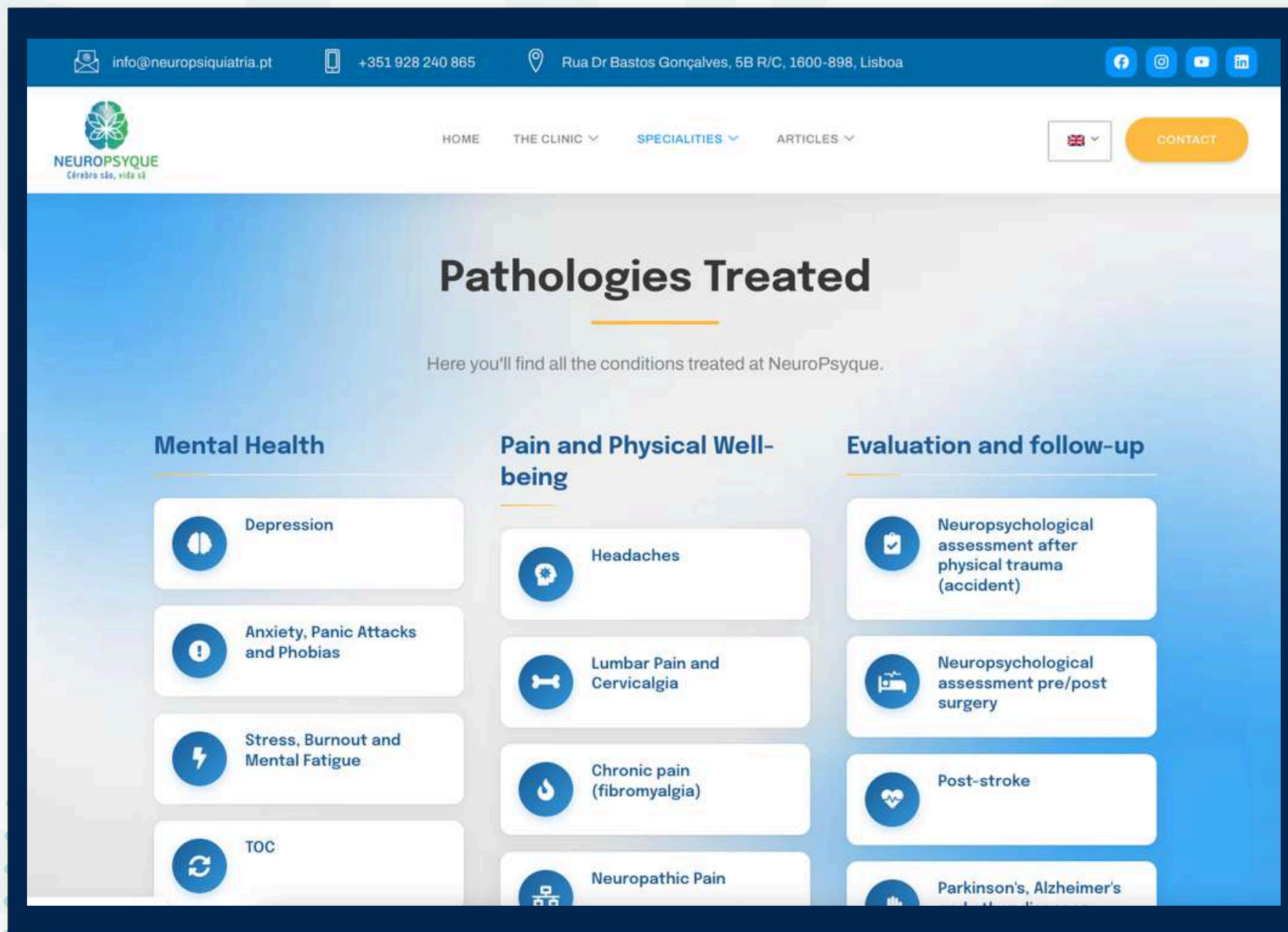
3. Can I book a Neuropsychological Assessment directly?

- If you already have a medical referral, or if you want to book a neuropsychological assessment directly with a neuropsychologist, you can do so without first having a medical appointment. Even so, when symptoms may have a medical, psychiatric, neurological, metabolic or medication-related cause, a prior medical assessment is strongly recommended.

4. Can I book a qEEG brain mapping directly?

- At NeuroPsyque, we carry out this test as part of our Neurofeedback treatment programmes, and also as an additional diagnostic tool when prescribed by a doctor. If you want to do the test separately, you can do so with a medical referral.

LOOKING TO TREAT A SPECIFIC CONDITION? FIND IT, ALONG WITH OUR SPECIALIZED APPROACH, AT:



WWW.NEUROPSIQUIATRIA.PT

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