

About Guilherme Wykrota Tostes (PhD):

Guilherme is a University Professor at the Medical Science School of Minas Gerais where he coordinates two Lato Sensu Postgraduate courses: 1) Phenomenological Existential Humanist Psychotherapy: PCA and FOT; 2) Psychopathology, Phenomenology and Mental Health. Through the phenomenological method, he researches the living experience of people who have mood swings, and people who self-harm. Currently he is also dedicated to Focusing-Oriented Therapy. He worked in the department of psychology of a psychiatric hospital for 13 years, where he was also the manager. Founder of Instituto Sapiencia Cordis and Focusing Brasil, he also manages an NGO that provides psychotherapeutic care for people who are unable to pay.