



## Virginie Ouellet de Abreu Freire

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**Date of birth:** 27/01/1980 | **Nationality:** Portuguese, Canadian |

**Gender:** Female | **Phone number:** (+351) 919612481 (Mobile) | **Email address:**

[virginiefreire@gmail.com](mailto:virginiefreire@gmail.com) | **Website:** [www.virginiefreire.com](http://www.virginiefreire.com) | **Facebook:**

<https://www.facebook.com/virginie.freire.9> |

**Whatsapp Messenger:** +351919612481 |

**Address:** Rua Chão do Senhor 37 Bunheiro, 3870-032, Murtosa, Portugal (Home)

### About me:

I am a healthcare professional with a scientific background in Dentistry and studies in Traditional Chinese Medicine and Trauma Therapy. My personal and professional experience has been through different countries and realities, which has allowed me to have a more holistic view of the human being and the world, which influences the therapeutic approach of my work, both in the consultations, retreats and trainings I offer.

## ● WORK EXPERIENCE

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01/10/2019 – CURRENT Penafiel, Portugal

**TRADITIONAL CHINESE MEDICINE THERAPIST** OSTEO PERFORMANCE 360° MEDICINAS INTEGRADAS

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Traditional Chinese Medicine Therapy

01/01/2019 – CURRENT Castelo de Paiva, Portugal

**TRADITIONAL CHINESE MEDICINE THERAPIST** PRISMA CLINIC

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Traditional Chinese Medicine Therapies

01/01/2019 – CURRENT Porto, Portugal

**TRADITIONAL CHINESE MEDICINE THERAPIST** SELF-EMPLOYED

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Traditional Chinese Medicine Therapies

01/05/2019 – 30/06/2019 Gaia, Portugal

**ASSISTANT TEACHER** INSTITUTO PIAGET -CIÊNCIAS DA SAÚDE

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Teaching at the Acupuncture Course

01/01/2019 – CURRENT Cinfães, Portugal

**HEALING RETREATS FACILITATOR** ASSOCIAÇÃO LUGAR DO BODHISATTVA

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Organizing and Holding Healing Retreats

01/10/2013 – 31/03/2017 Heidelberg, Germany

**TRADITIONAL CHINESE MEDICINE THERAPIST** PROF GRETEN UND KOLLEGEN

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Traditional chinese medicine therapies

**Address** Heidelberg, Germany

01/08/2012 – 31/10/2013 Braga

**DENTIST** CLÍNICA DA SAÚDE DR CLÁUDIA RIBEIRO UNIPessoal LDA

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Dentistry

**Address** Braga, Portugal

01/11/2010 – 02/12/2010 Santarém do Pará, Brazil

**DENTIST** PROJETO SAÚDE E ALEGRIA - ABARÉ

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Volunteer as a Dentist

**Address** Santarém do Pará, Brazil

01/04/2010 – 30/06/2010 Bissau, Guinea-Bissau

**DENTIST** MUNDO A SORRIR - ONG VOLUNTARIADO

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Volunteer

**Address** Porto, Portugal

01/12/2007 – 31/03/2010 Porto, Portugal

**DENTIST** INSTITUTO CUF CENTRO DE DIAGNÓSTICO E TRATAMENTO

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Dentistry

Paediatric Dentistry

Dental Laser

**Address** Rua fonte das Sete Bicas, 170 Senhora da Hora, 4460-188, Porto, Portugal

01/10/2005 – 31/03/2010 Porto, Portugal

**DENTIST** CENTRO MÉDICO DENTÁRIO PENIN & SANTOS REIS

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Dentistry

Paediatric Dentistry

Dental Laser

**Address** Estrada Exterior da Circunvalação 14632 Matosinhos, 4450-097, Porto, Portugal

01/10/2004 – 20/06/2005 Pitea, Sweden

**DENTIST** FOLKTANDVARDEN HORTLAX - NATIONAL HEALTHCARE SWEDEN

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Dentistry

**Address** Dammbrovagen 1, 944-32, Pitea, Sweden

## ● EDUCATION AND TRAINING

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01/09/1998 – 23/07/2004 Porto, Portugal

**DENTIST** FMDUP- Faculdade de Medicina Dentária da Universidade do Porto

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**Address** Rua Dr. Manuel Pereira da Silva, Porto, Portugal

01/01/2009 – 20/12/2009 Porto, Portugal

**PAEDIATRIC DENTIST** FMDUP-Faculdade de Medicina Dentária da Universidade do Porto

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**Address** Rua Dr. manuel Pereira da Silva, Porto, Portugal

20/09/2008 – 09/06/2010 Porto, Portugal

**TRADITIONAL CHINESE MEDICINE SPECIALIST** ICBAS-Instituto de Ciências Biomédicas Abel Salazar

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Curso de 1980 horas

Classificação final 17 valores e 70 créditos ECTS

**Address** Porto, Portugal

01/09/2014 – 10/12/2016 Porto, Portugal

**TRADITIONAL CHINESE MEDICINE MASTER** ICBAS-Instituto de Ciências Biomédicas Abel Salazar

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Mestrado de 3240 horas

Classificação final 18 valores 120 créditos ECTS

**Address** Porto, Portugal

01/10/2013 – 30/03/2017 Heidelberg, Germany

**TRADITIONAL CHINESE MEDICINE SPECIALIST** Heidelberg School of Chinese Medicine

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DGTCM-Deutsche Gesellschaft für Traditionelle Chinesische Medizin (Alemanha)

Formação Complementar em Medicina Tradicional Chinesa num total de 1553 horas

**Address** Heidelberg, Germany

04/10/2016 – 10/09/2017 China

**TAOIST MEDICINE** Five Immortals Temple

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Durante um ano vivi num templo Taoísta nas montanhas Wudang da China, onde estudei Medicina Taoísta, Artes Marciais e outras artes Taoístas (meditação, Qigong, Feng Shui, IChing).

**Address** Wudang Província Hubei, China | **Website** [www.fiveimmortals.com](http://www.fiveimmortals.com)

01/10/2020 – CURRENT

**TRE (TENSION AND TRAUMA RELEASING EXERCISES) CERTIFIED PROVIDER** TRE for ALL Inc.

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**Website** <https://traumaprevention.com/>

04/03/2021 – 12/04/2021 Viseu, Portugal

**CERTIFIED PEDAGOGIC QUALIFICATION** PsicoSoma

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**Address** Rua Miguel Bombarda, 36, Viseu, Portugal | **Website** [www.psicosoma.pt](http://www.psicosoma.pt)

## ● LANGUAGE SKILLS

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Mother tongue(s): **PORTUGUESE** | **FRENCH**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C2	C2	C2	C2	C2
<b>GERMAN</b>	B2	B2	B2	B2	B1
<b>SPANISH</b>	B2	B2	B2	B2	B1
<b>MANDARIM</b>	A1	A1	A1	A1	A1

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Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## ● **ADDITIONAL INFORMATION**

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### **ORGANISATIONAL SKILLS**

**Organization Skills** -Good capacity of coordination and organization  
-Good management capacities

**Healing Retreats Organization** -Good management of creating events

**Link** <https://www.youtube.com/watch?v=P9wBC42xeQk>

### **COMMUNICATION AND INTERPERSONAL SKILLS**

**Social and Communication Skills** -Good communication skills in different languages, because I lived and worked in different countries.

-Good communication skills through teaching, providing workshops, working with clients and patients .  
-I was the general secretary of a cultural association for 3 years, which developed my social and communication skills.

### **COMPETÊNCIAS RELACIONADAS COM O TRABALHO**

#### **Work skills**

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-scientific and holistic approach of healthcare, combining western medicine, neurosciences and eastern medicine  
-good capacity to adapt to different cultural and language settings.