

--2024--

*Clarice Peres*



*Ready to go sailing?*



From her professional experience in the field of psychological health, working with children, adolescents with childhood psychiatric disorders and their families, Clarice invites us to undertake a journey towards ourselves, through inner neuroscience and holistic psychology. She is a specialist in Autism and ADHD, a doctor in psychology and a neuroscientist at one of the most recognized universities in the world, UCLA, as well as a sailor.

Her lectures aim to transmit everything she knows, lives, deals with and researches in neuroscientific, clinical and behavioral psychology. Additionally, as a college professor, mother, writer, therapist, and sailor, she brings all these facets of her reality and helps everyone know how they can make their dreams come true, even if there is a medical diagnosis.

Committed to issues such as the transformation of the current educational system, environmental preservation and transdisciplinary and inclusive mental health, Clarice is a citizen of the world, where she lives in different countries with her three adolescent children, a cat and a dog. Together with her family, she explored strange lands and seas of both storms and calm, always with a big smile!

Spirituality transformed her life. Through meditation, she teaches her children, family and patients the path of self-transformation through neuroscience. Her master and spiritual guru Paramahansa Yogananda (Autobiography of a Yogi) turned her existence into an unprecedented path.



Clarice Peres sails the Waters of the Oceans and the Soul. As a neuropsychologist, she shows us the most outstanding advances in the science of the brain and how they can be useful in all the journeys of life.

In her life aboard her sailboat, called "*Size Matters*", she combined her professional passion with her love for the sea and sailing, using "*Sailing Therapy*"!



*"Sailing is necessary! Treating ADHD too!"*

## *Why go listen Clarice's presentations?*

- Because we are going to know **MENTAL HEALTH** better - in **ADHD** and **AUTISM**, From Theory to Practice.
- To know the efficacy of **SAILING THERAPY** as a neuropsychological treatment.
- If we take care of our planet, it will always support us. That is **SUSTAINABILITY!**
- **INTEGRATIONAL NEUROPSYCHOLOGY**: how is it practiced?
- What makes the **US** a world power and **BRAZIL** a third world country? How is it directly related to mental health, "fake" education and **ENTREPRENEURSHIP**?
- **AI - Artificial Intelligence** in Neuropsychology: a future that is already present.
- **MEDITATE** and **BREATHE WITH SCIENCE**, vibrational dimensions that can transform the world with each one of us as a starting point!



## *CONFERENCE I: "What is your mission on this journey?"*


In this conference, Clarice shares her life aboard her sailboat in California, with her three children and living her dream of being able to unite her passion for sailing, her love for her job as a doctor in Psychology and an expert in Childhood and Adolescent Development Disorders and the interest of her patients.

"What we process by feeling it, we learn it." What better way to process than by doing it, experiencing it!

Starting from this premise, we created Sailing Therapy, an alternative treatment that has been a great success, developing an approach of mental sophistication so necessary for a healthy development and a satisfactory performance for the lives of our patients.



*WELCOME ON BOARD THIS ADVENTURE!*

A photograph of a city street at night. In the foreground, there is a fountain with water spraying upwards. The background shows a street with buildings and lights, slightly blurred. A semi-transparent white text box is overlaid on the center of the image.

VOCÊ É O ARQUITETO  
DO SEU PRÓPRIO  
DESTINO! QUAL  
CAMINHO VOCÊ QUER  
PERCORRER?

—  
Clarice Peres

## CONFERENCE II: "Who are you?"

In this conference, Clarice Peres invites us to embark on this incredible dive into ourselves through the practice of inner neuroscience, meditation and Mindfulness, awakening our awareness of our psychological drama and our being in the world, in Mother Nature. Through love, appreciation, freedom, commitment and social, political and ethical responsibility with ourselves, with the planet; when we can contemplate and understand that we are all one, and in each one of us it contains everything.

## *SUSTAINABILITY*

"We and nature are intrinsically linked, and all of us, human beings, the sea, each one of the marine animals and everything that surrounds us are part of the same essence."

**Seja agradecido a  
todo o momento da  
sua vida.**

*Clarice Peres Ph.D*

**CLARICE  
PERES** Ph.D



## *Conference III: "Who do you want to be?"*

As a doctor in ADHD and a researcher in neuropsychological and pharmacological treatments of Autism and Attention Deficit with and without Hyperactivity, Clarice invites us to demystify the diagnosis and treatment of child and adolescent psychiatric disorders. A call to the awareness of these disorders, cutting-edge technology in the world of neuroscience, neuropsychology and artificial intelligence.



# TESTIMONIAL

*"Our mind is an extraordinary tool if we know when to use it and when not to use it"*

*Dr Dan Siegel*



*"If you complain about someone it is because you have not achieved in yourself what you complain about others"*

*-Silvester Stalone-*



*"Knowing about ADHD works miracles in my life since I have a boyfriend who has the disorder"*

*-(C. 30 years)-*

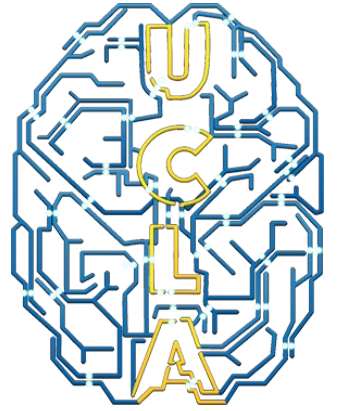


*"When I sail at sea, I feel like I can do anything!  
That I really am someone important"*

*-(E. 14 years old)-*



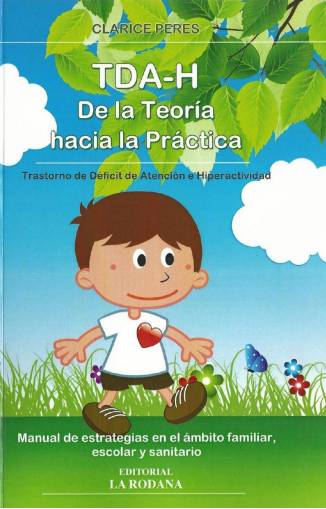
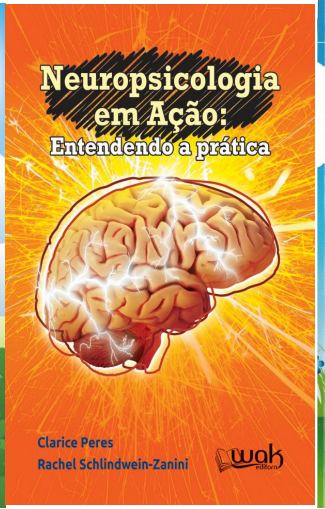
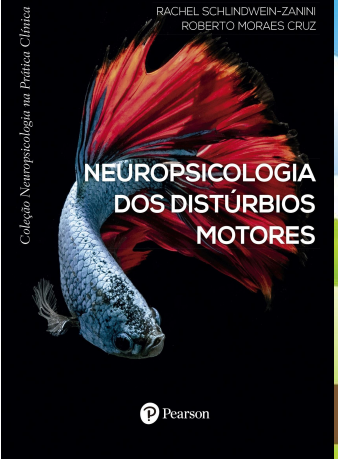
Representing renowned academic institutions, through her conferences Clarice has already shared her science and experience with PARTNERSHIPS that make a difference in the world:



Universidade de Vigo



Coletânea Neuropsicologia na Prática Clínica



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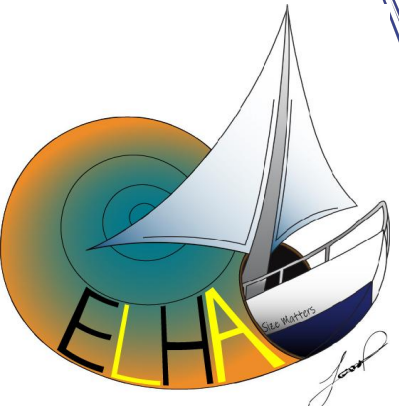
# My books



Pearson



**CENTRINHO · USP**  
HOSPITAL DE REABILITAÇÃO DE ANOMALIAS CRANIOFACIAIS  
UNIVERSIDADE DE SÃO PAULO · CAMPUS BAURU · SP



**SAND CLOUD**



**HIDE TIDE**





# Clarice Peres, PhD ADHD & AUTISM

Having a pet is part of the therapy!



[www.clariceperes.com](http://www.clariceperes.com)



CRIANÇAS AUTISTAS APERTAM MUITOS ANIMAIS DOMÉSTICOS, E TEM UMA IDEIA DESPROPORCIONAL DE COMO DEVEM ABORDAR AS PESSOAS E SEREM ABORDADOS.

Clarice Peres

<https://www.instagram.com/lisspalestras/>



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AMYR KLINK

CLARICE PERES

TAMARA KLINK

# DR. CLARICE PERES

Dr. Clarice Peres [www.clariceperes.com](http://www.clariceperes.com)

She is a psychologist, psychopedagogue and neuroscientist specializing in child and adolescent psychiatric disorders such as ADHD and autism, as well as a sailor.

Doctor in Evolutionary and Educational Psychology from the University of Vigo - Spain. Researcher and collaborator in Behavioral Neurosciences at the Semel Institute for Brain Research - Department of Psychiatry and Behavioral Sciences, University of California Los Angeles UCLA. Collaborator in the Study of Brain Waves of Autism Spectrum Disorders at the David Geffen School of Medicine.

Volunteer in the Neurophysiology laboratory (EEG, fMRI, sMRI, MEG, CT, MRI, DTI), UCLA Brain Mapping Center. Research collaborator at the Mindsight Institute with Dr. Daniel J. Siegel. Creator of the Educational Intervention Project - PIE-ADHD used in Spanish Public Primary Education. Specialist in Special Educational Needs and Neuropsychological Functions. Recreational Boat Captain who uses "Sailing Therapy" as a method of neuropsychological therapy, for which she was invited to make the Netflix Documentary Project *ELHA: 42 Days at Soul's Offshore*, in Hollywood, California. Member of a multidisciplinary clinical team with different professionals involved in the diagnosis and treatment of childhood disorders: psychologists, psychiatrists, neuro pediatricians, psycho pedagogues, speech therapists, acupuncture and psychotherapists. Institutional Research Analyst at First Step Counseling Clinic in California. Use of neuroimaging resources, non-invasive stimulation, neurofeedback, learning strategies, meditation / mindfulness, educator mentoring and integrative therapy for attention deficit disorder with or without hyperactivity (ADHD); autism, dyslexia, apraxia, aphasia, and other Childhood Development Disorders. Member of the University Hospital Professor Polydoro Ernani de São Thiago - Center for Neuropsychology and Health, UFSC. Author of the books: *ADHD de La Teoría Hacia La Práctica* (Spanish), *ADHD from Theory to Practice* and *Neuropsychology in Action* (both by Wak Editora Brasil) and *Neuropsychology of motor disorders* (Pearson Clínica Editora - Chapter 3).

In Brazil, she is represented by Soraya Silva da Liss Palestras [www.lisspalestras.com.br](http://www.lisspalestras.com.br)



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