



**Jose SORIANO PACHECO**  
**(Spain)**

**Board of EFTA-CIM**

*Psychiatrist, M.D., family therapist, teacher in Family Therapy School of Hospital de Sant Pau in Barcelona (Spain). I am also professor in Medicine Department of Universidad Autonoma de Barcelona*

*I've been working in our school for 20 years, sharing my training activity with clinical practice.*

*I organize on-line courses in family therapy conjointly with other schools around the world, specially in South America.*

*My main field is eating disorders in adults, I coordinate a Day Hospital in Eating Disorders based on relationships and Systemic model. We have a narrow collaboration with other medical specialists and colleagues from the School.*

*My doctoral thesis was about "Relational markers in major depression and dysthymia" . Among the most significant results, the study makes well-established that major depression and dysthymia have different relational patterns, although we can find mixed situations. These results are doubly important, because they increase the comprehension of the phenomena of depression and they allow for therapeutic intervention based on specific schemes.*

*I am really very interested in research. In fact, it is a need for us. In this moment we develop SCORE research in our school and other studies about efficacy of Family Therapy. Our goals should point in this way.*

*Finally and more properly I am a great defender of physical activity, we need to move our body if we want to preserve our minds.*