

# Dr. Solfrid Raknes

Cort Piils Smauet 8, 5005 Bergen, Norway | Phone: +47 41617343  
e-mail: solraknes@gmail.com | Born: 3rd June 1972  
homepage:solfridraknes.no

## Current position

Self-employed clinical psychologist and researcher

## Key qualifications

Dedicated, innovative, and efficient



## Languages

Norwegian is my mother tongue, my English is fluent, and I survive with my French (level B1).

For curiosity I have started to learn Arabic, and I speak some Sámi.

## Work

---

**2020 – 2021**

Project leader in testing the concept “The Happy Helping Hand App”, financed by Innovation Norway through NORAD Vision 2030 through work bases in Lebanon and Norway. Collaborators: MAPS, Attensi and Gyldendal.

**2018 – 2020**

Project leader in developing “The Happy Helping Hand App”, financed by Innovation Norway. Collaborators: Gyldendal (Norway), Attensi (Norway), The Syrian American Medical Association, Lebanon and MultiAid Programs, Lebanon

**2018 – 2020**

Researcher at a project developing and evaluating a school based group program for anxious children in Baerum, financed by The Norwegian Health Directory

**2017 – 2019**

Project leader in developing and implementing The Helping Hand Program in Arabic. Collaborators: Dar El Fatwa Relief, Lebanon, The Syrian American Medical Association Lebanon and MultiAid Programs, Lebanon

**2014 – 2017**

Researcher II, Uni Research Health, Bergen

**2011 – 2013**

Project leader for “The Psychological First Aid Kit in Children’s House”, and “Spreading and Evaluation of the Psychological First Aid Kit”, Uni Research Health,

	Bergen
<b>2007 – 2010</b>	Project leader “Developing The Psychological First Aid Kit”, Voss, Norway
<b>2001 – 2013</b>	Clinical Psychologist, Voss Hospital
<b>1999 – 2001</b>	Clinical Psychologist, Sør-Trøndelag Psychiatric Hospital

## **Education**

---

<b>2014 – 2018</b>	PhD-student, University of Bergen, Norway
<b>2000 – 2004</b>	Training in Cognitive Behavioural Therapy and Supervision, The Norwegian Association for Cognitive Therapy
<b>1992 – 1999</b>	Clinical study of Psychology, University of Tromsø

## **Selected lectures/workshops**

---

<b>2009 – 2020</b>	Lectured extensively in all parts of the health- and school-system in Norway; more than 300 workshops for clinical psychologists, GPs, psychiatric nurses and teachers.
<b>2017 – 2020</b>	Many workshops given about The Helping Hands Program for Arabic refugees, arranged by The Syrian American Medical Association, MultiAid Programs, Doctors without Borders and Dar El Fatwa Relief in Lebanon
<b>2020</b>	The Importance of Play for children in the times of crises. Bangkok International Children’s Theatre Fest, Forum 1
<b>2017</b>	Helping Hands – Happy Kids. Workshop, School of Social Work, University of Michigan, USA
<b>2017</b>	Lecture for The Norwegian Directorate for Children, Youth and Family Affairs. “Edutainment: Entertainment in education”
<b>2015</b>	Evaluation of a Low Threshold, Brief Intervention for Traumatized Adolescents. 45th Annual EABCT Congress CBT: A Road to Hope and Compassion for People in Conflict, Israel
<b>2014</b>	Self-help Material for Children. The 4th International Conference for International Association of Muslim Psychologists, Jakarta, Indonesia

- 2014** Psychology to the people: A Norwegian Psychological First Aid Kit. The Eighth World Congress on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, London, England
- 2014** Low-intensity for Youths who Dare. EABCT congress, Marrakesh, Morocco.
- 2011** Psychological First Aid Kit as prevention: Low-threshold cognitive self-help approach for children, adolescents, and families. EABCT congress in Reykjavik, Iceland

### Scientific work

---

Raknes S & Gjertsen OB (2020). Kognitive tiltak - tilpasning til kultur og kontekst. I *Berg & Holt (red) Kultur og kontekst i praktisk psykologarbeid, kap 12, s230-250*. Oslo: Gyldendal.

Raknes S, Marki Å, Leborg S, Næss J. (2020). Jeg tør! Utprøving av et kort Psykologisk førstehjelps-basert kurs for engstelige skolebarn. <http://www.forebygging.no/Artikler/2020/Jeg-tor/>

Haugland B, Håland Å, ...Wergeland G (2020). Effectiveness of brief and standard school-based cognitive behavioral interventions for adolescents with anxiety: A randomized non-inferiority study. *Journal of the American Academy of Child & Adolescent Psychiatry*.

Raknes, S. (2018). Anxious Adolescents: Prevalence, Correlates, and Preventive Cognitive Behavioural Interventions. Dissertation for the degree of philosophiae doctor (PhD) at the *University of Bergen, Norway*

Raknes, S., Pallesen, S., Himle, J., Bjaastad, J. F., Wergeland, G. J., Hoffart, A., Dyregrov, K., Håland, Å. T., & Haugland, B. S. M. (2017). Quality of life in anxious adolescents. *Child and Adolescent Psychiatry and Mental Health, 11:33*, 1-11.

Raknes, S., Pallesen, S., Bjaastad, J. F., Wergeland, G. J., Hoffart, A., Dyregrov, K., Håland, Å. T., & Haugland, B. S. M. (2017). Negative life events, social support and self- efficacy in anxious adolescents. *Psychological Reports, 0(0) 1-18*.

Raknes, S., Dyregrov, K., Pallesen, S., Hoffart, A., Stormyren, S., & Haugland, B. S. M. (2017). A pilot study of a low threshold, low intensity CBT intervention for traumatized adolescents. *Scandinavian Psychologist 4*, e8.

Haugland, B., Raknes, S., Haaland, A., Wergeland, G., Bjaastad, J., Baste, V., . . . Hoffart, A. (2017). School-based cognitive behavioral interventions for anxious youth: Study protocol for a randomized controlled trial. *Trials, 18(100)*.

Raknes, S, Johansen, K.W, Tørnes, H. & Håvardstun, T. (2016). Psykologisk kunnskap for barnehagebarn. *Psykologi i kommunen*, 1, 45-53.

Haugland, Mauser, & Raknes (2013). Psykologisk førstehjelp i førstelinjetjenesten. Implementering og evaluering. Rapport til Helsedirektoratet. RKBV Vest og R-BUP Øst og Sør.

Tilden, T. og Raknes, S. (2010). Psykologisk førstehjelpsskrin i par- og familierapi. *Fokus på familien*, 3, 212-225.

Raknes, S. (2008). Åtferdseksperiment som metode. I Berge og Repål (red.) *Håndbok i kognitiv terapi*, kap 4, 111-131.

Raknes, S. (2007). Åtferdseksperiment som metode i behandling av sosial fobi. *Tidsskrift for norsk psykologforening*, 2, 139-147.

### **Popular science**

---

Raknes, Hansen, Cederkvist & Nordgaard (2017). Psykologisk førstehjelp i skole og skolehelsetjeneste. I *Kvarme (red). Sårbare skolebarn*. Bergen: Fagbokforlaget.

Repål, A & Raknes, S (2015). Islamifisering av psykoterapi. *Tidsskrift for Norsk Psykologforening* 52, 141-144

Raknes, S. (2015). Åtferdseksperiment og hjemmeoppgaver. I Berge og Repål (red). *Håndbok i kognitiv terapi 2. utgave. s 71-81*, Oslo: Gyldendal Akademisk.

Raknes, S (2014) Grønne tanker om helsesøsterarbeid. *Tidsskrift for helsesøstre*, 3, 54-56

Neumer, Raknes, Martinsen, Haugland, Matre, Dahl (2013). Tre KAT-baserte forskningsprosjekter for barn og unge. *Tidsskrift for kognitiv terapi*, 4, 6-19

Raknes, S & Haugland, B (2013): *Psykologisk Førstehjelp. Veiledning for bruk i førstelinjen*. Oslo: Gyldendal Akademisk.

Raknes, S (2014). *Grønne tanker – glade barn*. Oslo: Gyldendal Akademisk.

Raknes, S (2014). *Sint og glad i barnehagen*. Oslo: Gyldendal.

Raknes, S. (2010a). *Psykologisk førstehjelp. Barn*. Oslo: Gyldendal Akademisk.

Raknes, S. (2010b). *Psykologisk førstehjelp. Ungdom*. Oslo: Gyldendal Akademisk.

### **Apps and digitalized learning programs**

---

Online psychoeducational game Hjelpehånda for adolescents 13 - 17 years, Norwegian

The app Happy Helping Hand; اليد المساعدة, for adolescents 13 - 17 years, Arabic

Digitalized learning program for kids, Grønne tanker i Salaby, for children 4 - 8 years in Norwegian

The app Glade Maur, for children 4 - 8 years (Norwegian, Spanish, Sápmi, English and Arabic)

Digitalized learning program, "Selvsnakk" for kids, teachers and parents.

## Media, selected

---

16. sept 2020 Dagens hverdagshelt, God Morgen Norge, TV2
6. august 2020 Dette er vanvittig tragisk. Etter eksplosjonen i Beirut. *Romsdals Budstikke*
9. juni 2020 En norsk app for Psykologisk førstehjelp skal lanseres for ungdom i Libanon. Dagens, *NRK P1*
22. mars 2020 Familietips frå psykologspesialisten *Avisa Hordaland*
21. mars 2020 Snakk direkte og forståelig. *Romsdals Budstikke*
1. mars 2020 Barnas gode hjelper. *Allers*
12. des 2019 Gleden er størst. *BA*
26. november 2019 Sel hekla figurar for å redde skulen i Libanon. *Framtida Junior*
10. juni 2019 Psykologistudentar: Vi treng kunnskap for å hjelpe flyktninger. *Framtida.no*
4. juni 2019 iPads fra SEED-studien kommer til nytte igjen, i en helt ny kontekst.
30. mai 2019 Ny gaming app skal gi flyktninger Psykologisk førstehjelp. *TV2 nyheter*
21. mai 2019 Finland, magasin for helse og skole her
- 28.12.2018 Endeleg er skulen i Libanon open. *Framtida Junior*
- 18.12.2018 Psykologisk førstehjelp for barn. *NRK P2, Ekko*
- 10.11.2018 Psykologisk førstehjelper *BT Magasinet*
- 14.09.2018 Angst er et folkehelseproblem. *Romsdals Budstikke*
- 13.09.2018 Doktergrad Solfrid Raknes. *Bergens Tidende*
- 10.08.2018 Generasjon prestasjon junior. *Aftenposten, A-magasinet*
- 09.08.2018 Psykologisk fyrstehjelp. *Bø Blad*
- 08.08. 2018 Gjør farger blind? Debattinnlegg. *Barnehage.no*
- 07.08.2018 Skal vi fargelegge tanker nå? *Barnehage.no*
- 16.07.2018 Flukt gir usynlege skadar. *Vårt Land*
- 23.05.2018 Solfrid Raknes er glad for at gründerjobben har blitt en livsstil. *Psykologisk.no*
- 16.03 2018 Flyktningebarnas sterke tegninger. *Romsdals Budstikke*
- 9.032018 Stort frammøte på 8. mars. *Avisa Hordaland*
- 27.12.2017 Teiknar håp i flyktningeleiren *Framtida Junior*
- 22.12.2017 Midsundhjelpa varmar. *Midsundingen*
- 22.12.2017 Barna har med seg historiene sine. *VG Familieklubben*
- 20.12.2017 Jeg er kald. Ta meg tilbake til huset mitt. *Bergens Tidende*
- 15.09.2017 Læreren er viktig for å fange opp psykiske problemer. *Forskning.no*
- 06.09.2017 Barn og følelser. *Plusstid*
- 20.08.2017 Kan skape forbigående angst. *NRK Livsstil*
- 07.08.2017 Mener lærer kan bedre psykisk helse. *NRK Radio*
- 2010 Trør til med Psykologisk førstehjelp. *Tidsskrift for norsk psykologforening*
- 2003 Skrekk og gru i heisen. *Norge Rundt, NRK TV*

## Positions, representation and voluntary work

---

- 2020** – On the board in Reaching across borders
- 2019** – ? Representing Norway in EFPA, Board of Prevention and Promotion
- 2017** – ? Fundraiser for school and health services for Syrian refugees in Lebanon.

- 2019** Initiating Crochet Community Collective in collaboration with MAPS, Lebanon
- 2016 – 2017** Member of the board in Forening for Interkulturell Psykologi, The Norwegian Psychology Association
- 2013 – 2018** Representing Norway in Low intensity CBT in EABCT
- 2004 - 2017** Member of the board in The Norwegian Association for Cognitive Therapy
- 2007 - 2010** Initiating and member of the board of Lesehug

## Honors/Grants

---

- 2020 – 2021** Grant from Innovation Norway
- 2019** Grant from Sparebanken Vest
- 2019** Nominated to "Citizen of the year, Bergen"
- 2019** Nominated to "Midsunding of the year, 2019"
- 2019** Nominated to "Romsdaling of the year, 2019"
- 2018 – 2020** Grant from Innovation Norway through NORAD2030
- 2018** Nominated to "Romsdaling of the year, 2018"
- 2018 – 2019** Grant from The Norwegian Health Directory with Bærum
- 2018** Nominated to "Romsdaling of the year, 2018"
- 2018 – 2019** Grant from The Norwegian Health Directory
- 2016 – 2017** Personal Overseas Scholarship from The Norwegian Research Council
- 2014 – 2017** PhD grant from The Norwegian Research Council
- 2014 – 2015** Grant from Extrastiftelsen for developing mental health technology
- 2014** The app "Helping Hand" won second *prize in Klin IKT*
- 2014** Personal grant from Kavlifondet
- 2011 – 2013** Grant from The Norwegian Health Directory
- 2013** *The Norwegian Psychology Association's* prize for popularization, The Aasa Gruda Skard's honor
- 2012** *Health West's and Bergen University Hospital's* prize for Innovation
- 2010** Grant from *The Norwegian Association for Cognitive Therapy*