

CV

Solfrid Raknes

Psychologist, researcher, and psycho-pedagogical program developer

Born: 03.06.1972, Molde, Norway.

Contact: Solfrid.Raknes@hotmail.com; (+47)41617343

FIELDS OF INTEREST

Health promotion and prevention of mental health problems based on the cognitive behavioural model, technology enhanced learning, cultural and psycho-social perspectives of learning

EDUCATION

2000-2004	Training in Cognitive behavioural Therapy and Supervision
1992-1999	The Clinical study of Psychology, University of Tromsø
2014-2017	PhD Student, University of Bergen/The Norwegian Research Council/Uni Research

PROFESSIONAL EXPERIENCE

2017-present	Participating in the project "A Pilot Study of a Brief Universal CB Intervention as part of Health Classes in Middle School" Michigan, USA
2016-2017	Project leader for making the Helping Hands – Happy Kids material accessible in English.
2015-2016	Project leader for the app "Happy Ants"; a project made possible by the Norwegian ExtraFoundation for Health and Rehabilitation and Voksne for barn
2016	Project leader for the digital programs "Selvsnakk"; Abup
2014-2015	Project leader for the digital learning website "Grønne tanker – glade Barn" in www.Salaby.no , Gyldendal Forlag
2012-2014	Project leader for "Grønne tanker – glade barn". Psycho-pedagogical material for children, 4-7 years
2011-2013	Project leader, "The Psychological First Aid Kit in Children's House", and "Spreading and Evaluation of the Psychological First Aid Kit", The Norwegian Health Directory, Uni Research Health, R-BUP East and South
2007-2010	Project leader for "The Psychological First Aid Kit". Self-help material for children (8-12) and adolescents (12-18).
2007-2013	Voss Hospital, Children's Psychiatric Ward
2004-2007	Voss Hospital, Adults' Psychiatric Ward
1999-2001	Sør-Trøndelag Psychiatric Hospital

SELECTED LECTURES

2004-present	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.
2017	Helping Hands – Happy Kids. Workshop, School of Social Work,

- 2015 University of Michigan, USA.
Evaluation of a Low Threshold, Brief Intervention for Traumatized Adolescents. 45th Annual EABCT Congress, Israel.
- 2014 Self-help Material for Children. 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 Behavioural Disorders, London, England.

GRANTS/HONORS

- 2014-2017 PhD grant; The Norwegian Research Council
- 2016-2017 Personal Overseas Scholarship; The Norwegian Research Council and The Melzer Foundation
- 2016 Write and travel grant; Norsk Faglitterær forening
- 2014 The app "Helping Hand" from The Psychological First Aid Kit won second prize in a Norwegian national contest for technical innovations relevant for the mental health system, "Klin IKT"
- 2014 Personal grant from Kavlifondet
- 2013 The Aasa Gruda Skard's Honor Prize; The Norwegian Psychology Association
- 2012 The Innovation Prize; Health West and Bergen University Hospital

POSITIONS IN NGOS

- 2015-present Member of the Board in The Association for Intercultural psychology, The Norwegian Psychology Association
- 2008-2016 Member of the Board in The Norwegian Association for Cognitive Therapy
- 2012-present Norway's representative in the European Association for Behavioural and Cognitive Therapy (EABCT), Group for Low Intensity CBT
- 2010-2013 Member of the Board in Lesehug, Voss
- 2006-2013 Member of the Board for the program committee, Vossajazz

PUBLICATIONS

Science

- Raknes, Pallesen, Bjaastad, Wergeland, Hoffart, Dyregrov, Håland & Haugland (in press). Negative Life Events, Social Support and Self-Efficacy in Anxious Adolescents. *Psychological Reports*.
- Raknes, Dyregrov, Pallesen, Hoffart, Stormyren, & Haugland (in press). A pilot study of a low threshold, low intensity CBT intervention for traumatized adolescents. *Scandinavian Psychologist*.
- Haugland, Raknes, Haaland, Wergeland, Bjaastad, Baste, Himle, Rapee, & Hoffart, (2017). School-based cognitive behavioral interventions for anxious youth: study protocol for a randomized controlled trial. *Trials* 18:100. doi:10.1186/s13063-017-1831-1
- Raknes, Hansen, Cederkvist & Nordgaard (2017). Psykologisk førstehjelp i skole og

- skolehelsetjeneste. I *Kvarme (red). Sårbare skolebarn*. Bergen: Fagbokforlaget.
- Raknes, S, Johansen, K.W, Tørnes, H. & Håvardstun, T. (2016). Psykologisk kunnskap for barnehagebarn. *Psykologi i kommunen*, 1, 45-53.
- Tilden, T. og Raknes, S. (2010). Psykologisk førstehjelpsskrin i par- og familierterapi. *Fokus på familien*, 3, 212-225.
- Raknes, S. (2007). Åtferdseksperiment som metode i behandling av sosial fobi. *Tidsskrift for norsk psykologforening*, 2, 139-147.
- Raknes, S. (2008). Åtferdseksperiment som metode. I *Berge og Repål (red.) Håndbok i kognitiv terapi*, kap 4, 111-131.

Popular Science for Children and Adolescents

For overview of material translated to English and other languages: www.solfridraknes.no

- 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 for barn*. Oslo: Gyldendal Akademisk.
- Raknes, S. (2010b). *Psykologisk førstehjelp for ungdom*. Oslo: Gyldendal Akademisk.
- The app "Happy Ants". <http://solfridraknes.no/4-7-ar/digitalt/glade-maur/>
- The music video "Roald er redd". <http://solfridraknes.no/4-7-ar/digitalt/roald-er-redd/>
- Digital learning website for children. <http://barnehage.salaby.no/rode-og-gronne>
- Digital learning program for pupils. http://www.abup.no/kurs_/selvsnakk-for-elever/
- Digital learning program for parents. http://www.abup.no/kurs_/selvsnakk-for-foreldreforesatte/
- Digital learning program for teachers. http://www.abup.no/kurs_/selvsnakk-for-laerere/
- Many papers on an official website on health and education for adolescents: www.ung.no, most of them are collected here <http://www.kognitiv.no/tilbud-til-deg/for-barn/kognitiv-terapi-og-veiledet-selvhelp-for-barn-og-unge/>
- The film "Redd for å være alene". <http://www.abup.no/redd-for-a-vaere-alene/>

Popular Science for Adults

- Raknes, S. (2016). <http://www.psykologforeningen.no/publikum/blogger/fip-blogg/aapent-brev-til-barneombudet>
- Raknes, S (2016). <http://www.psykologforeningen.no/publikum/blogger/fip-blogg/nulltoleranse-for-barns-ubehag>
- Raknes, S. (2015). Atferdseksperiment og hjemmeoppgaver. I Berge og Repål (red). *Håndbok i kognitiv terapi 2. utgave*. s 71-81, Oslo: Gyldendal Akademisk.
- Repål, A & Raknes, S (2015). Islamifisering av psykoterapi. *Tidsskrift for Norsk Psykologforening* 2015 ;Volum 52.(2) s. 141-144
- 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
- Haugland, Mauseth, & Raknes (2013). Psykologisk førstehjelp i førstelinjetjenesten. Implementering og evaluering. [http://r-bup.no/CMS/cmspublish.nsf/\(\\$All\)/302B84A50C0598FAC1257B5D004610DB](http://r-bup.no/CMS/cmspublish.nsf/($All)/302B84A50C0598FAC1257B5D004610DB)
- Raknes, S & Haugland, B (2013): *Psykologisk Førstehjelp. Veiledning for bruk i førstelinjen*. Oslo: Gyldendal Akademisk.
- Opplæringsfilm PF. <https://www.youtube.com/watch?v=XTUyXgXIYF4>

SELECTED FROM MEDIA'S ATTENTION

- 2017 <https://bergento.no/project/psychological-first-aid-kit/>
- 2017 <https://www.nrk.no/hordaland/na-tor-jonas-a-ga-pa-do-alene-for-at-tisse-1.13324000>
- 2017 <https://www.utdanningsnytt.no/forste-steg/artikler/2017/mars/slik-larer-du-barna-a-snu-tankene/>
- 2017 <http://www.h-a.no/nyhet/ringsak/--har-hoy-prioritet>
- 2017 <http://www.h-a.no/nyhet/ringsak/godt-aa-lufte-vonde-tanker>
- 2016 <http://www.bt.no/nyheter/lokalt/Trostespill-for-skremte-smabarn-315986b.html>
- 2016 <http://nrksuper.no/super/supernytt/2016/06/13/redd-terror-tenk-gronne-tanker/>
- 2016 https://bergento.no/wp-content/uploads/2016/05/2016-05-28_Ansikt-til-ansikt-med-frykten_PF_VGHelg.pdf
- 2016 https://bergento.no/wp-content/uploads/2016/04/2016-04-26_psykologisk_forstehjelp_haugesundsavis.pdf
- 2016 Verdbørsen, NRK P2, 6 programmer om litteratur og etikk for barn.
- 2015 <http://forskning.no/2015/03/mestringskurs-forebygger-angst-depresjon-og-rusproblemer#.VQml8mb1mJ0.facebook>
- 2015 Angstens mange ansikter. TVAgder [TV] 2015-06-25
- 2015 Redd for forelskelse. Forskning Grand prix; 2015-09-23 - 2015-09-23
- 2015 Redd for å være alene. Abup FILM. Abup 2015
- 2015 Vennlig selvsnakk. Youtube og Abup talk [Internett] 2015-04-20
- 2014 <http://www.aftenposten.no/osloby/Elevene-larer-psykologisk-forstehjelp-77972b.html>
- 2014 Grønne og røde tanker gir gode følelser. Barnehage.no [Fagblad]
- 2014 Selvhjelpsmateriell til barn og unge. TV2 morgennyheter [TV] 12-22
- 2014 Vennlig selvsnakk i God Morgen Norge. TV2 [TV] 12-22
- 2014 Verdbørsen - Alenehet og ensomhet. NRK [Radio] 12-27
- 2013 <http://www.bt.no/nyheter/lokalt/Folelser-pa-timeplanen-246223b.html>
- 2013 <http://tidsskriftet.no/2013/09/anmeldelser/god-innforing-i-psykologisk-forstehjelp>
- 2010 http://www.psykologtidsskriftet.no/index.php?seks_id=105523&a=3
- 2003 https://www.nrk.no/kultur/skrekke-og-gru-_i-heisen-1.905080