

DR SOLFRID RAKNES

Norwegian Clinical Psychologist, Researcher and Program Developer

Dr. Raknes is the innovator behind The Helping Hand, a prize winning psychosocial material widely used in school health services, schools and kindergartens in Norway. The Helping Hand is translated to 8 languages, and has been digitalized and culturally adapted to Arabic children.

Solfrid Raknes is an experienced cognitive therapist and supervisor. Since 2010 she has 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. In her PhD Dr. Raknes was focusing cognitive interventions targeted anxious adolescents.

Raknes is based in Beirut, where she is a project leader for implementing and evaluating The Helping Hand in Lebanon and Norway. She is involved in a wide specter of humanitarian projects focused on reducing poverty and improving mental health.