

# Dr. Solfrid Raknes

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Born: June 3<sup>rd</sup> 1972

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## SUMMARY

### **Innovative Psychologist Specializing in Cognitive Behavioral Tools.**

From leadership of initiating, creating, implementing, and evaluating evidence-based mental health programs I have a proven track record in the delivery of positive mental health and well-being outcomes, at national and international levels. With 25+ years' experience, I'm a PhD holder and clinical psychologist focusing on preventing mental health disorders. I've trained professionals for two decades, developed mental health tools and programs for 15+ years, and led evidence-based initiatives for child protection and mental health internationally. My work spans analog and digital tool innovation, program planning, cross-cultural adaptation, rigorous evaluation, and publication. Committed to innovation and evaluation of tools and services for children and adolescents across economic divides, I divide my efforts among Tanzania, Norway, Lebanon, Jordan, Romania, and Ukraine. UNICEF pointed my app The Helping Hand out as a winner of World Economic Forum's Youth Mental Health Challenge 2022.

## LANGUAGES

Excellent Norwegian and English skills. French (B1), Arabic (A2), and Swahili (A2).

## WORK EXPERIENCES

### **2023 – present**

Participant in the NOREC project Children with disabilities & UN rights convention; a collaboration between Molde University College Norway, Western Norway University of Applied Science, The Open University of Tanzania and Patandi Teachers' College of special needs education, Tanzania

### **2023 – present**

Consultant for Norwegian Church Aid and HEKS/EPER in implementing "The Helping Hand" in Ukraine and Romania  
Developing and Evaluation "The Magic Mitten", a psychosocial material for children 8 – 12 years in partnership with Dr. Hesna Al Ghaoui. Nagarro in USA has developed the app, and collaborators in Lebanon, Ukraine, Hungary, and Norway are testing it

### **2022 – present**

Consultant for The Syrian American Medical Association (SAMS) implementing "The Helping Hand" in Jordan and Lebanon

### **2022 – 2023**

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|--------------------|--|
| <b>2020 – 2022</b> | Project leader in testing “ <i>The Happy Helping Hand App (HH)</i> ”, first financed by Innovation Norway through NORAD Innovation 2030, then by Great Canada Challenge                      |
| <b>2018 – 2020</b> | Project leader in developing “The Happy Helping Hand App”, financed by Innovation Norway   |
| <b>2018 – 2020</b> | Project leader in developing and evaluating a school-based group program for anxious children in Bærum, financed by The Norwegian Health Directory   |
| <b>2017 – 2019</b> | Project leader in developing and implementing The Helping Hand Program in Arabic. Collaborators: Dar El Fatwa Relief, Lebanon, SAMS Lebanon, and MultiAid Programs, Lebanon                  |
| <b>2014 – 2017</b> | Researcher II, Uni Research Health, Bergen   |
| <b>2011 – 2013</b> | Project leader for <i>The Psychological First Aid Kit in Children’s House in Oslo</i> , and <i>Spreading and Evaluation of the Psychological First Aid Kit</i> , Uni Research Health, Bergen |
| <b>2007 – 2010</b> | Project leader <i>Developing The Psychological First Aid Kit</i>   |
| <b>2004 – 2020</b> | Providing workshops and supervision for professionals in CBT training administered by NFKT Norway  |
| <b>2000 – 2013</b> | Clinical Psychologist, Voss Hospital   |
| <b>1999 – 2000</b> | Clinical Psychologist, Sør-Trøndelag Psychiatric Hospital  |

## EDUCATION

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

## HONORS AND GRANTS

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| <b>2022</b>        | Winner of Youth Mental Health Challenge by Uplink - World Economic Forum                        |
| <b>2020 – 2022</b> | Grant from Great Canada Challenges for proof of concept study of The Helping Hand, SAMS Lebanon |
| <b>2020 – 2022</b> | Grant from Innovation Norway, The Helping Hand  |
| <b>2020</b>        | Today’s Everyday Hero. TV2, Norway  |

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|--------------------|---|
| <b>2019</b>        | Personal grant from Sparebanken Vest, Norway                        |
| <b>2019</b>        | Nominated to "Citizen of the year, Bergen"                          |
| <b>2018 – 2020</b> | Grant from Innovation Norway through NORAD2030                      |
| <b>2018 – 2019</b> | Grant from The Norwegian Health Directory, Bærum                    |
| <b>2018 – 2019</b> | Grant from The Norwegian Health Directory                           |
| <b>2016 – 2017</b> | Overseas Scholarship, The Norwegian Research Council                |
| <b>2014 – 2017</b> | PhD grant from The Norwegian Research Council                       |
| <b>2014 – 2015</b> | Personal grant from Extrastiftelsen                                 |
| <b>2014</b>        | Personal grant from Kavlifondet                                     |
| <b>2011 – 2013</b> | Grant from The Norwegian Health Directory                           |
| <b>2013</b>        | The Norwegian Psychology Association´ Aasa Gruda Skard´s honor      |
| <b>2012</b>        | Bergen University Hospital´s prize for Innovation                   |
| <b>2010</b>        | personal grant from The Norwegian Association for Cognitive Therapy |

#### **POSITIONS, REPRESENTATION AND VOLUNTARY WORK**

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| <b>2019 – ?</b>    | Representing Norway in EFPA, Board of Prevention and Promotion   |
| <b>2020 – 2022</b> | Member of the board of Reaching across borders   |
| <b>2019 – 2022</b> | Founding and developing “The Crochet Community Collective” in collaboration with MAPS, Lebanon, fundraising for education, mental health support |
| <b>2016 – 2017</b> | Member of the board of Association for Intercultural Psychology, The Norwegian Psychology Association  |
| <b>2013 – 2018</b> | Representing Norway in Low intensity CBT in EABCT  |
| <b>2004 – 2017</b> | Member of the board of The Norwegian Association for Cognitive Therapy   |
| <b>2007 – 2010</b> | Founder and member of the board of Lesehug   |

#### **SCIENTIFIC PUBLICATIONS**

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1. Wergeland GJH, Haaland AT, Fjermestad KW, Öst LG, Gjestad R, Bjaastad JF, Hoffart A, Husabo E, Raknes S & Haugland BSM (2023). Predictors of school-based cognitive behavior therapy outcome for youth with anxiety, *Behaviour Research and Therapy*, 104400. <https://www.sciencedirect.com/science/article/pii/S0005796723001481>
2. Schuler, B.R., & Raknes, S. (2022). Does group size and blending matter? Impact of a digital mental health game implemented with refugees in various settings. *International Journal of Migration, Health and Social Care*, 18, 83-94. <https://doi.org/10.1108/IJMHS-07-2021-0060>
3. Townsend, D., Raknes, S., & Hammoud, M. (2022). Psychosocial support for Syrian refugee youth: Comparing delivery modes of a digital mental health game. *In S.*

- Moeschberger & L. Miller-Graff (Eds.), Psychological Research on Violence Against Children: Towards Building Cultures of Peace.* New York, NY: Oxford University Press.
4. Nordgreen, T., & Raknes, S. (2021). Veiledet selvhjelp og internettbehandling for barn og ungdom. In Martinsen & Hagen (Eds.), *Håndbok i kognitiv atferdsterapi i behandling av barn og unge* (kap. 17, s. 459-474). Oslo: Gyldendal.
  5. Husabo, E., Haugland, B.S.M., McLeod, B.D., Baste, V., Haaland, Å.T., Bjaastad, J.F., ... Wergeland, G.J. (2021). Treatment Fidelity in Brief Versus Standard Length School Based Interventions for Youth with Anxiety. *School Mental Health*, Vol 3. <https://doi.org/10.1007/s12310-021-09458-2>
  6. Raknes, S. (2020). The Happy Helping Hand used by Syrian displaced adolescents in Lebanon: A Pilot Study of Feasibility, Usefulness and Impact. White paper.
  7. Raknes, S., & Gjertsen, O.B. (2020). Kognitive tiltak - tilpasning til kultur og kontekst. In Berg & Holt (Eds.), *Kultur og kontekst i praktisk psykologarbeid* (kap. 12, s. 230-250). Oslo: Gyldendal.
  8. Raknes, S., Marki, Å., Leborg, S., & Næss, J. (2020). Jeg tør! Utprøving av et kort Psykologisk førstehjelps-basert kurs for engstelige skolebarn. Retrieved from <http://www.forebygging.no/Artikler/2020/Jeg-tor/>
  9. 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*.
  10. Raknes, S. (2018). Anxious Adolescents: Prevalence, Correlates, and Preventive Cognitive Behavioural Interventions. Dissertation for the degree of philosophiae doctor (Ph.D) at the University of Bergen, Norway.
  11. Raknes, S., Pallesen, S., Himle, J., Bjaastad, J.F., Wergeland, G.J., Hoffart, A., ... Haugland, B.S.M. (2017). Quality of life in anxious adolescents. *Child and Adolescent Psychiatry and Mental Health*, 11(33), 1-11.
  12. Raknes, S., Pallesen, S., Bjaastad, J.F., Wergeland, G.J., Hoffart, A., Dyregrov, K., ... Haugland, B.S.M. (2017). Negative life events, social support and self-efficacy in anxious adolescents. *Psychological Reports*, 0(0), 1-18.
  13. 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.
  14. Haugland, B., Raknes, S., Haaland, A., Wergeland, G., Bjaastad, J., ... Hoffart, A. (2017). School-based cognitive behavioral interventions for anxious youth: Study protocol for a randomized controlled trial. *Trials*, 18(100).
  15. Raknes, S., Johansen, K.W., Tørnes, H., & Håvardstun, T. (2016). Psykologisk kunnskap for barnehagebarn. *Psykologi i kommunen*, 1, 45-53.
  16. Haugland, B., Mauseth, D., & Raknes, S. (2013). Psykologisk førstehjelp i førstelinjetjenesten. Implementering og evaluering. *Rapport til Helsedirektoratet. RKBU Vest og R-BUP Øst og Sør*.
  17. Tilden, T., & Raknes, S. (2010). Psykologisk førstehjelpsskrin i par- og familierapi. *Fokus på familien*, 3, 212-225.
  18. Raknes, S. (2008). Åtferdseksperiment som metode. In Berge & Repål (Eds.), *Håndbok i kognitiv terapi* (kap. 4, s. 111-131).

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

### APPS AND DIGITALIZED LEARNING PROGRAMS

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Magic Mitten, Ukrainian and English, app for children 8 – 12 years

Helping Hand, app for adolescents 12 – 19 years, Norwegian, English, French, Ukrainian

اليد المساعدة, for adolescents 12 - 19 years, Arabic

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

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

### POPULAR SCIENCE PUBLICATIONS

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Raknes S (2023). Folkehelse og livsmestring for flyktningbarn. [Forebygging.no](https://forebygging.no)

Raknes S & Rostami A (2022). Gir spill uante muligheter? [Forebygging.no](https://forebygging.no)

Raknes S (2022). Kan elever spille seg til psykisk helse i skolen? [Forebygging.no](https://forebygging.no)

Raknes S og Stensholt KW (2021). Spill fenger - erfaringer med spill app for sosial og emosjonell læring i klasserommet. [Forebygging.no](https://forebygging.no)

Raknes, S. (2021). Tanker og følelser på timeplanen for ungdom i Namsos: Evaluering av implementering av psykologisk førstehjelp skoleåret 2020/2021. [Rapport](#) til Namsos Kommune, Program for folkehelse.

Raknes, S. (2020). Hjelpéhånda - et spill for å trene på følelsesmessige utfordringer, *derjournal.no*, desember, s 26; og på arabisk, s 43

Albiad, I & Raknes, S. (2020). Korona forverrer situasjonen for syriske flyktninger i Libanon. *derjournal.no*, desember, s25-26; og på arabisk, s 43-44

Raknes, S. (2020). [Mangan, miljø og mot](#).

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). Atferdseksperimenter 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.

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## SELECTED LECTURES AND WORKSHOPS

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| <b>2023 July 14 – 16</b>                | Workshop: Helping Hand for Ukrainian adolescents, in Suceava, Romania, organized by HEKS/EPER, <a href="#">Organizatia Institutul Bucovina</a> , and Norwegian Church Aid.   |
| <b>2023 February – June 2020 - 2023</b> | Training and supervising of PSS workers, HEKS Ukraine<br>Arranging and training community PSS workers in Norway in using the Helping Hand programs. Digital workshops.   |
| <b>2022 Nov 11</b>                      | Conference speaker: Gaming for mental health: Impact of a digital game in Young refugees when implemented as a PSS program enhanced by peer support. University of Dar es Salaam, VSS2022.                           |
| <b>2022 2022 Sept 13</b>                | Training and supervising PSS workers, SAMS Jordan<br>Keynote speaker at Women’s International League for Peace and Freedom, webinar, Stop War. <i>The Helping Hand for the Social and Emotional</i> , Washington DC. |
| <b>2022 - 2023</b>                      | Training and supervising all school professionals in Nannestad county, Norway  |
| <b>2021 Dec 16</b>                      | Keynote speaker at Universidade dos Valores, Portugal.<br>Overcoming Exclusion and Trauma: Rooting learning activities in fundamental values.  |
| <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 – 2022</b>                      | Lectured extensively in several NGOs in Lebanon, on The Helping Hands Program, a psychosocial program for Arabic refugee children.   |
| <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<br>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

### **MEDIA, SELECTED**

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Jan 25th 2023 [World Economic Forum](#). The Helping Hand is at the top of the Tech for Good-list.

May 20th 2022 [Winner of Youth Mental Health Challenge](#), UpLink - World Economic Forum

March 1st 2022 How Attensi is forging a new path to mental wellbeing with VR, gaming, and simulation. [Mental Health Today](#)

1. februar 2022 Helpende Handen. Een hulpmiddel om alledaagse en veelvoorkomende lastige situaties beter te hanteren.' Sterk! In Autisme, 241, 20-22. Netherlands.

10. november 2021 Helsedirektoratet tilbyr nye apper mot psykiske vansker. [NAPHA](#)

27. september 2021 Lange ventelister på psykisk helsehjelp – vil gi barn og unge «app på resept» [nrk.no](#)

20. august 2021 En hjelpende hånd til ungdom i Norge og flyktninger i Libanon. [Utrop.no](#)

17. august 2021 [Lektor Lomsdalen](#) intervjuer Solfrid Raknes om Skole på flukt.

12. mars 2021 Hoppet på Bernie Trenden. [Norsk Ukeblad](#)

22. feb 2021 Lærer ungdom psykologisk førstehjelp. [Psykologisk.no](#)

8. feb 2021 Syriske flyktninger hekler Bernie Sanders dukker til Nordmenn. [NRK](#)

15. des 2020 Dataspill skal bidra til bedre livsmestring blant unge. [Gyldendal.no](#)

16. sept 2020 Dagens hverdagshelt, God Morgen Norge, TV2

9. juni 2020 En norsk app for Psykologisk førstehjelp skal lanseres for ungdom i Libanon. Dagens, *NRK P1*

10. juni 2019 Psykologistudentar: Vi treng kunnskap for å hjelpe flyktninger. *Framtida.no*

30. mai 2019 Ny gaming app skal gi flyktninger Psykologisk førstehjelp. *TV2 nyheter*

21. mai 2019 Finland, magasin for helse og skole her

10.11.2018 Psykologisk førstehjelper *BT Magasinet*

13.09.2018 Doktergrad Solfrid Raknes. *Bergens Tidende*

10.08.2018 Generasjon prestasjon junior. *Aftenposten, A-magasinet*

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*

9.03.2018 Stort frammøte på 8. mars. *Avisa Hordaland*

27.12.2017 Teiknar håp i flyktningeleiren *Framtida Junior*

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*

2010 Trør til med Psykologisk førstehjelp. *Tidsskrift for norsk psykologforening*

2003 Skrekk og gru i heisen. *Norge Rundt, NRK TV*