

Dr. Solfrid Raknes
Researcher, Innovator and Clinical Psychologist

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.

