

CURRICULUM VITAE

Gunilla Klensmeden Popper

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PERSONAL INFORMATION

Born: 9 February 1956
Citizenship: Swedish
Family: Three children born in 1988, 1989 and 1993
Languages: Fluent in Swedish, Norwegian, English, and some German

Present Employment

2014 - 2021 Norway: Nordlandssykehuset
2018 - Sweden: Neuroinstitute Sweden

Contact information

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EDUCATION, LICENSE, SPECIALIZATION

Medical Education

1986 Master of Science in Medicine, Karolinska Institutet, Sweden
1989 M.D. License, Sweden
1993 M.D. License, Norway

Doctoral Dissertation

2006 The Norwegian University of Science and Technology, Faculty of Medicine (NTNU-DMF), Department of Neuroscience. Dissertation title: *Mental health of psychiatric outpatients bullied in childhood*

Specialization, certification

Psychiatry 28 September 2000 (Norway)
ST 24 May 2005
EMDR 17 November 2009
CardioEdit 11 February 2013
Psychiatry 31 January 2014 (Sweden)

Professional Organizations

- International Society of Schema Therapy (ISST)
- EMDR Europe

ACADEMIC APPOINTMENTS

1993 General practitioner fellowship, three-month, full time, Department of Community Medicine and General Practice, funding from The Norwegian College of General Practitioners (NSAM)
1994 - 1996 PhD Graduate Research Fellow, 50 % position from 1996, Department of Community Medicine and General Practice at NTNU-DMF, funding from The Norwegian Council for Mental Health (NCMH)
1999 - 2000 Research Fellow, NTNU-DMF, Psychiatric department, part time (27%)
2000 - 2005 Research psychiatrist, part time (50 %), NTNU-DMF, Psychiatric department/Adult psychiatry, INM
2010 - 2014 Researcher 50-100%, St. Olavs Hospital/NTNU
2014 - 2018 Researcher 10%, Nordlandssykehuset, Bodø

CLINICAL AND ADMINISTRATIVE ACTIVITIES

Clinical

- 1984 - 1986 Östersunds reumatikersykehus (6 months)
1986 - 1989 Jämtlands läns landsting, Medical ward, Östersund Hospital and 21-month period of practice after medical school (AT)
1989 - 1991 Högskolan i Östersund, 4 hours per week
1991 - 1992 Jämtlands läns landsting, specialization in general practice (ST)
1992 - 2014 St. Olavs Hospital, clinical work and specialization in psychiatry (part and full time)

Administrative

- 1994 - 1995 Board member/ Doctoral research fellow representative, NTNU-DMF, Department of Community Medicine and General Practice
1999 - 2001 Board member/ Doctoral research fellow representative, NTNU-DMF Psychiatric department
2000 - 2005 Senior clinical- and research consultant, St. Olavs Hospital, Østmarka department
2004 - 2019 Organizer of specialized courses, schema therapy workshops, advisory groups, Østmarka lectures, training program leading to a diploma in schema therapy, Chairperson (Norwegian Psychiatric Congress),
2009 -2019 Project manager for research evaluating group ST and individual EMDR therapy.

TEACHING AND RESEARCH FOCUS

- Schema Therapy (ST): Trainer in the international training program leading to a diploma, from 2006
- Eye Movement Desensitization Reprocessing (EMDR): EMDR Europe approved consultant, from 2013
- Body State Theory (BST): Founder and trainer, from 2019

SCIENTIFIC ADVISING

Assistant professor and research assistant, advising medical students

Karolinska Institutet, Nobel Institute for Neurophysiology and Physiology Institute, 1982-1983

Advisor, medical student research thesis

Jørgen Mortensen, NTNU-DMF, "Impulsivity and cluster B personalities", 2007

Advisor, medical student post-graduate thesis

- Erlend Hassel and Kristian Østby, NTNU-DMF, Evaluation of Group Based Schema Therapy, borderline patients, 2005. Co-advisor, Are Holen M.D., Ph.D.
- Inger Sofie Gangås, NTNU-DMF, Effect of group-based Schema Therapy on Quality of Life in patients with Personality Disorders, 2006
- Mari Mjønes Teodorsen, NTNU-DMF, Traumatic life events and personality disorders, 2008
- Naomi Kim Grimstad, NTNU-DMF, The association between direct and indirect bullying in childhood and psychiatric complaints in adults with personality disorders, 2008
- Håkon Bue, NTNU-DMF, BPD treatment: Schema Therapy vs. Dialectical Behavioral Therapy, 2010
- Liv-Hanne Blix Sæther, NTNU, Når det nære blir en utfordring. En kvalitativ intervjustudie av opplevelsesaspekter ved emosjonelt ustabil personlighetsforstyrrelse, 2011
- Martin Harbitz, NTNU-DMF, Unnvikende og emosjonelt ustabil personlighetsforstyrrelse: En sammenlikning, 2012

Advisor of graduate studies

- Maryam Rahimi, M.D., St. Olavs Hospital - NTNU-DMF. Borderline and avoidant personality disorders: neuroendocrinology and EEG, 2014

Journal reviewer

- Child Abuse & Neglect
- Journal of Nervous and Mental Disease
- Behavioral and Brain Functions

CLINICAL SUPERVISING

1996 - 2014 Medical students: diagnostics of personality disorders
2006 - Clinicians: BST, Polyvagal Theory, ST and EMDR

ACADEMIC SUPERVISING

Reviewed 2003 Marianne Aadal, medical student, NTNU-DMF, graduated 1999
Reviewed 2004 Mari Olsen, medical student, NTNU-DMF graduated 2000
Opponent 2009 Espen Arnevik, Ph.D. student, UiO/ Ullevål University Hospital
Reviewed 2011-2012 Research applications to St. Olavs Hospital/NTNU-DMF

PUBLICATIONS

- Fosse GK, Holen A. Childhood environment of adult psychiatric outpatients in Norway having been bullied in school. *Child Abuse Negl.* 2002;26(2):129-37
- Fosse GK, Holen A. Cohabitation, education, and occupation of psychiatric outpatients bullied as children. *J Nerv Ment Dis.* 2004;192:385-8
- Fosse GK, Holen A. Reported maltreatment in childhood in relation to the personality features of Norwegian adult psychiatric outpatients. *J Nerv Ment Dis.* 2007 Jan;195(1):79-82
- Fosse GK, Holen A. Childhood maltreatment in adult female psychiatric outpatients with eating disorders. *Eat Behav.* 2006 Nov;7(4):404-9. Epub 2006 Jan 23
- Fosse GK. Mobbingens psykologi, front page, *Tidsskrift for den norske legeforening*, 2007, 15/1909
- Fosse GK. Dagbok om mobbing, book review, *Tidsskrift for den norske legeforening*, 2008,128:1695-6
- Fosse GK. Blogging om mobbing, book review, *Tidsskrift for den norske legeforening*, 2010,130:1264-5
- Fosse GK. Oppsummert om mobbing, book review (Preventing and treating bullying and victimization (Vernberg E, Biggs B, eds.), *Tidsskrift for den norske legeforening*, 2011, 131/1107
- Beskow J, Ehnvall A, Klensmeden G & Nyberg U. Självvet och suicidaliteten. *Tidsskrift för Svensk Psykiatri*, 4, 92-95, 2013.
- Beskow J, Ehnvall A, Klensmeden G & Nyberg U. Suicidalitet ur evolutionärt och neurofysiologiskt perspektiv. *Tidsskrift för Svensk Psykiatri*, 2, 48-49, 72-73, 2014.
- Mortensen JA, Evensmoen HR, Klensmeden G, Håberg A. Outcome Uncertainty and Brain Activity Aberrance in the Insula and Anterior Cingulate Cortex Are Associated with Dysfunctional Impulsivity in Borderline Personality Disorder. *Front Hum Neurosci.* 2016 May 6;10:207.

PRESENTATIONS

- "Effectiveness of Group Schema Therapy in the treatment of Borderline Personality Disorder", oral presentation, International Society for the Studies of Personality Disorders (ISSPD) X international congress, Haag, September 2007
- "Effectiveness of Group Schema Therapy in the treatment of Borderline Personality Disorder", oral presentation, Norwegian Psychiatric Congress, January 2008
- "Advantages of Group Schema Therapy ", oral presentation, ISST, 3rd international meeting, Coimbra, October 2008
- "Bullying and PTSD", oral presentation, annual research report, NTNU, April 2008
- "Bullying and personality disorders", oral presentation, annual research report, NTNU, April 2009
- "Reports of childhood bullying in adult outpatients with personality disorders", oral presentation, 11th ISSPD Congress, August 2009
- Invited speaker: Seminar in honor of KG Götestam. Cognitive Behavior Therapy: 40 Years of Progress, Norwegian Psychiatric Congress, June 2008, topic: ST
- Keynote speaker: Norwegian Child- and Adolescent Congress, April 2009, topic: ST
- Keynote speaker: The 7th National Nordic conference on personality disorders, June 2009, topic: ST.
- Keynote speaker: Conference on Suicide Research and Prevention, April 2011, topic: Schema therapy
- "The Role and Development of the Therapeutic Alliance in Group Schema Therapy for Borderline Personality Disorder: Presentation of study and preliminary data", Poster presentation (Sørensen), ISST 5th international meeting, May, 2012. Sørensen, KD., Nysæter, TE., Olsen, M., Fosse, GK

- Keynote speaker: Confex Norge/Ung helse. Diagnoser blant barn og unge: Arv, miljø og oppvekst – ballast eller belastning, Oktober 30, 2012.
- Keynote speaker: The polyvagal theory in EMDR-treatment, Niagara, Ontario, November 5-7, 2015: The 2nd International Conference on Treating Complex Developmental Trauma Disorders: From Assessment to Successful Treatment – Integrating EMDR With Complex Trauma.
- Keynote speaker: Childhood bullying and mental health. BUP-dagene i Bodø 27-29. april 2016
- Symposia Polyvagal theory: EMDR Europe annual conference June 17-19, 2016: Integrating Porges' Polyvagal theory into EMDR practice. Haag, June 18, 2016.
- Keynote speaker: Annual congress of Società Italiana di Terapia Comportamentale e Cognitiva in Cagliari, October 27-29, 2017: Dissociation-integration congress-model-experiences-clinical practices-treatments: A polyvagal approach to psychotherapy of relational trauma and dissociative disorders.
- Empowering Yoga retreat: Body State Theory, Silone, Italy, September 7-9, 2018.
- Yoga and Neuroscience Workshop, Tara Verde, Cosenza, Italy, January 25-27.
- Eight-week courses on stress and burnout, YOS YOGA, Stockholm, February to June 2019.
- Poster, EMDR and treatment of bullying related problems, EMDR conference, Krakow, June 28, 2019
- Seminar speaker: Suicide Prevention, Norrköping, October 2, 2019: Anknytningsreparation – en viktig oppgift för suicidpreventionen.
- Workshop speaker: Suicide prevention, Norrköping October 3, 2019: Tillsammans med sig själv som suicidprevention. Presentation of Body State Theory.
- Poster, EMDR for avoidant personality disorders. ISSPD conference, Vancouver, October 16, 2019
- Presentation: Body State Theory, Zence Psicoterapia, Cosenza, Italy, November 29, 2019
- Workshop: Body State Theory, Zence Psicoterapia, Cosenza, Italy, November 30, 2019
- Workshop: Body State Theory, Zence Psicoterapia, Cosenza, Italy, January 24, 2020
- Webinar: Treatment of Love Disorders, University of Cosenza, Italy, September 24, 2021.