



Rikke Kjelgaard

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O Rikke

Rikke jest dyrektorem naczelnym i założycielką ACT Danmark i Human ACT Sweden. Rikke organizuje treningi ACT i CBT w Danii od 2007 roku. Stworzyła także 2-letni, specjalistyczny program treningowy ACT, który cieszy się ogromną popularnością. Rikke spędza większość swojego czasu pracy na organizowaniu i prowadzeniu treningów ACT w Skandynawii. Jest uznaną trenerką i prelegentką, zarówno w krajach skandynawskich i na scenie międzynarodowej. Rikke mieszka ze swoją rodziną w południowej Szwecji. Poza pracą, prowadzi także swój kreatywny biznes (malowanie i metalurgię srebra) i jest zaangażowana w kilka kreatywnych i artystycznych działalności. Posiada wykształcenie z branży rozrywkowej. Rikke jest certyfikowaną trenerką ACT zweryfikowaną przez ACBS ([Stowarzyszenie Nauk Kontekstualno-Behawioralnych](#)).

Zajmowane stanowiska

Human ACT Sweden

2013-obecnie

Dyrektor generalny i wspólniczka Human ACT Sweden, firmy specjalizującej się w treningach ACT.

ACT Danmark

2007-obecnie

Dyrektor generalny i właścicielka ACT Danmark, jednego z przodujących ośrodków w Danii, zapewniającego treningi w ACT i innych terapiach kontekstualno-behawioralnych.

Sztuka Rikke Kjelgaard**2007-obecnie**

Dyrektor generalny i właścicielka Sztuka Rikke Kjelgaard. W ramach tej działalności, Rikke maluje abstrakcyjne obrazy i podejmuje się innych, kreatywnych przedsięwzięć.

Segesholms Behandlingshem**2013-2016**

Licencjonowana psycholog w Segesholms Behandlingshem (Behavior & Brain AB). Segesholms Behandlingshem to ośrodek udzielający wsparcia i leczący młode kobiety, które angażują się w zachowania samouszkodzające.

Psykologpartners**2007-2012**

Licencjonowana psycholog i menedżer regionalny w południowej Szwecji i Danii, w Psykologpartners.

Odbyty trening

1999-2000: psychology courses, University of Lund

2001-2007: Masters in Psychology, University of Copenhagen

2007-2008: Undergraduate in Cognitive Behavioural Psychotsherapy

2006: 3-day training, "Relational Frame Theory", Ian Stewart

2006: 2-day training, "ACT with Difficult Clients", Steven Hayes

2006: 2-day training, "ACT experiential", Cecilia Gustavsson & Magnus Stalby

2006: 2-day training, "ACT Intensive Training", Kelly Wilson

2007: 1-day training, "ACT for Stress", Frank Bond

2007: 2-day training, "Integrative Behavioral Couples Therapy", Magnus Stalby

2007: 4-day training, "Advanced ACT Training", Kelly Wilson

2008: 2-day training, "ACT Case Conceptualization", Kelly Wilson

2008: 2-day training, "ACT for Suicidal Clients", Kirk Strosahl

2009: lecture, "RFT and the Importance of Stimulus Functions", Ata Ghaderi

2009: lecture, "ACT and Body Image", Thomas Parling

2009: 1-day training, "Brief Interventions in Primary Care", Kirk Strosahl

2009: 3-day training, "ACT Skill Building & Case Conceptualization", Kelly Wilson

2011: 2-day training, "ACT with Suicidal Clients", Kirk Strosahl & Patricia Robinson

2011: 1-day training, "Relational Frame Theory", Niklas Törneke

2011: 2-day training, "Relational Frame Theory", Niklas Törneke

2012: 2-day training, "Integrating ACT and FAP", Benjamin Schoendorff

- 2012: 2-day training, "ACT made Simple", Russ Harris (Sweden)
- 2012: 3-day training, "ACT made Simple", Russ Harris (Denmark)
- 2012: 3-day training, "ACT Skill Building and Case Conceptualization", Kelly Wilson
- 2012: 3-day training, "The Compassionate and Vital Life - Using ACT for Change", Robyn Walser
- 2012: 1-day training, "Relational Frame Theory", Niklas Törneke
- 2012: 1-day training, "Improving Your Teaching Skills", David Brohede
- 2013: 3-day training, "Focused ACT with difficult clients", Kirk Strosahl & Patricia Robinson
- 2013 : 2-day training, « RFT for Clinicians », Niklas Törneke
- 2013 : 3-day training : "The Compassionate and Vital Life - Using ACT for Change", Robyn Walser
- 2013 : 2-day training : « Functional Analytic Psychotherapy », Mavis Tsai & Bob Kohlenberg
- 2013 : 1-day training : « ACT Case Conceptualization », Kelly Wilson
- 2013 : 1-day training : « ACT for Addiction », Kelly Wilson
- 2013 : 4-day training : « Prolonged Exposure », Edna Foa
- 2013 : 3-day training : « Focused ACT », Kirk Strosahl, Patricia Robinson & Thomas Gustavsson
- 2014 : 2-day training : « Emotion Regulation in the treatment of deliberate self harm », Gratz & Tull
- 2014 : 2-day training : « Functional Analytic Psychotherapy », Benjamin Schoendorff
- 2014 : 3-day training : « Getting Unstuck in ACT », Russ Harris
- 2014 : 2-day training : « Relational Frame Theory », Niklas Törneke
- 2014 : 3-day training : « Using ACT for change », Robyn Walser
- 2014 : 4-day training : « ACT for Adolescents », Louise Hayes
- 2014 : 2-day training : « CBT for eating disorders », Ata Ghaderi
- 2015 : 2-day training : « ACT case conceptualization », Kelly Wilson
- 2015 : 4-day training : « ACT for stress », Fredrik Livheim
- 2015 : 2-day training : « Using ACT and compassion for shame », Jason Luoma & Jenna LeJeune
- 2015 : 2-day training : « Relational Frame Theory », Niklas Törneke
- 2015 : 3-day training : « Using ACT for change », Robyn Walser
- 2015 : 3-day training : « Focused ACT », Kirk Strosahl, Patricia Robinson & Thomas Gustavsson
- 2015 : 1-day training : « Self-compassion and emotional resilience », Kristin Neff
- 2015 : 2-day training : « CBT-E for eatings disorders », Christopher Fairburn
- 2015 : 4-day training : « Prolonged Exposure », Edna Foa
- 2015 : 2-day training : « The ACT Matrix », Benjamin Schoendorff
- 2016 : 3-day training : « ACT and self care », Kelly Wilson

- 2016 : 3-day training : « Focused ACT», Kirk Strosahl
- 2016 : 2-day training : « ACT with compassion for shame», Jason Luoma & Jenna LeJeune
- 2016 : 2-day training : « The ACT Matrix », Benjamin Schoendorff
- 2016 : 2-day training : « The Thriving Adolescent », Louise Hayes
- 2017 : 3-day training : « ACT case conceptualization », Kelly Wilson
- 2017 : 3-day training : « Focused ACT », Kirk Strosahl, Patricia Robinson & Thomas Gustavsson
- 2017 : 3-day training : « ACT for depression & Anxiety Disorders », Russ Harris
- 2017 : 2-day training : « Advanced ACT training », Steven Hayes
- 2017 : 2-day training : « Mastering the Matric », Benjamin Schonedorff
- 2017 : 3-day training : « ACT case conceptualization», Kelly Wilson
- 2018 : 3-day training : « Using ACT for change », Robyn Walser
- 2018 : 4-day training : « Prolonged Exposure», Edna Foa
- 2018 : 3-day training : « Focused ACT », Kirk Strosahl, Patricia Robinson & Thomas Gustavsson

Trening przeprowadzony (wybrane przykłady)

- 2008: 2-day ACT experiential
- 2008: 1-day obesity
- 2009: 4--day ACT for ay ACT, CBA, RGB, RFT and contextualism
- 2009: 2-day ACT experiential
- 2009: 2-day ACT advanced training
- 2009: 1-day mindfulness & ACT
- 2009: 1-day ACT introduction
- 2009: 2-day mindfulness & ACT
- 2009: 1-day ACT for stress
- 2009: 2-day ACT experiential
- 2009: 1-day ACT for obesity
- 2009: 2-day ACT experiential
- 2009: 2-day ACT introduction
- 2009: 1-day ACT for stress
- 2010: 1-day ACT on life, not on anger
- 2010: 1-day RFT and psychopathology
- 2010: 1-day ACT introduction
- 2010: 2-day ACT and pain
- 2010: 2-day behaviorism, functional contextualism and CBA
- 2010: 1-day behaviorism
- 2010: 1-day ACT
- 2010: 8-day ACT & RFT
- 2010: 1-day ACT and values
- 2010: 2-day ACT for children and adolescents
- 2010: 8-day ACT & RFT
- 2011: 1-day ACT introduction
- 2011: 2-day ACT introduction
- 2011: 2-day ACT experiential
- 2011: 1-day ACT in organizational settings
- 2011: 2-day ACT for children and adolescents
- 2011: 8-day ACT & RFT
- 2011: 2-day ACT for children and adolescents (advanced)
- 2011: 3-day Integrative Behavior Couples Therapy
- 2012: 2-day ACT introduction
- 2012: 1-day ACT primer (with Ole Taggaard Nielsen)
- 2012: 1-day ACT method training
- 2012: 3-day Integrative Behavior Couples Therapy
- 2013: 5-day contextual behavior therapy and ACT
- 2012: 4-day ACT introduction
- 2012: 1-day "ACTing on Your Values when Facing Struggle as a Therapist" (with Trym N. Jacobsen at Nordic ACBS)
- 2013: "Building ACT Skills" (with Ole Taggaard Nielsen at Nordic ACBS)
- 2012: 2-day ACT for depression
- 2012: 4-day Advanced ACT Training
- 2013: 2-day ACT for depression
- 2013: 4-day ACT introduction
- 2013 : ½-day "ACTing on Your Values when Facing Struggle as a Therapist" (with Trym N. Jacobsen at ACBS World Conference Sydney)
- 2013 : ½-day « The top 10 not-to-do behaviors in therapy »
- 2013 : 4-day ACT training
- 2013 : ½-day « The top 10 not-to-do behaviors in therapy »
- 2013 : 2 day ACT skills training
- 2013 : 1-day ACT introduction
- 2013 : 1-day ACT introduction
- 2013 : 1-day ACT introduction
- 2013 : 1-day ACT introduction

2013 : ½-day « The top 10 not-to-do behaviors in therapy »
 2014 : ½-day « The top 10 not-to-do behaviors in therapy »
 2014 : 1-day ACT introduction
 2014 : 2-day ACT recap and method training (with Ole Taggaard Nielsen)
 2014 : 1-day ACT introduction
 2014 : 1-day ACT introduction
 2014 : 2-day ACT introduction
 2014 : 2-day Advanced ACT Training
 2014 : ½-day « The top 10 not-to-do behaviors in therapy »
 2014 : public speech – « Let go of the struggle and start living »
 2014 : 1-day ACT for anger
 2014 : 1-day ACT introduction
 2014 : 1-day ACT introduction
 2014 : ½-day "ACTing on Your Values when Facing Struggle as a Therapist" (with Trym N. Jacobsen at ACBS World Conference in Minneapolis)
 2014 : 1-day ACT introduction
 2014 : public speech – « Motivation & Change »
 2014 : 2-day « ACT for youth »
 2014 : ½-day « The top 10 not-to-do behaviors in therapy » (ACBS conference in Dublin)
 2015 : 1-day ACT introduction
 2015 : 2-day ACT introduction
 2015 : ½-day "ACTing on Your Values when Facing Struggle as a Therapist" (with Trym N. Jacobsen at ACBS World Conference Berlin)
 2015 : ½-day « Uncovering the process of Creative Hopelessness » (With Robyn Walser at ACBS World Conference Berlin)
 2015 : 2-day ACT introduction
 2015 : 2-day advanced ACT training
 2015 : 1-day ACT for children and youth
 2015 : 1-day ACT for anger
 2015 : 2-day ACT introduction
 2016 : 6-day ACT for pain
 2016 : 4-day ACT for stress (Human ACTs own stress program)
 2016 : 2-day ACT introduction
 2016 : 2-day advanced ACT training
 2016 : 2-day ACT introduction
 2016 : 2-day advanced ACT training
 2016 : 1-day ACT like a pro training
 2016 : 2-day ACT introduction
 2016 : 2-day advanced ACT training
 2016 : 2-day ACT introduction
 2016 : 2-day advanced ACT training
 2016 : 1-day ACT like a pro training
 2016 : 1-day "Mastering difficult conversations"
 2016 : 2-day "ACT and applied behaviour analysis"
 2016 : 1-day "Top 10 mistakes you don't want to make as an ACT therapist"
 2016 : 1-day "ACTing on your values when facing struggle as a therapist"
 2016 : 1-day "Working with Creative Hopelessness" v/Rikke Kjelgaard & Robyn Walser (ACBS Nordic Conference)
 2016 : ½-day "Top 10 mistakes you don't want to make as an ACT therapist" (UK ACBS conference)
 2016 : 2-day "ACT for chronic pain"
 2017 : 2-day "ACT for chronic pain"
 2017 : 1-day "ACT recap method training"
 2017 : 2-day: ACT introduction
 2017 : 2-day: "ACT for youth"
 2017 : 2-day: ACT introduction
 2017 : 2-day: advanced ACT training
 2017 : 15-day: ACT for coaches
 2017 : 1-day: ACT primer
 2017 : 2-day: advanced ACT training
 2017 : 1-day: "The flexible therapist" (PS17 conference)

2017: 1-day: "ACT with self care"

2017: ½-day "Working with Creative Hopelessness" v/Rikke Kjelgaard & Robyn Walser (ACBS World Conference)

2017: ½-day "Top 10 mistakes you don't want to make as an ACT therapist" (ACBS World Conference)

2017 : 2-day « ACT in school settings »

2017 : 4-day «ACT introduction »

2018 : 2-day « ACT with selfcare »

2018 : 3-day « The compassionate and flexible therapist»

In addition Rikke has held several workshops/classes in CBT/behaviorism, functional analysis, Relational Frame Theory,s anxiety, depression, stress and group development

Superwizja

2006-2009 : superwizowana przez mgr Thomasa Gustavssona

2007--2009 :: superwizowana przez mgr Håkan Wisung, specjalizującego się w superwizji i w psychoterapii

2007- 2011 superwizowana doktora medycyny Niklasa Törneke, specjalizującego się w superwizji i psychoterapii

2010-2011 : superwizowana przez mgr Andersa Nymansona, specjalizującego się w superwizji i psychoterapii

2011-2016 : superwizowana przez mgr Thomasa Gustavssona, specjalizującego się w superwizji i psychoterapii

Od 2008 roku, Rikke poprowadziła już superwizję dla kilku profesjonalistów. Obecnie prowadzi superwizję w formacie grupowym dla kilku grup specjalistów zajmujących się zmianą zachowania.

Języki Biegła włada językiem duńskim, szwedzkim i angielskim

Referencje

Thomas Gustavsson (Human ACT), +46 707 764276 – thomas@humanact.se

Niklas Törneke (superwizor), + 46 70 233 58 72 – niklas.torneke@telia.com

Fredrik Gunnarsson (Psykologpartners), + 46 708 23 50 88 - fredrik.gunnarsson@psykologpartners.se

Ole Taggaard Nielsen (ACT Klinikken Denmark), +45 25679499 – nielseno@hotmail.com

Referencje superwizyjne :

Katarina Lindeberg, CEO at SiS Ungdomshem Råby. Tel: +46 46 32 94 01

Sara Theorin, CEO Lillängen, VOB. Tel: +46 44 21 64 51

Karl-Henrik Meijer, CEO at Ugglebo HVB-home,. Tel: +46 – 40 15 36 24

Liz-Lott Grönwall, vice manager, Beroendecentrum, Skånes

Universitetssjukhus. Tel: +46 40 33 16 02

Kerstin Hart Lundberg, CEO dagsjukvården, Allmänpsykiatriska kliniken, Skånes

Universitetssjukhus. Tel: +46 40 33 33 02, 33 29 48

Katarina Tunving, lic. psychologist at Previa, Helsingborg. Tel: +46 42 28 95 36

Cathrine Borg, manager Högelid Ungdomsenhet ,VOB. Tel: +46 472 105 10

Carola Karlsson, manager Familjehuset, VOB. Tel: +46 70 958 66 25

Referencje związane z edukacją/odbytym treningiem,

Charlotte Malm, chefsgymnast Sjukgymnastiken BLS Karlshamn. Tel : +46 734 47 11 28

Raja Sundman, förbundschef FINSAM i Malmö. Tel : +46 702 10 61 10

Ole Taggaard Nielsen, CEO & owner ACT Klinikken. Tel : +45 25679499

Anna-Lena Dahlquist, teamleader smärtrehabiliteringen i Ängelholm. Tel : +46 431 81762

Sara Theorin, CEO Lillängen, VOB. Tel: +46 44 21 64 51

Bitte Sölvestad, counsellor Sydsånska Gymnasieförbundet. Tel: +46 - 411577842

Susanne Ny, CEO Finjagården. Tel: +4645145142

Publikacje

Kjelgaard, R. (2007). Kognitiv adfærdsterapi for fedme. Specialeopgave i psykologi om fedme, CBT og ACT.

Kjelgaard, R. og Rasmussen, S. (2008). Acceptance and Commitment Therapy. Psykolog Nyt. Årgang 62, nr. 4.

Pozostała profesjonalna działalność

Członek światowego Stowarzyszenia na rzecz nauk kontekstualno-behawioralnych (Association for Contextual and Behavioral Science)

Członek szwedzkiego chapteru Stowarzyszenia na rzecz nauk kontekstualno-behawioralnych (Association for Contextual and Behavioral Science)

Członek duńskiego chapteru Stowarzyszenia na rzecz nauk kontekstualno-behawioralnych (Association for Contextual and Behavioral Science)

Trener ACT zweryfikowany przez ACBS (peer-reviewed ACT trainer) i członek społeczności trenerów ACT w ramach ACBS

Udziela (pro-bono) wykładów o ACT na Uniwersytecie w Lund

Zrealizowała kilka warsztatów o ACT i CBT na terenie Szwecji i Danii

Współtworzyła jednoroczny i dwuletni specjalistyczny program treningu ACT na terenie Danii

Hobby

Spędzanie czasu z dziećmi i rodziną, sztuka, muzyka i teatr, podróżowanie i spędzanie wolnych chwil ze znajomymi.