

Ebba Karlsson
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Education

Stockholm University, Sweden, August 2009 - May 2015, M.Sc. of Psychology
'Psykologprogrammet' is a 5 year professional education programme towards becoming a licensed clinical psychologist in Sweden.

Stockholm University, Sweden, January 2009 - November 2013, Bachelor of Philosophy

New York University, USA, January 2012 - May 2012, Politics and public policy (visiting student)

University of Oslo, Norway, January 2008 - May 2008, Introduction to psychology

Professional courses

"ACT Immersion by Steve Hayes", online course, 2020

An online course with real-play therapy sessions, clinical tapes, and exercises which gives a deep dive into Acceptance and Commitment Therapy as a process-based therapy.

"ACT – att hantera stress och främja hälsa", Livskompass, Stockholm, Sweden, 2016

An instructor course in Acceptance and Commitment Therapy (ACT) to increase stress resilience and promote mental health and well-being. Part of the course included delivering an ACT-course for external participants.

Swedish Defense University, Sweden, 2015, Developmental Leadership (DL)

Developmental Leadership (DL) is a scientific based leadership model used by Swedish Armed Forces' since 2003. The Developmental Leadership concept includes an assessment tool (DLQ) for personal feedback, a theoretical model and a method for personal leadership development. I have completed the basic course (4 days) and the instructor training course (5 days). As a final step to get my certificate I will teach a basic course together with another instructor, observed by an examiner.

Central European University, Hungary, July 2015, Political psychology

Participated in a summer course in political psychology, co-sponsored by the International Society of Political Psychology (ISPP). The course focused on political attitudes/ideologies, social groups and how social conflict emerges as an interplay of these.

Work experience

Karolinska Hospital, Stockholm, Sweden, August 2021-September 2022

Part time job as a clinical psychologist at the postcovid clinic and medical psychology clinic as part of a one year supervised psychological practice (PTP) to become a licensed psychologist in Sweden.

Stockholm University, Stockholm, Sweden, May-June 2017

Teaching the course "Politisk psykologi" (7,5hp) for students at Psykologprogrammet.

Self-employed, June 2016-

Working as a self-employed consultant focusing on leadership development and ACT, OBM and Pro-social-based interventions for organisations.

DIS Study Abroad, Stockholm, Sweden, June 2016-

Teaching the course “Psychology of Political Behavior” to American exchange students in Sweden.

Cordicon AB, Stockholm, Sweden, March 2015 – June 2016

Part of a one year supervised psychological practice (PTP) to become a licensed psychologist in Sweden. Working as an organisational consultant with leadership and management development within the healthcare sector. Tasks including individual and group-based coaching, leadership development and conflict management.

Ratio AB, Stockholm, Sweden, June - August 2013

Research assistant at an independent research institute focusing on the conditions for enterprise, entrepreneurship and political change.

Internships**Cambridge University, Corpus Christi College, Cambridge, United Kingdom,**

July – September 2014

Worked on the Global Health Access Policy (GHAP) project focused on medical travel and well-being. Tasks including assisting with empirical research, conducting systematic database literature review in preparation for a policy report, and writing a paper.

OPP, Oxford, United Kingdom, February 2013 - June 2013

Intern at Research & Development at the business psychology company OPP, as part of Psykologprogrammet at Stockholm University and the Erasmus placement program. Tasks including data analysis, literature reviews, writing blogs, and conference presentations.

Extracurricular activities**Nätverket för Psykedelisk Vetenskap, 2016/2017**

Board member

The Swedish Network for Psychedelic Science is a nonprofit organization that works to promote the scientific study of psychedelic substances. The organization was formed in 2016 with the intent to act as a hub, connecting researchers from various disciplines with each other and the international psychedelic science community.

International Society of Political Psychology (ISPP) Summer Academy, Edinburgh, June 2017

Fellow

Participated in the three-day workshop focusing on research and method within political psychology.

Poplar, 2014 –

Co-founder

Poplar is a non-profit organisation dedicated to improve political civility in society. We help people improve their communication skills, critical thinking, and understanding of cognitive biases as well as social mechanisms affecting their political behaviour. Our work and approaches are built on scientific methods and research, especially from the field of political psychology.

Stureakademin, Sweden, 2014

Participant

The Sture Academy is a yearlong, part time, highly competitive program consisting of in depth studies of political ideas, policymaking, writing and shaping of public opinion. Final thesis written about political psychology.

EFPSA Junior Researcher Program July 2013 - 2015

Project Manager, Junior researcher

Part of an international research team conducting research on the connections between creativity and well-being.

European Federation of Psychology Students' Association 2013/2014

Member Representative for Sweden

Elected as the Swedish representative for EFPSA, a network of European psychology students, which mission is to promote scientific cooperation, cultural exchange and to enhance student mobility.

Swedish ACBS Chapter, 2012/2013

Board member

The Association for Contextual Behavioral Science (ACBS) is an international organisation dedicated to the advancement of functional contextual cognitive and behavioral science and practice. Elected as student representative at the board of the Swedish chapter.

Nordic ACBS Forum, 2012

Conference organizer

Part of the team behind an international conference on contextual psychology held in November 2012. My main responsibilities were marketing, finding sponsors for the conference, creating and updating the conference profile on social networks.

Awards

Sture Eskilssons stipendium 2017

Awarded by the think tank Timbro for my work in political psychology to promote civil political discussions in society.

Conference presentations and panels (selected)

“How CBS - based interventions can decrease polarization in political contexts” Chair: Karlsson; Panel members: Biglan, Levin, Tirch, Johansson, ACBS World Conference 16, Montréal, Canada, July 2018

”Changing minds – Why does political debates fail to change peoples’ mind?”, European Students for Liberty Conference, Charles University in Prague, Czech Republic, March 2016

“Det handlar om politisk psykologi och debatt”, PS15 (Psykologstudent Sveriges årskongress) Östersund, Sweden, March 2015

“An exploration of preferred organisational characteristics across UK, French and Dutch managers “, 27th EFPSA Congress, Izmir, Turkey, April 2013

“Can creative activity make you flourish? Investigating the role of creative activity in building autonomy and positive feelings”, European Conference of Positive Psychology, Amsterdam, Netherlands, July 2014

Publications

Karlsson, E. (2018). Förnuft, känsla, politik: Jonathan Haidt och Moral Foundations Theory. In Patrick Krassén (Ed.) *Ny Liberalism*. Timbro.

Bujacz, A., Dunne, S., Fink, D., Gatej, A., Karlsson, E., Ruberti, V., & Wronska, M. (2014). Does Creativity Make You Happy? The Influence of Creative Activity on Hedonic and Eudaimonic Well-being. *Journal Of European Psychology Students*, 5(2), 19-23.

Bujacz, A., Dunne, S., Fink, D., Gatej, A. R., Karlsson, E., Ruberti, V., & Wronska, M. K. (2015). Why do we enjoy creative tasks? results from a multigroup randomized controlled study. *Thinking Skills and Creativity*.