

Vidar Maxmilian Husby

Norwegian clinical psychologist.

Born 1977.

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Skills

Training
Teaching
Presentations
Psychotherapy

Profile

My special interests are clinic and supervision, mainly through affect-focused experiential psychotherapy and Deliberate Practice. My main aim as supervisor and therapist is finding ways to cultivate helpful psychotherapy. This interest for skill- and capacity-building orient me towards Deliberate Practice. I am Co-Founder and head of the clinic at Favne Psychological Assistance. I provide DP coaching of therapists and coaching of coaches in many countries through the DP Institute's certification programs.

Career

- 2014 > Specialist in clinical psychology, head of clinic, Favne Psychological assistance. Outpatient heterogen group population with various disorders. Special focus on treatment resistant depression, complex PTSD, somatoform disorders and conversion conditions. Long term development of challenging and supportive internal learning environment, implementing Deliberate Practice.
- 2013-2014 Clinical psychologist, public outpatient clinic for adults. Lovisenberg District Psychiatric Centre.
- 2013-2014 Clinical psychologist, public outpatient clinic for children. Akershus University Hospital, Furuset Children's and Adolescent's Psychiatric clinic.
- 2012-2013 Clinical psychologist, public inpatient clinic for adults. Akershus University Hospital, District Psychiatric Centre inpatient, Moenga.
- 2009-2012 Clinical psychologist, public outpatient clinic for adults. Diverse population, but special focus on complex trauma-related disorders and depression. Akershus University Hospital, District Psychiatric Centre Lillestrom.

Education

- 2020 Certified Deliberate Practice therapist and trainer (DP Institute)
- 2018-2020 ISTDP advanced supervision with Jon Frederickson
- 2011-2014 Completed Intensive Short-Term Dynamic Psychotherapy core-training
- 2010-2011 Eye Movement Desensitization and Reprocessing level 1 & 2
- 2009-2014 Clinical specialization with the Norwegian Psychology Association
- 2004-2009 Cand. psychol, University in Oslo

Presentations

- 2019 The International Experiential Dynamic Psychotherapy Association conference in Boston: *Implementing Deliberate Practice: How to create a challenging and supportive learning environment.*
- 2016 The annual ISTDP Sweden meeting: Half day immersion based on the Berlin (2015)-presentation.
- 2015 The International ISTDP Conference in Berlin: *The establishment, corrosion and re-establishment of the working alliance with a severely traumatized and somatizing client.*

Other interests

Sailing

Boat restoration

Playing bass

Carpentry

Publications

Husby, V. M. (2009): A systemic understanding of the discrepancy between attitudes related to bullying and actual bullying behavior. *School psychology, (1)*.

Husby, V. M. and Fossum, L. R. (2009): Conveying psychiatric diagnoses. Main thesis, Institute of Psychology, University in Oslo.

References

Upon request.