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Adjungeret professor  
Institut for Kommunikation og Psykologi  
Det Humanistiske og Samfundsvidenskabelige Fakultet  
Psychology, Humanity and Culture  
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## Undervisningsprofil

Teach coaching psychology, positive psychology, stress, resilience, wellbeing, psychotherapy.

## Kvalifikationer

Stress, PhD, Stress: Theoretical and Applied Perspectives, London South Bank University  
... → jul. 1997

Psychology, BA (Hons) , Open University  
... → dec. 1991

General, BA, Open University  
... → dec. 1986

## Ansættelse

### Adjungeret professor

Institut for Kommunikation og Psykologi  
Det Humanistiske og Samfundsvidenskabelige Fakultet  
Aalborg, Danmark  
1 jun. 2017 → 31 jul. 2025

### Adjungeret professor

Det Humanistiske og Samfundsvidenskabelige Fakultet  
Aalborg Ø, Danmark  
1 jun. 2017 → 31 jul. 2025

### Psychology, Humanity and Culture

Det Humanistiske og Samfundsvidenskabelige Fakultet  
1 okt. 2022 → present

### Adjungeret professor

Psychology, Humanity and Culture  
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1 jun. 2017 → 31 jul. 2025

### Adjungeret professor

Qualitative Studies  
Det Humanistiske og Samfundsvidenskabelige Fakultet  
Aalborg, Danmark  
1 jun. 2017 → 31 jul. 2025

### Qualitative Studies

Det Humanistiske og Samfundsvidenskabelige Fakultet  
Aalborg, Danmark  
1 apr. 2013 → present

### Professor of Practice

University of Wales Trinity Saint David  
Storbritannien  
2 jul. 2018 → present

## Publikationer

### **Coaching psychology case studies**

O'Riordan, S. & Palmer, S., 1 jan. 2021, *Introduction to Coaching Psychology*. CRC Press/Balkema, s. 193 1 s.

### **Reflections and developments for the future of coaching psychology**

O'Riordan, S. & Palmer, S., 1 jan. 2021, *Introduction to Coaching Psychology*. O'Riordan, S. & Palmer, S. (red.). CRC Press/Balkema, s. 205-213 9 s.

### **An integrative coaching approach for family businesses**

Williams, H., Palmer, S. & Wallace, E., 1 jan. 2020, *Coaching in the Family Owned Business: A Path to Growth*. CRC Press/Balkema, s. 21-39 19 s.

### **Dependent on trust and improved by transparency**

Palmer, S. & Spaten, O. M., 2020, I: *Coaching Psykologi - The Danish Journal of Coaching Psychology*. 9, 1, s. 49-52 4 s.

### **Self-determination theory: A theoretical framework for group supervision with internal coaches**

Wingrove, A., Lai, Y. L., Palmer, S. & Williams, S., 2020, I: *International Journal of Evidence Based Coaching and Mentoring*. 18, 2, s. 183-196 14 s.

### **Hearing the Suicidal Patient's Emotional Pain: A Typological Model to Improve Communication**

Dunkley, C., Borthwick, A., Bartlett, R., Dunkley, L., Palmer, S., Gleeson, S. & Kingdon, D., 1 jan. 2018, I: *Crisis: The Journal of Crisis Intervention and Suicide Prevention*. 39, 4, s. 267-274 8 s.

### **Electroencephalographic findings in patients with major depressive disorder during cognitive or emotional tasks: A systematic review**

de Freitas, S. B., Marques, A. A., Bevilaqua, M. C., de Carvalho, M. R., Ribeiro, P., Palmer, S., Nardi, A. E. & Dias, G. P., 1 okt. 2016, I: *Revista Brasileira de Psiquiatria*. 38, 4, s. 338-346 9 s.

### **International perspectives on becoming a master coaching psychologist**

Vandaveer, V. V. & Palmer, S., 1 jun. 2016, I: *Consulting Psychology Journal*. 68, 2, s. 99-104 6 s.

### **Self-esteem within cognitive behavioural coaching: a theoretical framework to integrate theory with practice**

Dinos, S. & Palmer, S., 3 jul. 2015, I: *Coaching*. 8, 2, s. 137-153 17 s.

### **Terapia cognitivo-comportamental e coaching cognitivo-comportamental: como as duas práticas se integram e se diferenciam**

Dias, G. P., Nardi, A. E., Palmer, S., Carvalho, M. R. D., Martiny-Costa, C., Coutinho, F. C., Barbosa, G., King, A. L. S., Sardinha, A., Habib, L. R. & Freitas, S. B. D., jun. 2014, I: *Revista Brasileira de Terapias Cognitivas*.

### **Introduction**

Moodley, R. & Palmer, S., 1 jan. 2014, *Race, Culture and Psychotherapy: Critical Perspectives in Multicultural Practice*. CRC Press/Balkema, s. 1-7 7 s.

### **Race, culture and other multiple constructions: An absent presence in psychotherapy**

Moodley, R. & Palmer, S., 1 jan. 2014, *Race, Culture and Psychotherapy: Critical Perspectives in Multicultural Practice*. CRC Press/Balkema, s. 11-26 16 s.

### **Race, culture and psychotherapy: Critical perspectives in multicultural practice**

Moodley, R. & Palmer, S., 1 jan. 2014, CRC Press/Balkema. 309 s.

### **Afterword**

Neenan, M. & Palmer, S., 1 jan. 2013, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. 237 1 s.

### **Cognitive behavioural coaching in practice: An evidence based approach**

Neenan, M. & Palmer, S., 1 jan. 2013, CRC Press/Balkema. 254 s.

### **Enhancing the coaching alliance and relationship**

O'broin, A. & Palmer, S., 1 jan. 2013, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. 53-79 27 s.

### **Introduction**

Neenan, M. & Palmer, S., 1 jan. 2013, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. 1-9 9 s.

### **Preface**

Neenan, M. & Palmer, S., 1 jan. 2013, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. xiii-xiv

### **Struggles with low self-esteem: Teaching self-acceptance**

Palmer, S. & Williams, H., 1 jan. 2013, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. 103-132 30 s.

### **The essential skills for setting up a counselling and psychotherapy practice**

McMahon, G., Palmer, S. & Wilding, C., 2013, Routledge.

### **Developmental coaching: Life transitions and generational perspectives**

Palmer, S. & Panchal, S., 1 jan. 2012, CRC Press/Balkema. 224 s.

### **Final reflections**

Palmer, S. & Panchal, S., 1 jan. 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press/Balkema, s. 209-212 4 s.

### **Life transitions and generational perspectives**

Palmer, S. & Panchal, S., 1 jan. 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press/Balkema, s. 1-28 28 s.

### **Preface**

Palmer, S. & Panchal, S., 1 jan. 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press/Balkema, s. xi-xii

### **Coaching Skills Self-Efficacy Scale**

Vieira, D. A. & Palmer, S., 2012

### **Cognitive Behavioral Approaches**

Palmer, S. & Williams, H., 2012

### **The nature and focus of coaching in the UK today: A UK survey report**

Jenkins, L., Passmore, J., Palmer, S. & Short, E., 2012, I: Coaching.

### **Coaching philosophy, eclecticism and positivism: A Commentary**

Palmer, S., 2011, I: International Journal of Sports Science and Coaching.

**From the editor**

Palmer, S., 2011, I: *International Journal of Health Promotion and Education*. 49, 2, s. 35 1 s.

**Stress and performance coaching**

Gyllensten, K. & Palmer, S., 2011, *Cognitive Behavioural Coaching in Practice: An Evidence Based Approach*. CRC Press/Balkema, s. 153-177 25 s.

**Exploring key aspects in the formation of coaching relationships: Initial indicators from the perspective of the coachee and the coach**

O'Broin, A. & Palmer, S., sep. 2010, I: *Coaching*. 3, 2, s. 124-143 20 s.

**An investigation into the perceived stressors for staff working in the hospice service**

Hackett, A. & Palmer, S., jun. 2010, I: *International Journal of Palliative Nursing*. 16, 6, s. 289-295 7 s.

**The coaching relationship: Putting people first**

Palmer, S. & McDowall, A., 29 jan. 2010, CRC Press/Balkema. 240 s.

**Stephen Palmer**

Palmer, S., 1 jan. 2010, *Bridging East-West Psychology and Counselling: Exploring the Work of Pittu Laungani*. SAGE Publications Inc STM, s. 292-295 4 s.

**CLARITY: A cognitive behavioural coaching model: (616742011-003)**

Williams, H. & Palmer, S., 2010, International Society for Coaching Psychology.

**The Coaching Alliance as a universal concept spanning conceptual approaches: (616732011-002)**

O'Broin, A. & Palmer, S., 2010

**Coaching in Organizations**

Williams, H. & Palmer, S., 17 dec. 2009, *International Handbook of Work and Health Psychology, Third Edition*. Wiley-Blackwell, s. 329-352 24 s.

**Capitalizing on coaching investment: Enhancing coaching transfer**

Stewart, L. J. & Palmer, S., 24 apr. 2009, I: *Development and Learning in Organisations*. 23, 3, s. 14-17 4 s.

**Phase 1 of an investigation into the levels of stress in United Kingdom hospice services.**

Hackett, A., Palmer, S. & Farrants, J., feb. 2009, I: *International Journal of Palliative Nursing*. 15, 2, s. 66-72 7 s.

**Compassion-focused imagery for use within compassion focused coaching: (616722011-006)**

Palmer, S., 2009, International Society for Coaching Psychology.

**Death and Bereavement Around the World: Volume 5: Reflective Essays**

Morgan, J. D. (red.), Laungani, P. (red.) & Palmer, S. (red.), 2009

**Stress Management for Employees: An Evidence-Based Approach**

Palmer, S. & Gyllensten, K., 8 apr. 2008, *Employee Well-Being Support: A Workplace Resource*. Wiley, s. 239-249 11 s.

**Counselling Idiographically: The Multimodal Approach**

Palmer, S., 2008, SAGE Publications Ltd.

**How cognitive behavioural, rational emotive behavioural or multimodal coaching could prevent mental health problems, enhance performance and reduce work related stress**

Palmer, S. & Gyllensten, K., 2008, I: Journal of Rational-Emotive & Cognitive-Behavior Therapy. s. 1-15 15 s.

**The art of facilitation - Putting the psychology into coaching**

Palmer, S. & Whybrow, A., 2008, I: Psychologist.

**The PRACTICE model of coaching: towards a solution-focused approach: (616752011-003)**

Palmer, S., 2008

**Pittu Laungani (1936-2007) [18]**

Palmer, S., aug. 2007, I: Psychologist. 20, 8, s. 472 1 s.

**Achieving excellence in your coaching practice: How to run a highly successful coaching business**

McMahon, G., Palmer, S. & Wilding, C., 1 nov. 2005, CRC Press/Balkema. 238 s.

**The role of gender in workplace stress: A critical literature review**

Gyllensten, K. & Palmer, S., sep. 2005, I: Health Education Journal. 64, 3, s. 271-288 18 s.

**Perceptions of stress and stress interventions in finance organizations: Overcoming resistance towards counselling**

Gyllensten, K., Palmer, S. & Farrants, J., mar. 2005, I: Counselling Psychology Quarterly. 18, 1, s. 19-29 11 s.

**The relationship between coaching and workplace stress: A correlational study**

Gyllensten, K. & Palmer, S., 2005, I: International Journal of Health Promotion and Education. 43, 3, s. 97-103 7 s.

**Health coaching: A developing field within health education**

Palmer, S., jun. 2004, I: Health Education Journal. 63, 2, s. 189-191 3 s.

**Job stress in National Health Service managers: A qualitative exploration of the stressor-strain-health relationship. The 'fit' and 'unfit' manager**

Jenkins, D. & Palmer, S., 2004, I: International Journal of Health Promotion and Education. 42, 2, s. 48-63 16 s.

**Promotional activity and children's diets**

Palmer, S., 2004, I: International Journal of Health Promotion and Education. 42, 1, s. 3 1 s.

**Special symposium issue: Stress - Part 2**

Palmer, S. & Laungani, P., 2004, I: International Journal of Health Promotion and Education. 42, 2, s. 36 1 s.

**The perceptions of work related stress within finance organisations: How managers can influence workplace stress**

Gyllensten, K., Palmer, S. & Farrants, J., 2004, I: International Journal of Health Promotion and Education.

**A multimodal assessment and rational emotive behavioural approach to stress counselling: A case study**

Jenkins, D. & Palmer, S., sep. 2003, I: Counselling Psychology Quarterly. 16, 3, s. 265-287 23 s.

**Introduction to special conference issue: Postgraduate training in health promotion**

Blinkhorn, A. S. & Palmer, S., jun. 2003, I: Health Education Journal. 62, 2, s. 99-100 2 s.

**Whistle-stop tour of the theory and practice of stress management and prevention: Its possible role in postgraduate health promotion**

Palmer, S., jun. 2003, I: Health Education Journal. 62, 2, s. 133-142 10 s.

**Coaching psychology - Call to establish a new group [5]**

Palmer, S., maj 2003, I: Psychologist. 16, 5, s. 232-233 2 s.

**A review of stress, coping and positive adjustment to the challenges of working in Antarctica**  
Jenkins, D. & Palmer, S., 2003, I: International Journal of Health Promotion and Education.

**Handbook of Solution-Focused Therapy**  
O'Connell, B. & Palmer, S., 2003, SAGE Publications Ltd.

**Health coaching to facilitate the promotion of healthy behaviour and achievement of health-related goals**  
Palmer, S., Tubbs, I. & Whybrow, A., 2003, I: International Journal of Health Promotion and Education. 41, 3, s. 91-93 3 s.

**Revised model of organisational stress for use within stress prevention/management and wellbeing programmes - Brief update**  
Palmer, S., Cooper, C. & Thomas, K., 2003, I: International Journal of Health Promotion and Education. 41, 2, s. 57-58 2 s.

**Special symposium issue: Stress - Part 1**  
Palmer, S. & Laungani, P., 2003, I: International Journal of Health Promotion and Education. 41, 4, s. 99 1 s.

**Stress: Working practices constitute health risk in a National Health Service Hospital**  
Palmer, S., 2003, I: International Journal of Health Promotion and Education. 41, 3, s. 67 1 s.

**Boundaries, journals and counselling psychology: Stephen Palmer interviews Kasia Szymanska**  
Palmer, S., dec. 2002, I: Counselling Psychology Quarterly. 15, 4, s. 399-404 6 s.

**Suicide reduction and prevention: Strategies and interventions**  
Palmer, S., nov. 2002, I: British Journal of Guidance and Counselling. 30, 4, s. 341-352 12 s.

**Confidentiality: A Case Study**  
Palmer, S., 2002, SAGE Publications Ltd.

**Introduction To Special Issue: Children and Young People: Health Promotion and Education**  
Blinkhorn, A. S. & Palmer, S., jun. 2001, I: Health Education Journal. 60, 2, s. 99-100 2 s.

**Model of organisational stress for use within an occupational health education/promotion or wellbeing programme - A short communication**  
Palmer, S., Cooper, C. & Thomas, K., 2001, I: Health Education Journal. 60, 4, s. 378-380 3 s.

**Model of organisational stress for use within an occupational health education/promotion or wellbeing programme - A short communication**  
Palmer, S., Cooper, C. & Thomas, K., 2001, I: Health Education Journal.

**Brief Cognitive Behaviour Therapy**  
Curwen, B., Palmer, S. & Ruddell, P., 2000, SAGE Publications Ltd.

**Challenges for psychotherapy, counselling and guidance at the millennium**  
Sugarman, L. & Palmer, S., 2000, I: British Journal of Guidance and Counselling. 28, 4, s. X-450

**Challenges for psychotherapy, counselling and guidance at the millennium**  
Sugarman, L. & Palmer, S., 2000, I: British Journal of Guidance and Counselling.

**Integrative and Eclectic Counselling and Psychotherapy**  
Palmer, S. & Woolfe, R., 2000

**Introduction to Counselling and Psychotherapy: The Essential Guide**

Palmer, S., 2000

**Letter from the President**

Palmer, S., 2000, I: International Journal of Health Promotion and Education. 38, 1, s. 35 1 s.

**Letting the baby out with the bathwater: Reflections on counselling, counselling psychology and psychotherapy in Britain**

Palmer, S., jun. 1999, I: Counselling Psychology Quarterly. 12, 2, s. 159-168 10 s.

**Introduction: Counselling in a Multicultural Society**

Palmer, S. & Laungani, P., 1 jan. 1999

**Letter from the chair**

Palmer, S., 1999, I: International Journal of Health Promotion and Education. 37, 1, s. 4 1 s.

**Letter from the President**

Palmer, S., 1999, I: International Journal of Health Promotion and Education. 37, 2, s. 75 1 s.

**Letter from the president**

Palmer, S., 1999, I: International Journal of Health Promotion and Education. 37, 4, s. 160 1 s.

**Letter from the president**

Palmer, S., 1999, I: International Journal of Health Promotion and Education.

**Letter from the Chair/Profile**

Palmer, S. & Palmer, S., jan. 1998, I: International Journal of Health Promotion and Education.

**A conversation with professor Robert Bor**

Palmer, S., 1998, I: Counselling Psychology Quarterly.

**Developing an Individual Counselling Programme: A Multimodal Perspective**

Palmer, S., 1998, SAGE Publications Ltd.

**Telephone counselling in China**

Palmer, S., 1997, I: Counselling Psychology Quarterly. 10, 4, s. 473-479 7 s.

**Interview: Journals and journeys an interview with Tony Watts**

Palmer, S., 1994, I: British Journal of Guidance & Counselling. 22, 2, s. 285-296 12 s.

**Stress Management and Counselling Stress management: Approaches and interventions**

Palmer, S., 1994, I: British Journal of Guidance & Counselling. 22, 1, s. 5-12 8 s.

**Stress management: approaches and interventions**

Palmer, S. & Dryden, W., 1994, I: British Journal of Guidance & Counselling.