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Department of Culture and Communication
The Faculty of Social Sciences and Humanities
Psychology of Culture, Humanity and Education
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Teaching profile

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

Qualifications

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

Employment

Adjunct Professor

Other
Department of Culture and Communication
The Faculty of Social Sciences and Humanities
20 Feb 2024 → 31 Dec 2029

Adjunct Professor

Other
The Faculty of Social Sciences and Humanities
Aalborg Ø, Denmark
20 Feb 2024 → 31 Dec 2029

Psychology of Culture, Humanity and Education

The Faculty of Social Sciences and Humanities
1 Oct 2022 → present

Adjunct Professor

Other
Psychology of Culture, Humanity and Education
The Faculty of Social Sciences and Humanities
20 Feb 2024 → 31 Dec 2029

Honorary Professor of Practice

University of Wales Trinity Saint David
United Kingdom
21 Jul 2025 → present

PhD Director of Studies and Supervisor

University of Wales Trinity Saint David
United Kingdom

1 Jul 2024 → present

Professor of Practice

University of Wales Trinity Saint David
United Kingdom

2 Jul 2018 → 30 Jun 2024

Research outputs

A behavioural approach to BIG problems encountered in coaching: Behaviour incompatible with goals

Palmer, S. & Dunkley, C., 13 May 2022, *Coaching Practiced*. Wiley-IEEE press, p. 203-209 7 p.

Deserted Island technique: Demonstrating the difference between musturbatory and preferential beliefs in cognitive behavioural and rational coaching

Palmer, S., 13 May 2022, *Coaching Practiced*. Wiley-IEEE press, p. 237-240 4 p.

Rational Coaching: A cognitive behavioural approach

Palmer, S., 13 May 2022, *Coaching Practiced*. Wiley-IEEE press, p. 211-221 11 p.

Revisiting the 'P' in the PRACTICE coaching model

Palmer, S., 13 May 2022, *Coaching Practiced*. Wiley-Blackwell, p. 323-326 4 p.

Introduction

Palmer, S., 1 Jan 2020, *Between Identity and Practice: Contemporary Perspectives on the Intellectual*. Brill Academic Publishers, p. vii-x

Dependent on trust and improved by transparency

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

Part 2

Palmer, S., 1 Jan 2017, *Death and Bereavement Around the World: Reflective Essays: Volume 5*. CRC Press, p. 14-18 5 p.

Suicide: Definitions, statistics and interventions at the international level

Palmer, S., 1 Jan 2014, *Suicide: Strategies and interventions for reduction and prevention*. CRC Press, p. 11-26 16 p.

Suicide statistics for the UK and the National Suicide Prevention Strategy

Palmer, S., 1 Jan 2014, *Suicide: Strategies and interventions for reduction and prevention*. CRC Press, p. 27-47 21 p.

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, p. 103-132 30 p.

Developmental coaching: Life transitions and generational perspectives

Palmer, S. & Panchal, S., 1 Jan 2012, CRC Press. 224 p.

Final reflections

Palmer, S. & Panchal, S., 1 Jan 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press, p. 209-212 4 p.

Life transitions and generational perspectives

Palmer, S. & Panchal, S., 1 Jan 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press, p. 1-28 28 p.

Preface

Palmer, S. & Panchal, S., 1 Jan 2012, *Developmental Coaching: Life Transitions and Generational Perspectives*. CRC Press, p. xi-xii

Cognitive Behavioral Approaches

Palmer, S. & Williams, H., 2012

Coaching philosophy, eclecticism and positivism: A Commentary

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

From the editor

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

The coaching relationship: Putting people first

Palmer, S. & McDowall, A., 29 Jan 2010, CRC Press. 240 p.

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

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

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

Stress Management for Employees: An Evidence-Based Approach

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

Counselling Idiographically: The Multimodal Approach

Palmer, S., 2008, SAGE Publications.

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, In: *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. p. 1-15 15 p.

The art of facilitation - Putting the psychology into coaching

Palmer, S. & Whybrow, A., 2008, In: *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, In: *Psychologist*. 20, 8, p. 472 1 p.

Health coaching: A developing field within health education

Palmer, S., Jun 2004, In: *Health Education Journal*. 63, 2, p. 189-191 3 p.

Promotional activity and children's diets

Palmer, S., 2004, In: *International Journal of Health Promotion and Education*. 42, 1, p. 3 1 p.

Special symposium issue: Stress - Part 2

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

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

Palmer, S., Jun 2003, In: Health Education Journal. 62, 2, p. 133-142 10 p.

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

Palmer, S., May 2003, In: Psychologist. 16, 5, p. 232-233 2 p.

Coaching psychology - Call to establish a new group

Palmer, S., 2003, In: Psychologist.

Health coaching to facilitate the promotion of healthy behaviour and achievement of health-related goals

Palmer, S., Tubbs, I. & Whybrow, A., 2003, In: International Journal of Health Promotion and Education. 41, 3, p. 91-93 3 p.

Revised model of organisational stress for use within stress prevention/management and wellbeing programmes - Brief update

Palmer, S., Cooper, C. & Thomas, K., 2003, In: International Journal of Health Promotion and Education. 41, 2, p. 57-58 2 p.

Special symposium issue: Stress - Part 1

Palmer, S. & Laungani, P., 2003, In: International Journal of Health Promotion and Education. 41, 4, p. 99 1 p.

Stress: Working practices constitute health risk in a National Health Service Hospital

Palmer, S., 2003, In: International Journal of Health Promotion and Education. 41, 3, p. 67 1 p.

Boundaries, journals and counselling psychology: Stephen Palmer interviews Kasia Szymanska

Palmer, S., Dec 2002, In: Counselling Psychology Quarterly. 15, 4, p. 399-404 6 p.

Suicide reduction and prevention: Strategies and interventions

Palmer, S., Nov 2002, In: British Journal of Guidance and Counselling. 30, 4, p. 341-352 12 p.

Confidentiality: A Case Study

Palmer, S., 2002, SAGE Publications.

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, In: Health Education Journal. 60, 4, p. 378-380 3 p.

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, In: Health Education Journal.

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, In: International Journal of Health Promotion and Education. 38, 1, p. 35 1 p.

Letting the baby out with the bathwater: Reflections on counselling, counselling psychology and psychotherapy in Britain
Palmer, S., Jun 1999, In: Counselling Psychology Quarterly. 12, 2, p. 159-168 10 p.

Introduction: Counselling in a Multicultural Society
Palmer, S. & Laungani, P., 1 Jan 1999

Letter from the chair
Palmer, S., 1999, In: International Journal of Health Promotion and Education. 37, 1, p. 4 1 p.

Letter from the President
Palmer, S., 1999, In: International Journal of Health Promotion and Education. 37, 2, p. 75 1 p.

Letter from the president
Palmer, S., 1999, In: International Journal of Health Promotion and Education. 37, 4, p. 160 1 p.

Letter from the president
Palmer, S., 1999, In: International Journal of Health Promotion and Education.

Letter from the Chair/Profile
Palmer, S. & Palmer, S., Jan 1998, In: International Journal of Health Promotion and Education.

A conversation with professor Robert Bor
Palmer, S., 1998, In: Counselling Psychology Quarterly.

Developing an Individual Counselling Programme: A Multimodal Perspective
Palmer, S., 1998, SAGE Publications.

Telephone counselling in China
Palmer, S., 1997, In: Counselling Psychology Quarterly. 10, 4, p. 473-479 7 p.

Interview: Journals and journeys an interview with Tony Watts
Palmer, S., 1994, In: British Journal of Guidance & Counselling. 22, 2, p. 285-296 12 p.

Stress Management and Counselling Stress management: Approaches and interventions
Palmer, S., 1994, In: British Journal of Guidance & Counselling. 22, 1, p. 5-12 8 p.

Stress management: approaches and interventions
Palmer, S. & Dryden, W., 1994, In: British Journal of Guidance & Counselling.