

Niklas Serning (previously Dahlquist), Date of birth: 8th of June 1971  
[info@koncentration.com](mailto:info@koncentration.com), Phone: 07515114268

### **Education:**

- **Doctor of Psychology in Counselling Psychology & Psychotherapy.**  
NSPC Middlesex University Joint Program, accredited BPS Psychologist & UKCP Psychotherapist Existential training, Oct 2007 - Jun 2010 (ongoing)
- **Somatic Treatment of Traumatization, London, 2007 - 2008.**  
Trained by Babette Rothschild, internationally acclaimed expert on traumatization, to identify and treat Post Traumatic Stress Disorder and Post Traumatic Stress.
- **Combat Medic, Swedish Armed Forces.**  
Trained to treat emergency physical and psychological trauma.
- **Psychotherapist, foundation and continued training, Karuna Institute.**  
Completed Foundation and Year one of Psychotherapist training associated with Middlesex University. UKCP Accredited training. July 2007
- **M Sc. Psychology**  
Training focused on youth attachment strategies. Thesis with honors. Uppsala University, Uppsala, Sweden. June 1998
- **B Sc. Psychology**  
Training included CBT, Psychodynamic methods and Psychopathology. Thesis with honors. Stockholm University, Stockholm, Sweden. June 1997
- **Swedish High School Diploma.**  
Social Studies Program, GPA 4.9 on a five-level scale. May 1991
- **US High School Diploma.**  
Honors, GPA 3.9 on a four-level scale. Jun 1989

### **Counselling Skills:**

I trained two years at Karuna Institute, a highly practical and experience based training, and also have a BSc/MSc in Psychology in Sweden, which was an inclusive CBT and Psychodynamic training. I have specific training on Shock and Trauma and am currently undertaking training in a joint Psychotherapist (UKCP) and Counselling Psychologist (BPS) Doctorate at Middlesex University/NSPC, focusing on Shock and Trauma in relation to returning international humanitarian personnel.

I see weekly regular and crisis one-off clients at Off the Record and the Bristol University Counselling Service, and have experience with informal counselling of staff during my several years of managing United Nations' operations in conflict zones (I have, in connection with this work, undergone trainings in Conflict Resolution and Cooperation within the UN system, in Geneva, Romania and New York).

In addition to my counselling and conflict resolution, I have a solid background in teaching and training - a central component in solution-based therapy. This background includes hands-on capacity building in local staff in Afghanistan, nation wide responsibility for training of registration procedures in Timor L'Este, and University lecturing in Sri Lanka.

## **Professional Experience:**

- **Counsellor with Off the Record Bristol, and Bristol Counselling Service. Jan 2008 - ongoing.**
- **Acting Head of Office, UN OCHA Eritrea. December 2006 - January 2007**  
My task was to head the office in lieu of the OCHA Representative as the Somali war broke out. OCHA coordinated the UN Country Team's response to this conflict, as well as draught, epidemics and general UN-NGO-Government coordination.
- **Head of Office, PEO, UN Elections, Nimroz, Afghanistan. April 2005 - November 2005**  
Head of Office (Provincial Elections Officer) for the elections of Nimroz, a desert province in the volatile Southern Kandahar region of Afghanistan.
- **Provincial Logistics Coordinator, UNOPS Electoral Division, Badghis Province, Afghanistan, January 2005 - March 2005**  
Field Operation Coordination of 20 core staff and 500 auxiliary staff, organizing the provincial election in Afghanistan 2005.
- **Program Officer - UNFPA Humanitarian Response, Sri Lanka July 2003 - December 2004**  
Started as Programme Officer in India HQ, drafted to NY HQ in order to evaluate our global transition process. Subsequently in charge of designing, implementing and coordinating the Sexual and Reproductive Health and Rights initiative by UNFPA in the conflict affected areas in Northern and Eastern Sri Lanka.
- **Visiting Lecturer, Peradeniya University, Sri Lanka, October 2002 - April 2003**  
Lecturing in Psychology to third year students at Sri Lanka's main university, Peradenya University.
- **Operations Manager, UNDP Civic Education East Timor, Jan 2002 - October 2002**  
Managing the UNDP civic education field program in Timor L'Este.
- **Operations Manager, National Operations, Civic Education, Department of Political Affairs, United Nations Transitional Administration in East Timor, May - Nov 2001**
- **Core trainer, then Sector Support Coordinator for Civil Registration, United Nations Transitional Administration in East Timor, Jan - May 2001**
- **Researcher and Journalist, Morefriends International, Jan - June 2000**
- **Head of Media and Information, member of Swedish board and International Representative, Peace Brigades International Sweden, Jan 1999 - Jun 2000**
- **Founder, Manager and Bicycle Messenger, Psyche, Apr 1996 - Sep 1999**