

THE UK'S LEADING MAINSTREAM MAGAZINE DEDICATED TO THE HEALTH OF THE MIND

MindSet

MAGAZINE



Professor Stephen Palmer

Founder Director of the Centre for Coaching and the Centre for Stress Management

Professor Stephen Palmer PhD CPsychol CBiol FIHPE (Hon) FAC (Hon) is a Chartered Psychologist and Chartered Biologist. He is President and Honorary Fellow of the International Stress Management Association (UK), President of the International Society for Coaching Psychology, and Vice President of the Institute for Health Promotion and Education, former President and Honorary Fellow of the Association for Coaching. He is Co-editor of the International Journal for Stress Prevention and Wellbeing, and Consulting Editor of Editor of the International Journal of Health Promotion & Education. He has written and edited over 50 books including Brief Cognitive Behaviour Therapy, Handbook of Counselling and Handbook of Coaching Psychology. Stephen's other posts include being visiting Professor of Work Based Learning and Stress Management at Middlesex University; Adjunct Professor of Coaching Psychology at the Coaching Psychology Unit, Aalborg University, Denmark; Director of the Coaching Psychology Unit, City, University of London; Honorary Director of the Coaching Psychology Unit at the Federal University of Rio de Janeiro (UFRJ), Brazil; British Association for Behavioural and Cognitive and Psychotherapies London Branch Co-chair; and a Vice President and Founder Director of the Society for Dialectical Behaviour Therapy. Currently he supervises doctorate students at City, University of London and University of Portsmouth. His interests include stress management, resilience, positive and coaching psychology, and the application of ecopsychology research, psychotherapy and coaching to enhance wellbeing. In 2000, he received the Annual Counselling Psychology Award from the British Psychological Society, Division of Counselling Psychology, for his 'Outstanding professional and scientific contribution to counselling psychology in Britain'. In 2008, he received a Distinguished Award for his outstanding and continued contribution to coaching psychology by The British Psychological Society's Special Group in Coaching Psychology.

ORDER YOUR COPY TODAY