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QUALIFICATIONS SUMMARY

Highly accomplished and seasoned professional with a Doctor of Philosophy degree and 10+ years of experience promoting individual development and coaching, facilitating problem resolutions, and cultivating trust-based customer relationships. Accelerated career of delivering top-notch consultancy services, performing in-depth analysis, and fostering change. Proven record of assessing needs, designing, developing, and delivering workshops, informational material, and special programs to meet community needs. Instrumental in guiding adaptive processes and increasing clients' ability to create culture and cultivate transformative relationships. Demonstrated proficiency in driving individual collaboration, coaching dynamic staff, and identifying and meeting unique client needs. A diligent leader and resourceful team builder with robust skills in dealing and collaborating effectively with all levels of organization, customers, and internal and external stakeholders. Equipped with excellent communication, interpersonal, and client service skills and ability to reflect the desired outcomes aligned with actionable solutions.

SKILLS & EXPERTISE

Coaching & Leadership
Consultancy & Development
Programs Development
Psychotherapy
Solving complex problems
Blockchain technology
Relationship Building
Process Improvement
Team Leadership
Communications
Cross-functional Collaboration
Change Management
Systemic Coaching
Research

CAREER HIGHLIGHTS

- ❖ Challenged clients' maladaptive patterns of relating, thinking, and interpreting others' intentions by utilizing strong professional expertise.
- ❖ Facilitated organizations in promoting and adapting change by delivering high-level systemic coaching.
- ❖ Created various strategies and planned and communicated the lessons learned to international audiences.
- ❖ Negotiated around hundred large investment deals valued at \$3M+ by assessing business and asset valuations.

PROFESSIONAL EXPERIENCE

Executive & Team Coach | Leadership Consultant | Researcher 2018 – Present

Self-employed:

- ❖ Steer individual inner terrain by ancient and modern maps of the psyche while inhabiting lived experience of others.
- ❖ Deliver hands-on assistance to groups and individuals in interpreting formal and informal roles and resolving tasks pertinent to the larger organism.
- ❖ Championed people empowerment in bringing change by nurturing individuals' willingness and capacity for adaptive behavior.
- ❖ Fostered people's willingness and capacity for adaptive behavior with the aim of optimizing organizations and individuals.

Trader and Venture Capitalist 2017 – Present

Several Companies:

- ❖ Leverage considerable analytical approaches and executed funding strategies to drive 20% annual increase in venture capital funding.
- ❖ Perform detailed assessment of previous investment decisions and evaluate asset valuations.
- ❖ Ensured seamless execution of a robust framework of algorithmic trading learned at Oxford.

Head of The Quality Lab for Psychotherapy 2014 – 2022

The Norwegian National Advisory Unit on Personality Psychiatry (NAPP):

- ❖ Flourished therapists' skill level and adherence to the method by delivering optimal and customized feedback.
- ❖ Served as an actor on the international research stage in liaison with both the Anna Freud Centre, and the multiple architects of Mentalization-based treatment (MBT).
- ❖ Collaborated to streamline the publication of 12 articles in international peer-reviewed journals.
- ❖ Acquired insights into the latest updates by arranging and presenting at international conferences for the Norwegian National Advisory Unit on Personality Psychiatry.
- ❖ Co-authored a textbook at Gyldendal Akademisk by leveraging extensive expertise and collaborating with Professor Sigmund Karterud and Mickey Kongerslev.

- ✦ Maintained high international standards of the relevance and reliability of ratings while acting as the leader of other expert raters in MBT.

Clinical Psychologist 2013 –2021

Oslo University Hospital (Department of Personality Psychiatry):

- ✦ Aided patients in mentalizing in a collaborative team of expert psychotherapists by augmenting patients’ functioning.
- ✦ Diagnosed and treated borderline personality disorder by utilizing mentalization-based treatment (MBT) skills.
- ✦ Supported alliance and group cohesion in long-term psychotherapy both as a group and an individual therapist by customizing MBT.

Supervisor for master's theses at The Department of Psychology 2021 – Present

University of Oslo:

- ✦ Teach how to explore, investigate, interpret, and communicate findings of interest for psychotherapy research by providing guidance while holding space for master students’ reflections.
- ✦ Offer valuable supervision and consultancy to enable students to develop academic voice and adapt this voice to the larger “choir” of researchers.

Consultant 2012 –2015

Human Content AS:

- ✦ Taught students the execution of personality and ability assessment in organizational development by conducting courses at university level.
- ✦ Designed, formulated and executed ability tests utilized in specific job recruitment settings.
- ✦ Motivated students by recognizing milestones and mitigating challenges hindering progress.

Consultant & Executive Coach 2012 – 2022

AS3 Norge:

- ✦ Maintained the compelling appearance of their webpage by uploading new content and collaborating with IT team.
- ✦ Utilized strong communication expertise while translating the entire suite of AS transition from Danish to Norwegian.
- ✦ Improved performance of coaches by providing professional development guidance to staff members on best working practices.
- ✦ Encouraged active participation by providing goal-oriented guidance and steps to success.

Seminary Leader 2011 –2013

University of Oslo:

- ✦ Drove students’ success by encouraging students to learn and presenting core themes in social and clinical psychology in an interactive manner.
- ✦ Increased students’ understanding of paradoxical phenomena and interconnectedness of the presented themes by delivering engaging lectures and debates.

Therapy rater for Harvard-Professor Leigh McCullough 2009 –2011

PROCMAP project at Modum Bad:

- ✦ Liaised with Harvard professor Leigh McCullough to educate and guide students in the study’s rating method.
- ✦ Evaluated the treatment of Cluster C personality disorders (avoidant, dependent and obsessive-compulsive PDs) to patients offered psychodynamic and cognitive psychotherapy, while thoroughly assessing skillfulness of each therapist.

EARLIER PROFESSIONAL EXPERIENCE

Grader at The Department of Psychology 2018 – Present

University of Oslo

Therapy Rater And Clinical Psychologist (Department of Personality Psychiatry) 2013 –2014

Oslo University Hospital

Journalist 2007

Ny Tid

Health Educator 2000 –2002

MSO-OSLO (medisinernes seksualopplysning)

Research Fellowship 2000 –2001

UiO funded by the Norwegian Cancer Society

Professional Classical Guitarist 1996 –2001

Self-employed

Other Experience:

- ✦ **Competing Athlete 200/400 meter**, 1996 – 2000
Finalist at The Norwegian Junior Athletics Championship on 400 metres sprint in 1999
- ✦ **Student in the Diamond Approach**, part of a group led by Sandra Maitri, 2005 – 2018
- ✦ **Student of Dan Brown**, PhD, Mahamudra (Pointing Out the Great Way), 2011 – 2018

EDUCATION & CERTIFICATIONS

- ✦ **Executive Master in Change (EMC)**, INSEAD, 2019 – 2021
- ✦ **PhD at The Department of Psychology**, University of Oslo, 2015 – 2021
- ✦ **Economics and Business Administration**, Oslo Metropolitan University, 2018 – 2020
- ✦ **Professional studies in Psychology**, The University of Oslo, 2008 – 2014
- ✦ **Professional studies in Journalism**, Oslo Metropolitan University, 2006 – 2009
- ✦ **Professional studies in Medicine**, The University of Oslo, 2000 – 2002
- ✦ **Upper Secondary School**, 1999
- ✦ **Hospitant**, The Norwegian Academy of Music (NMH), 1996 – 1999

CERTIFICATES AND TRAINING:

- ✦ Oxford Algorithmic Trading Programme, 2021
- ✦ MIT Sloan Executive Certificate in Management and Leadership, 2019 – 2020
- ✦ INSEAD Coaching Certificate (ICC), 2018

TECHNOLOGY & TOOLS

Microsoft Office (Word, Excel, PowerPoint), R, Python, JavaScript, Smart Contract Programming, Joomla, HTML, Photoshop, Final Cut Pro, Blockchain technology

LANGUAGES

English (Proficient) | **Norwegian** (Proficient) | **German** (Basic) (lived 6 months in Potsdam/Berlin in 2002)

SCIENTIFIC PUBLICATIONS

1. Beck, E., Bo, S., Jørgensen, M. P., Gondan, M., Poulsen, S., Storebø, O. J., Andersen, C. F., Folmo, E., Sharp, C., Pedersen, J., & Simonsen, E. (2019). Mentalization-based treatment in groups for adolescents with borderline personality disorder: a randomized controlled trial. *Journal of Child Psychology and Psychiatry*. <https://doi.org/10.1111/jcpp.13152>
2. Folmo, E. J., Karterud, S. W., Bremer, K., Walther, K. L., Kvarstein, E. H., & Pedersen, G. A. (2017). The design of the MBT-G adherence and quality scale. *Scandinavian journal of psychology*, 58(4), 341–349. <https://doi.org/10.1111/sjop.12375>
3. Folmo, E. J., Karterud, S. W., Kongerslev, M. T., Kvarstein, E. H., & Stänicke, E. (2019). Battles of the Comfort Zone: Modelling Therapeutic Strategy, Alliance, and Epistemic Trust—A Qualitative Study of Mentalization-Based Therapy for Borderline Personality Disorder. *Journal of Contemporary Psychotherapy*, 1–11. <https://doi.org/10.1007/s10879-018-09414-3>
4. Folmo, E.J., Langjord, T., Myhrvold, N.C.S., Lind, M. (2021). Metaphors in Mentalization-Based Treatment: Reintroducing the Language of Change in "Plain Old Therapy". *Journal of Contemporary Psychotherapy*. <https://doi.org/10.1007/s10879-021-09512-9>
5. Folmo, E., Langjord, T., Myhrvold, N. S., Stänicke, E., Lind, M., &
6. Kvarstein, E. H. (2022). Pedagogical stance in mentalization-based treatment. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23335>
7. Folmo, E. J., Stänicke, E., Johansen, M. S., Pedersen, G. A. F., & Kvarstein, E. H. (2020). Development of therapeutic alliance in Mentalization-based treatment – goals, tasks, and bond in a specialized treatment for borderline personality. *Psychotherapy Research*. <https://doi.org/10.1080/10503307.2020.1831097>
8. Karterud, S., Folmo, E., & Kongerslev, M. T. (2019). Personality and the group matrix. *Group Analysis*. <https://doi.org/10.1177/0533316418824210>
9. Kvarstein, E. H., Pedersen, G., Folmo, E., Urnes, Ø., Johansen, M. S., Hummelen, B., ... & Karterud, S. (2018). Mentalization-based treatment or psychodynamic treatment programmes for patients with borderline personality disorder—the impact of clinical severity. *Psychology and Psychotherapy: Theory, Research and Practice*. <https://doi.org/10.1111/papt.12179>
10. Kvarstein, E. H., Folmo, E., Antonsen, B. T., Normann-Eide, E., Pedersen, G., & Wilberg, T. (2020). Social cognition capacities as predictors of outcome in Mentalization-based treatment (MBT). *Frontiers in Psychiatry*, 11. <https://doi.org/10.3389/fpsy.2020.00691>

11. Pedersen, G., Kvarstein, E. H., Wilberg, T., Folmo, E. J., Burlingame, G. M., & Lorentzen, S. (2021). The Group Questionnaire (GQ)—Psychometric properties among outpatients with personality disorders. *Group Dynamics: Theory, Research, and Practice*. Advance online publication. <http://dx.doi.org/10.1037/gdn0000176>
12. Simonsen, S., Juul, S., Kongerslev, M., Bo, S., Folmo, E., & Karterud, S. (2018). The mentalization-based therapy adherence and quality scale (MBT-AQS): Reliability in a clinical setting. *Nordic Psychology*, 1–12. <https://doi.org/10.1080/19012276.2018.1480406>

EDITOR

Grealy, M. K., Godfrey, E., Brady, F., O'Sullivan, E. W., Carroll, G. A., & Burke, T. (2022). Borderline personality disorder traits and mentalising ability: The self-other social cognition paradox. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.1023348>

BOOKS

Karterud, S., Folmo, E., Kongerslev, M. (2020). *MBT Mentaliseringsbasert terapi*. Gyldendal. <https://www.gyldendal.no/faglitteratur/medisin/psykiatri/mbt-mentaliseringsbasert-terapi/p-824006-no/>

SELECTED PRESENTATIONS

1. "Minding mentalizing in assessment and treatment of personality disorder". ISSPD PERSONALITY DISORDER CONGRESS 2021 – The 17th World Congress. Oslo, Norway, October 2021.
2. "Faglig bakteppe", Personlighetskonferansen 2019 Terapeutiske strategier: Veiviser i sårbart terreng. Oslo, Norway, November 2019.
3. "Battles of the comfort zone: a model of therapeutic strategy, technique, alliance, and epistemic trust". 49th Annual Meeting of the Society for Psychotherapy Research. Amsterdam, the Netherlands, June 2018.
4. "Adherence and quality in Mentalization-Based Treatment (MBT)". 4th International Congress on Borderline (ESSPD). Vienna, Austria, September 2016.
5. "Can mentalization-based group sessions be reliably assessed? October 2015". The XIV International Society for the Study of Personality Disorders (ISSPD). Montreal, Canada, October 2015.
6. "What qualifies as very good versus poor mentalization-based treatment (MBT)?" The XIV International Society for the Study of Personality Disorders (ISSPD). Montreal, Canada, October 2015.
7. "MBT kvalitetslaboratorium. Hvordan kan terapier kvalitetssikres?" NASJONAL KONFERANSE OM PERSONLIGHETSPSYKIATRI - forebygging, behandling og oppfølging. Oslo, Norway, October 2015.

SUPERVISOR (MASTER THESIS)

8. Garred, S., Gough, E. M. (2021). Den terapeutiske relasjonen i DBT og MBT [Unpublished master's thesis, University of Oslo]. https://www.duo.uio.no/bitstream/handle/10852/87426/1/Hovedoppgave_Den-terapeutiske-relasjonen-i-DBT-og-MBT_Elina_Susanne.pdf
9. Stølsnes, M. (2021). 'Chronic Feelings of Emptiness' – a Useful Criterion in the Diagnosis of Borderline Personality Disorder? [Unpublished master's thesis, University of Oslo]. <https://www.duo.uio.no/bitstream/handle/10852/86649/thesis.pdf>
10. Sundal, T., Tobiassen, A. H. (2022). The cultural change narrative as a core component of therapeutic change [Unpublished master's thesis, University of Oslo] <https://www.duo.uio.no/bitstream/handle/10852/86649/thesis.pdf>
11. Vinge, A. (2022). Personality coaching—unlocking subjectivity with «universal» methods. [Unpublished master's thesis, University of Oslo]

WEB PAGES

1. <https://www.youtube.com/c/EspenJanFolmo>
2. <https://darknessretreat.no/>
3. <https://www.linkedin.com/in/espenfolmo/>
4. <https://www.espenfolmo.no/>
5. <https://scholar.google.no/citations?user=LpNqgcAAAAJ&hl=en>

VIDEOS AND OTHER PUBLICATIONS

1. Myhrvold, N. C. S., & Folmo, E. J. (2020). *Bitcoin and Blockchain – A New Backbone for Human Trust*: <https://www.youtube.com/watch?v=9FJPgVdF5kY>
2. Myhrvold, N. C. S., & Folmo, E. J. (In preparation). LOOK UP—the science of cultural evolution. Will be published on YouTube in December 2022/January 2023. Running time: Approx. 150 minutes