



# CENTRE FOR CRISIS PSYCHOLOGY

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STRATEGY 2022-2025

# OUR GOALS FOR 2022–2025

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The Centre for Crisis Psychology (Sfk) will be a respected, internationally oriented centre of expertise for research, education, innovation and dissemination of knowledge about traumatic stress, complicated grief and coping with serious somatic illness

- The Centre's academic ambition is to make a difference to expert communities and the general public
- We will make relevant contributions towards achievement of the UN Sustainable Development Goals and be linked to strategic areas of great relevance to the University of Bergen and the Faculty of Psychology
- Our research will be practice-oriented, innovative and socially relevant and of use to the Faculty's other academic environments and research groups
- We will strengthen collaboration internally as a means to achieve our goal pertaining to internal competencies
- The Centre will offer high-calibre education to Norwegian and international students. In Norway, we will be the preferred provider of research-based further education within our areas of expertise
- We will collaborate closely with user organisations, the private sector and public authorities
- The Centre for Crisis Psychology will strengthen its interaction with the Faculty in respect of education, research, dissemination and administration with a view to closer integration in relevant areas

# OUR AMBITIONS FOR 2022–2025

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## **Research:**

The Centre for Crisis Psychology will collaborate with national and international partners to conduct research projects focusing on traumatic stress, grief and coping with serious somatic illness. The Centre's research group is aiming to establish a number of major, externally funded projects across the Centre's main areas by 2025. Our research will be of a high quality and comply with all relevant ethical standards.

## **Education:**

The Centre will offer socially relevant, highly sought-after further education programmes. By 2024, we will have developed a perspectives course for PhD candidates in crisis psychology. By 2025, the Centre will establish Norway's first flexible further education programme in crisis psychology at master's level. The Centre for Crisis Psychology will further develop the "international semester" and seek funding for new education projects in the field of global mental health.

## **Innovation:**

The Centre for Crisis Psychology will collaborate with academia, the business community, user organisations and public authorities to contribute to innovation and new services within the Centre's thematic areas.

## **Dissemination:**

The Centre's employees will actively disseminate clinical and research-based knowledge within the Centre's areas of expertise. Our dissemination will be clear and accessible to all parts of society. We will be visible and actively use digital platforms to fulfil the Centre's social mandate.

## **Internationalisation:**

Internationalisation will be an integral part of all the work at the Centre. Priority will be given to collaboration with overseas research communities within our focus areas. The Centre for Crisis Psychology will actively apply for funding for the development of research projects and education projects through national and international schemes and programmes.

## **Administration:**

The Centre for Crisis Psychology will have an organisation that underpins and supports our role as a national centre of expertise and international provider of research, education, dissemination and innovation related to crises, traumatic stress and grief.

# OUR MAIN AREAS 2022–2025

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## Traumatic stress

Children, young people and adults may experience traumatic stress as a result of war, terrorism, violence, abuse, accidents and natural disasters. More knowledge is needed about prevention, early intervention, the course and treatment of post-traumatic stress disorder and comorbid conditions in survivors and personnel involved in war, disasters and accidents. The Centre's ambitions for the period 2022–2025 include a clear commitment to civil protection and global mental health.

*The Centre for Crisis Psychology (Sfk) will be a leading centre for clinical research, education, innovation and dissemination on the prevention, course and treatment of disorders as a result of exposure to traumatic stress.*

## Grief

Grief affects children, young people, adults and entire communities. The grief research at the Centre will embrace ordinary grief, grief in children and complicated grief. More knowledge is needed about the occurrence, prevention and treatment of complicated grief in children, young people and adults. The new diagnosis "prolonged grief disorder" will come into use during this period, and the Centre for Crisis Psychology wants to contribute to the further development of the diagnosis and adequate treatment methods for children and adults. In the period 2022–2025, the Centre will work actively to establish a major research project in the field of grief. This will be important for education, dissemination and innovative interventions at the societal level, as well as the diagnosis and treatment of complicated grief and comorbid conditions.

*The Centre for Crisis Psychology (Sfk) will be a leading centre for clinical research, education, innovation and dissemination on the course of grief, grief in children and young people, and the treatment of complicated grief.*

## Coping with serious somatic illness

Serious, life-threatening somatic illness can be extremely stressful for both the person affected and their immediate family. The Centre for Crisis Psychology will continue to develop our work with children and families living with serious somatic illness. In the period 2022–2025, the Centre will also further develop its focus on rehabilitation after serious somatic illness. We will collaborate with Norwegian and international partners to establish a major research project in this area.

*The Centre for Crisis Psychology (Sfk) will be a leading centre for research, education, innovation and dissemination to promote health and quality of life and reduce social inequalities in health in children, young people and adults living with serious somatic illness.*



