

**Michael Helge Rønnestad**

**Professor emeritus**

**Curriculum Vitae** (22. februar, 2021)

Michael Helge Rønnestad, Ph.D.  
 Professor emeritus in clinical psychology  
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***Educational Background***

PhD in Counseling Psychology from University of Missouri-Columbia (1973). Previous educational background: The degree of Lærerprøve (teaching credentials), Sagene Teachers' College, Oslo (1967); Masters of Arts degree in school psychology, Northern Arizona University (1969). Specialist in Clinical Psychology (Norwegian Psychological Association)

***Employments***

Academic staff at the University of Oslo: Assistant and Associate professor at the University of Oslo since 1973; Professor since 1993. Presently, Professor emeritus

*Previous appointments:*

- 2011-2006, Professor II. Center for Professional Studies, Oslo University College
- 2005-2011, Professor II, Section of Social Science, Oslo University College
- 1995 May- June, Guest researcher, Institute of clinical psychology, The Humanistic Faculty, University of Copenhagen
- Leaves of absence from the University of Oslo, two periods:  
     1977-1978: Professional head, The East Section, National Center for Child- and Adolescent Psychiatry; 1982-1984, Fellow, National Council for Social Science, Center for clinical psychological research.
- 1973-1974, University lecturer in pedagogical /psychological counseling, Dept. of Psychology, U. of Oslo,
- 1973, School psychologist, Pedagogical/Psychologist counseling, Drammen, Norway
- 1972-1973, Intern, U of Missouri Testing and Counseling Service
- 1971-1972, Counselor, Laboratory High School, U. of Missouri
- 1970-1971, Research assistant, National Study of Guidance, U. of Missouri

***Pedagogical background***

Supervision of numerous masters and doctoral student primarily within the areas of psychotherapy research, psychotherapist training and the professional development of psychotherapists and counselors. Extensive experience as course coordinator and teacher in

the clinical training and doctoral program at the Department of Psychology University of Oslo. Taught and provided workshops for several institutions nationally and internationally.

### ***Administrative experience***

Past chair of *Society for Psychotherapy Research, Interest Section on Therapist Training and Development (SPRISTAD)*; current SPRISTAD Senior Counselor; Past Chair of SPR Vice President Nomination Committee; Member of the nomination committee for the SPR-European Chapter Vice President for two terms. European Coordinator for SPR Collaborative Research Network. Past senior consultant for Karolinska Medical University, Sweden; Numerous roles in the administration at the Department of Psychology, University of Oslo, including member of the steering committee, research council and coordinator for clinical research at the Department of Psychology University of Oslo. Appointed external examiner at the University of Bergen, University of Trondheim, and University of Tromsø.

### ***Research project leadership and collaboration.***

Initiator and Principal Investigator (2006-2015): **An intensive process-outcome study of the interpersonal aspects of psychotherapy.** A study of the psychotherapies of highly experienced psychotherapists. Financed by the Norwegian Research Council and the University of Oslo. The project unites a large proportion of the academic staff responsible for psychotherapy training at the Department of Psychology. Project researchers: Helene Amundsen Nissen-Lie, Hanne Weie-Oddli, Marit Råbu, Margrethe Seeger Halvorsen, Hanne Haavind, Sissel Reichelt, Vidar Ekroll, Siri Gullestad, Erik Stanicke, John McLeod, Jan Skjerve and Michael Helge Rønnestad.

Member of the steering committee and European coordinator of **The Society for Psychotherapy Research Collaborative Research Network (CRN)**, initiated and led by Professor David Orlinsky at the University of Chicago.

Past Chair and present Senior Counselor of **SPR Interest Section on therapist training and development (SPRISTAD)**. An international, multisite research program applying a longitudinal design in the study of psychotherapist training.

Initiator and past leader of the **Scandinavian supervision research network** consisting of researchers from the University of Oslo, University of Bergen, and the University of Aalborg.

In collaboration with Professor Thomas Skovholt, University of Minnesota, initiator and Principal Investigator of **The Minnesota Study of the Development of Psychotherapists and Counselors**. The project applies a cross-sectional and longitudinal design and qualitative methodology in the analyses of interview data from 100 psychotherapists at different experience levels (172 interviews).

Publications within the «Minnesota-project» have resulted in the following prizes/recognitions:

*The Research Award of the American Association of Counselor Education and Supervision (American Counseling Association) (1994), with Thomas Skovholt.*

With *Professor Bjørn Christiansen's Memorial Prize* (1991) for the best article in *Tidsskrift for Norsk Psykologforening* (The Journal of the Norwegian Psychological Association), with Thomas Skovholt.

Rønnestad, M. H. & Skovholt, T. M. (1991). En modell for profesjonell utvikling og stagnasjon hos terapeuter og rådgivere (A model for professional development and stagnation for therapists and counselors). *Tidsskrift for Norsk Psykologforening*, 28, 555-567.

*The Ida Cordelia Beam Distinguished Visiting Professorship*, University of Iowa i 1994/1995;

With Professor Tom Skovholt: The Alumni Association of College of Education, University of Missouri: "*Citation of Merit for Outstanding Achievement and Meritorious Service*".

Nominated twice (2012/2013) to *Norges Forskningsråds Pris for Fremragende Forskning- Årets Møbius* (Norwegian Research Council's Prize for Outstanding Research-The Møbius of the Year). Nominated by the Department of Psychology, University of Oslo.

#### **Membership in professional organizations:**

Society for Psychotherapy Research

Interest sections:

The Society for Psychotherapy Research Interest Section on Culture and  
Psychotherapy (SPRISCAP)

The Society for Psychotherapy Research Interest Section on Therapists  
Training and Development (SPRISTAD)

American Psychological Association

Norwegian Psychological Association

Michael Helge Rønnestad  
Publications|1989-2021

## 2021

Oddli, Hanne; McLeod, John; Amundsen Nissen-Lie, Helene; **Rønnestad, Michael Helge**; Halvorsen, Margrethe S. (2021)

Future orientation in successful therapies: Expanding the concept of goal in the working alliance. *Journal of Clinical Psychology*. <http://dx.doi.org/10.1002/jclp.23108>

Nissen-Lie, Helene Amundsen; Orlinsky, David E.; **Rønnestad, Michael Helge**. (2021)  
The Emotionally Burdened Psychotherapist: Personal and situational risk factors. *Professional Psychology: Research and Practice*

**Orlinsky, David E.** (under review). Book title: *How Psychotherapists Live: The Personal Self and Private Life of Professional Healers*

Co-author of the following chapters:

### I – Professional psychotherapists

D. E. Orlinsky with contributions by M. Schofield, J. Grant (*Australia*); A. Leireiter (*Austria*); G. DeLisle, S. Toukmanian (*Canada*); Li Yawen, Chen Xiangyi, Yang Yunping (*China*); E. F. Jørgensen, C. H. Jacobsen (*Denmark*); M. Cierpka, P. Buchheim, U. Willutzki, A. Hartmann, J. Meyerberg, H. Kächele (*Germany*); P. Bholra, S. Kumaria (*India*); L. Timulak, C. Hickey, A. Davis (*Ireland*); H. Wiseman & G. Shefler (*Israel*); N. Kazantzis (*New Zealand*); **M. H. Rønnestad**, A. Von de Lippe, S. Lorentzen (*Norway*); S. Arriaga, A. Branco Vasco (*Portugal*); S. H. Bae, E. Joo (*South Korea*); H. Ambühl, N. Aapro (*Switzerland*); T. Schroder, J. Davis, M. Davis, S. Wheeler (*United Kingdom*); L. E. Beutler, J. C. Norcross, T. Northcutt, L. Knobloch-Fedders, M. Silverman (*United States*).

### II – Personal self.

D. E. Orlinsky with **M. H. Rønnestad**, A. Hartmann, E. Heinonen, & U. Willutzki

### III – Private life

D. E. Orlinsky with M. Schofield, H. Wiseman, & **M. H. Rønnestad**

### V – Quality of Life

D. E. Orlinsky with **M. H. Rønnestad**, H. A. Nissen-Lie, & M. Tarragona

### VI – Family background

D. E. Orlinsky with **M. H. Rønnestad** & T. Schröder

### VIII – Personal therapy

D. E. Orlinsky with **M. H. Rønnestad** & H. Wiseman

### IX – Persons doing therapy

D. E. Orlinsky with A. Hartmann, M. H. Rønnestad, & U. Willutzki

**2019**

Orlinsky, David E.; **Rønnestad, Michael Helge**; Hartmann, Armin; Heinonen, Erkki; Willutzki, Ulrike. (2019)

The personal self of psychotherapists: Dimensions, correlates, and relations with clients. *Journal of Clinical Psychology*, 76(3):461-475.

doi: 10.1002/jclp.22876.

Löffler-Stastka, Henriette; Gelo, Omar Carlo Gioacchino; Pleschberger, Ingrid; Hartmann, Armin; Orlinsky, D. E.; **Rønnestad, Michael Helge**; Willutzki, Ulrike. (2019)

Psychotherapie-Berufsausbildung in Österreich: Basis- and soziodemographische Hintergrunddate aus einer SPRISTAD-Pilotstudie. *Zeitschrift für psychosomatische Medizin und Psychotherapie*, 65, 341-352.

**2018**

**Rønnestad, Michael Helge**; Nissen-Lie, Helene A; Oddli, Hanne; Benum, Kirsten; Ekroll, Vidar Blokhus; Gullestad, Siri Erika; Haavind, Hanne; Reichelt, Sissel; Råbu, Marit; Stänicke, Erik; Lippe, Anna Louise von der; Halvorsen, Margrethe S. (2018).

Expanding the Conceptualization of Outcome and Clinical Effectiveness. *Journal of Contemporary Psychotherapy*, 49, 87–97.

**Rønnestad, Michael Helge**; Orlinsky, David E.; Schröder, Thomas A.; Skovholt, Thomas M.; Willutzki, Ulrike (2018).

The professional development of counsellors and psychotherapists: Implications of empirical studies for supervision, training and practice. *Counselling and Psychotherapy Research*, 19, 1-17.

Ekroll, Vidar Blokhus; **Rønnestad, Michael Helge** (2018).

Pathways towards different long-term outcomes after naturalistic psychotherapy. *Clinical Psychology and Psychotherapy*, 25, 292-301.

Hartmann, Armin; Orlinsky, David E.; **Rønnestad, Michael Helge** (2018).

Therapists characteristics that predict current and overall professional development. 49th. International Annual Meeting, SPR; 2018-06-27 - 2018-06-30.

Löffler-Stastka, Henriette; Gelo, Omar; Pleschberger, Ingrid; Schröder, Thomas; Orlinsky, David E.; **Rønnestad, Michael Helge**; Willutzki, Ulrike (2018).

Psychotherapieausbildung in Österreich. Teil 1: Basisdaten und soziodemographische Hintergrunddaten aus der SPRISTAD-Studie. *Psychopraxis*, 21 (5) s. 227-231.

**Rønnestad, Michael Helge** (2018).

On expertise in psychotherapy. *The Integrative Therapist, SOCIETY FOR THE INTEGRATION OF PSYCHOTHERAPY*, 2018, 4(2).17-26.

**2017**

Ekroll, Vidar Blokhus; **Rønnestad, Michael Helge** (2017).  
Exploring associations between therapy factors and post-therapy  
development after naturalistic psychotherapies. *Journal of Contemporary  
Psychotherapy* 2017, 48(1), 15-25.

Ekroll, Vidar Blokhus; **Rønnestad, Michael Helge** (2017).  
Processes and changes experienced by clients during and after naturalistic good-outcome  
therapies conducted by experienced psychotherapists. *Psychotherapy Research*, 27(4), 450-  
468.

Larsen, Anne Cecilie; Ulleberg, Pål; **Rønnestad, Michael Helge** (2017).  
Depersonalization reconsidered: An empirical analysis of the relation between  
depersonalization and cynicism in an extended version of the Maslach Burnout  
Inventory. *Nordic Psychology*, 69(3), 160-176.

## 2016

**Nissen-Lie, Helene A; Rønnestad, Michael Helge** (2016).  
The empirical evidence for psychotherapist humility as a foundation for  
psychotherapist expertise; *Psychotherapy Bulletin*, Association for the  
Advancement of Psychotherapy; div. 29 of the American Psychological  
Association.

**Rønnestad, Michael Helge** (2016).  
Is expertise in psychotherapy a useful construct? Washington, DC:  
*Psychotherapy Bulletin*, Society for the Advancement of Psychotherapy,  
Division 29 of the American Psychological Association 2016.

**Rønnestad, Michael Helge; Orlinsky, D. E.; Wiseman, Hadas** (2016).  
Professional development and personal therapy (pp. 223-235). In: *APA  
Handbook of Clinical Psychology, Vol. 5., Education and Profession*.  
Washington: American Psychological Association 2016 ISBN 978-1-4338-  
2129-5

Nissen-Lie, Helene A; Havik, Odd E.; Høglend, Per Andreas; **Rønnestad,  
Michael Helge; Monsen, Jon Trygve** (2015).  
Patient and therapist perspectives on alliance development: Therapists'  
practice experiences as predictors. *Clinical Psychology and Psychotherapy*,  
22(4), 317-32.

Nissen-Lie, Helene A; **Rønnestad, Michael Helge; Høglend, Per Andreas;  
Havik, Odd E.; Solbakken, Ole Andre; Stiles, Tore C; Monsen, Jon Trygve**  
(2015).  
Love yourself as a person, doubt yourself as a therapist? *Clinical  
Psychology and Psychotherapy*, 24(1), 48-60.

Orlinsky, D. E.; **Rønnestad, Michael Helge** (2015).  
Psychotherapists Growing Older: A Study of Senior Practitioners. *Journal  
of Clinical Psychology*, 71(11), 1128-1138.

Schröder, Thomas; Orlinsky, David; **Rønnestad, Michael Helge; Willutzki,**

Ulrike (2015).

Psychotherapeutic Process from the Psychotherapist's Perspective (pp. 351-365). I: *Psychotherapy Research: Foundations, Process, and Outcome*. Springer 2015 ISBN 978-3-7091-1381-3

## 2014

Oddli, Hanne; McLeod, John; Reichelt, Sissel; **Rønnestad, Michael Helge** (2014).

Strategies used by experienced therapists to explore client goals in early sessions of psychotherapy. *European Journal of Psychotherapy & Counselling*, 16(3), 245-266.

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Strategies used by experienced therapists to explore client goals in early sessions of psychotherapy. *European Journal of Psychotherapy & Counselling*, 16(3), 245-266.

## 2013

Nissen-Lie, Helene A; Havik, Odd E.; Høglend, Per Andreas; Monsen, Jon Trygve; **Rønnestad, Michael Helge** (2013).

The Contribution of the quality of therapists' personal lives to the development of the working alliance. *Journal of Counseling Psychology*, 60(4), 483-495.

Nissen-Lie, Helene A; Monsen, Jon Trygve; Ulleberg, Pål; **Rønnestad, Rønnestad, Michael Helge** (2013).

Psychotherapists' self-reports of their interpersonal functioning and difficulties in practice as predictors of patient outcome. *Psychotherapy Research*, 23(1), 86-104.

Orlinsky, D. E.; **Rønnestad, Michael Helge** (2013).

Positive and negative cycles of practitioner development: Evidence, concepts and implications from a collaborative quantitative study of psychotherapists (pp. 265-290). In: M. H. Rønnestad & T. S. Skovholt: *The developing practitioner: Growth and stagnation of therapists and counselors*. Routledge 2013 ISBN 978-0-415-88459-4

**Rønnestad, Michael Helge**; Skovholt, Thomas M. (2013).

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Ulvik, Oddbjørg Skjær; **Rønnestad, Michael Helge** (2013).

Cultural discourses of helping: Perspectives on what people bring with them when they start training in therapy and counseling (pp. 37-52). In: *The developing practitioner: Growth and stagnation of therapists and counselors*. Routledge 2013 ISBN 978-0-415-88459-4

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*The developing practitioner: Growth and stagnation of therapists and counselors*.

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## 2012

**Rønnestad, Michael Helge:** Evidensbasert praksis i psykoterapi: En bekymringsfull styringslogikk (2012).

In: F. Engelstad, S. Gilbert, & Erik Stanicke (Eds.). *Psykoanalyse, kultur og samfunn*. Oslo: Abstrakt forlag.

Oddli, Hanne W.; **Rønnestad, Michael Helge** (2012).

How experienced therapists introduce the technical aspects in the initial alliance formation: Powerful decision makers supporting clients' agency. *Psychotherapy Research*, 22(2), 176-193.

Stålsett, Gry, Gude, T.; **Rønnstad, Michael Helge;** Monsen, Jon T. (2012).

Existential Dynamic Therapy ('VITA') for Treatment-Resistant Depression with Cluster C Disorder: Matched Comparison to Treatment as Usual. *Psychotherapy Research*. Available digitally: <http://dx.doi.org/10.1080/10503307.2012.692214>

## 2011

Lippe, Anna Louise von der; **Rønnestad, Michael Helge** (2011).

Introduksjon til bokens innhold. I: *Det kliniske intervjuet. Bind II. Praksis med ulike klientgrupper*. Gyldendal Akademisk 2011 ISBN 978-82-05-39972-3. s. 15-28.

Lorentzen, Steinar; **Rønnestad, Michael Helge;** Orlinsky, David E. (2011).

Sources of influence on the professional development of psychologists and psychiatrists in Norway and Germany. *European Journal of Psychotherapy* 2011 ;Volum 13.(2) s. 141-152.

Reichelt, Sissel; **Rønnestad, Michael Helge** (2011).

Kontraktetablering i veiledning. I: *Veiledning i psykoterapeutisk arbeid*. Universitetsforlaget 2011 ISBN 978-82-15-01756-3. s. 29-41

Reichelt, Sissel; **Rønnestad, Michael Helge** (2011).

Veiledningsforskning: status og implikasjoner. I: *Veiledning i psykoterapeutisk arbeid*. Universitetsforlaget 2011 ISBN 978-82-15-01756-3. s. 163-184

**Rønnestad, Michael Helge;** Reichelt, Sissel. (2011),

Veiledning i psykoterapeutisk arbeid. Universitetsforlaget 2011 (ISBN 978-82-15-01756-3) 236 s.

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**Rønnestad, Michael Helge;** Skovholt, Thomas M. (2011).

Om terapeuters profesjonelle utvikling og psykoterapiveiledning i et utviklingsperspektiv. I: *Veiledning i psykoterapeutisk arbeid*. Universitetsforlaget ISBN 978-82-15-01756-3. s. 45-66



Von der Lippe, Anna Louise; **Rønnestad, Michael Helge** (2011).  
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Akademisk 2011 (ISBN 978-82-05-39972-3) 355 s.

## 2010

Lorentzen, Steinar; Orlinsky, D. E.; **Rønnestad, Michael Helge** (2010).  
Norske psykiatere som psykoterapeuter. Bakgrunn, klinisk erfaring, utdannelse,  
egenterapi og tilfredshet med jobb og tilværelsen forøvrig. *Matrix* 2010 ;Volum 4.  
s. 275-287.

Nissen-Lie, Helene A; Monsen, Jon Trygve; **Rønnestad, Michael Helge** (2010).  
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*Psychotherapy Research*, 20, 6, 627-646.

Orlinsky, D. E.; **Rønnestad, Michael Helge**; Willutzki, Ulrike (2010).  
SOCIETY FOR PSYCHOTHERAPY RESEARCH Collaborative Research  
Program on the Development of Psychotherapists. I: *History of Psychotherapy:  
Continuity and change* (pp. 375-381). American Psychological Association (APA)  
2010 ISBN 978-1-4338-0762-6

**Rønnestad, Michael Helge**; Willutzki, Ulrike; Tarragona, Margarita.  
David E. Orlinsky: Developing psychotherapy research, researching  
psychotherapist development.. I: *Bringing psychotherapy research to life:  
Understanding change through the work of leading clinical researchers* (pp. 233-  
243). American Psychological Association (APA) 2010 ISBN 978-1-4338-0774-9.

## 2009

Lippe, Anna Louise von der; **Rønnestad, Michael Helge** (2009).  
Det første kliniske møtet: Tekniske, formelle og interpersonlige aspekter. I: *Det  
Kliniske intervjuet*, 2. edition (pp. 272-295) Oslo: Gyldendal Akademisk.-

Lippe, Anna Louise von der; **Rønnestad, Michael Helge** (2009).  
En oppsummering. I: *Det kliniske intervjuet* (pp. 603-640) Gyldendal Akademisk

**Rønnestad, Michael Helge**; Lippe, Anna Louise von der (2009).  
*Det kliniske intervjuet*. Gyldendal Akademisk.

**Rønnestad, Michael Helge**; Lippe, Anna Louise von der.  
Forskningens bidrag til kunnskap om psykoterapi (pp. 23-43). I: *Det kliniske  
intervjuet*. Gyldendal Akademisk

Nerdrum, Per; Rustøen, Tone; **Rønnestad, Michael Helge**.  
Psychological distress among nursing, physiotherapy and occupational therapy  
students a longitudinal and predictive study. *Scandinavian Journal of Educational  
Research*, 53, 363-378.

Nerdrum, Per; Rustøen, Tone; **Rønnestad, Michael Helge** (2009).  
Psychological Distress Among Nursing, Physiotherapy and Occupational Therapy

Students: A Longitudinal and Predictive Study. *Scandinavian Journal of Educational Research*, 53(4), 363-378.

Nielsen, Geir Høstmark; Jacobsen, Claus Haugaard; Skjerve, Jan; Gullestad, Siri Erika; Hansen, Bjørg Røed; Reichelt, Sissel; **Rønnestad, Michael Helge**; Torgersen, Anne Mari (2009).

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Reichelt, Sissel; Gullestad, Siri Erika; Hansen, Bjørg Røed; **Rønnestad, Michael Helge**; Torgersen, Anne Mari; Jacobsen, Claus Haugaard; Nielsen, Geir Høstmark; Skjerve, Jan (2009).

Nondisclosure in psychotherapy group supervision: The supervisee perspective. *Nordic Psychology*, 61(4), 5-27.

**Rønnestad, Michael Helge** (2009). .

Evidensbasert psykologisk praksis. I: *Evidensbasert profesjonsutøvelse* (pp. 39-61) Oslo: Abstrakt forlag 2009 ISBN 978-82-7935-279-2.

**Rønnestad, Michael Helge**; Lippe, Anna Louise von der (2009)

Det kliniske intervjuet, 2. edition. Oslo: Gyldendal Akademisk (ISBN 978-82-05-39073-7).

**Rønnestad, Michael Helge**; Lippe, Anna Louise von der (2009).

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**Rønnestad, Michael Helge**; Lippe, Anna Louise von der (2009).

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**Rønnestad, Michael Helge**; Tjersland, Odd Arne (2009).

Å gå til psykolog. I: S. E. Gullestad, B. Killingmo & S. Magnussen (Eds.) *Klinikk og laboratorium: Psykologi i hundre år*. Oslo: Universitetsforlaget ISBN 978-82-15-01563-7

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Skjerve, Jan; Nielsen, Geir Høstmark; Jacobsen, Claus Haugaard; Gullestad, Siri Erika; Hansen, Bjørg Røed; Reichelt, Sissel; **Rønnestad, Michael Helge**; Torgersen, Anne Mari (2009).

Nondisclosure in psychotherapy group supervision: The supervisor perspective. *Nordic Psychology*, 61(4), 28-48.

## 2008

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**2007**

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**2006**

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**Rønnestad, Michael Helge** (2006).

Fokus på psykoterapeuten: Betragtninger om psykoterapiforskning og profesjonell utvikling. *Mellanrummet: Tidsskrift om barn- og ungdomspsykoterapi*, 16.

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**Rønnestad, Michael Helge; Lundquist, Knut** (2006).

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**Rønnestad, Michael Helge; Orlinsky, Davd. E.** (2006).

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**2005**

Bergin, Elsmari; **Rønnestad, Michael Helge** (2005).

Different timetables for change: Understanding processes in reorganizations: a qualitative study in a psychiatric sector in Sweden. *Journal of Health Organization & Management*, 19(4/5), 355-377.

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Career development: Correlates of evolving expertise. I: *How psychotherapists develop: A study of therapeutic work and professional growth* (pp. 31-142). American Psychological Association (APA) 2005 ISBN 1-59147-273-3.

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Dimensions of work involvement. I: *How psychotherapists develop: A study of therapeutic work and professional growth* (pp. 61-80). American Psychological Association (APA) 2005 ISBN 1-59147-273-3

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Paper in Panel (1) M.H. Rønnestad (University of Oslo); U. Willutzki. Psychotherapy Trainees of 12 Nations: Their Backgrounds and Current Quality of Life.

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