



DR. ESPEN JAN FOLMO

Linlandveien 18 B, 1390 Vollen ●
| +4792032732 ●

espen.folmo@insead.edu ●

<https://www.linkedin.com/in/espenfolmo> ●

<https://www.espenfolmo.no> ●

QUALIFICATIONS SUMMARY

With a PhD in Psychology and over 310 citations, my mission is to bridge scientific rigor with cultural and spiritual insights. I am currently integrating mathematics and programming to build and program AI applications, enhancing my expertise in AI and machine learning. My international recognitions in psychotherapy, leadership, and documentary filmmaking highlight a multidisciplinary approach, evidenced by multiple awards and contributions to psychotherapy and mental health research. I draw from over two decades of experience in psychological research, executive coaching, and the arts, bringing innovative approaches to leadership development and therapeutic methodologies.

Throughout my career, I have held transformative roles in individual development, executive coaching, and consulting, with a special focus on integrating customized techniques to inspire profound change. Spearheaded pioneering research at the Quality Lab for Psychotherapy, The Norwegian National Advisory Unit on Personality Psychiatry (NAPP), where I established new benchmarks for psychotherapy quality and efficacy. This work involved rigorous data analysis and collaboration with leading international mental health organizations. This role placed me at the forefront of mental health innovation, overseeing the development and implementation of cutting-edge therapeutic methodologies.

I have co-directed and produced the multi-award-winning documentary *LOOK UP—The Science of Cultural Evolution*, which has garnered international recognition. Among its many accolades, the film has won the Special Jury Award for Best Documentary Feature at the Tamizhagam International Film Festival, Best Documentary Feature, Best Editing, and Best VFX at the Rome International Movie Awards, and the Best Documentary at the 5th Literature in Cinema. Each award reflects the film’s impactful exploration of cultural and psychological insights.

An engaging educator, I have mentored master’s students, taught at the university level since 2011, and presented insights at prestigious global conferences. My work is deeply rooted in adaptive transformation, fostering enduring cultural evolution through intellectually and emotionally resonant relationships. With expertise spanning business psychology to Baroque music, and specialized knowledge in personality pathology and Mentalization-Based Treatment (MBT), I bring a holistic perspective to addressing complex client needs.

As a strategic leader and collaborative team builder, I navigate seamlessly between diverse groups, translating intricate theories into practical solutions for students, clients, and executives alike. My unique background in academia (e.g., INSEAD and MIT), healthcare, and spiritual disciplines provides me with a multi-dimensional understanding of human behavior, enabling me to approach problem-solving with wisdom and insight. This blend of intellectual depth and practical experience allows me to empower others and drive meaningful, sustainable change.

SKILLS & EXPERTISE
* AI Integration & Machine Learning
* Complex Problem Solving
* Blockchain & Emerging Technologies
* Documentary Filmmaking
* Executive & Team Coaching
* Leadership Development & Team Dynamics
* Change & Transformation Management
* Psychotherapy
* Interdisciplinary & Cross-Cultural Research

CAREER HIGHLIGHTS

- ❖ **Published Author and Thought Leader:** Authored 17 peer-reviewed articles and co-authored a textbook on Mentalization-Based Treatment (MBT), with publications cited over 300 times, demonstrating significant influence in psychotherapy and leadership development.
- ❖ **Award-Winning Filmmaker:** Co-directed *LOOK UP—The Science of Cultural Evolution*, a multi-award-winning documentary recognized at major international film festivals, celebrated for its unique blend of scientific research and cultural wisdom.
- ❖ **Innovative Coach and Consultant:** Led systemic coaching initiatives that fostered organizational adaptability and resilience across diverse sectors.

AWARDS AND HONORS

- ❖ **Full Member, Sigma Xi – The Scientific Research Honor Society** (2024 – Present)

Awards for *LOOK UP—The Science of Cultural Evolution*:

- ✦ **Best Documentary Feature, Best Editing, Best VFX** – Rome International Movie Awards (2024)
- ✦ **Special Jury Award for Best Documentary Feature** – Tamizhagam International Film Festival (2024)
- ✦ **Nominee** – Cannes World Film Festival (2024)
- ✦ **Gold Award: Best Documentary** – MindField Film Festival Los Angeles (2024)
- ✦ **Special Jury Award for Best Documentary Feature** – Nitiin International Film Festival, Malaysia (2024)
- ✦ **Best Documentary** – Buddha International Film Festival (2024)
- ✦ **Best Documentary** – London Independent Film Awards (2024)
- ✦ **Best Documentary** – British Film Festival (2024)
- ✦ **Best Documentary Film, Critic’s Choice Award for Best Animated Film** – Bangkok Movie Awards (2024)
- ✦ **Best Documentary Feature** – Five Continents International Film Festival (2024)
- ✦ **Best Documentary Feature** – Kodaikanal International Film Festival (2024)
- ✦ **Best Documentary (Feature Length)** – Swedish International Film Festival (2024)
- ✦ **Best Documentary** – Eastern Europe Film Festival (2024)
- ✦ **Best Documentary Feature Film** – Poombukar International Film Festival (PIFF) (2024)
- ✦ **Best Documentary Feature Film** – Makizhmithran International Film Festival (2024)
- ✦ **Best Documentary Feature Film** – Rohip International Film Festival (2024)
- ✦ **Best Feature Documentary** – Luleå International Film Festival (2024)
- ✦ **Best Documentary Feature (Bronze)** – Global Indian Film Festival (2024)
- ✦ **Best Documentary** – 5th Literature in Cinema (2024)
- ✦ **Best Documentary** – Symbiotic Film Festival, Kiev (2024)
- ✦ **Best Documentary Feature** – Creation International Film Festival (2024)
- ✦ **Best Documentary Feature Film** – Kollywood International Film Festival (2024)
- ✦ **Best Social Science Film** – Western Canadian International Film Festival (2024)
- ✦ **Best Documentary, Best Experimental Film** – Athens International Monthly Art Film Festival (2024)
- ✦ **Award Winner for Culture** – Mannheim Arts and Film Festival (2024)
- ✦ **Winner** – CineTech Future Fest (2024)
- ✦ **Best Documentary Feature Film** – Sittannavasal International Film Festival (2024)
- ✦ **Best Educational Film, Best Experimental Film, Honorable Mention (Animated Film), Outstanding Achievement Award (Debut Filmmaker), Best Web and Social Media** – Caravan International Film Festival (2024)
- ✦ **Award of Merit: Documentary Feature** – Accolade Global Film Competition (December 2024)
- ✦ **Honorable Mention for Best Inspirational Film** – New York International Film Awards (NYIFA) (2024)
- ✦ **Honorable Mention for Best Documentary (Long)** – American Golden Picture International Film Festival (2024)
- ✦ **MIFF Award** – Mokkho International Film Festival (2024)
- ✦ **TIFA Award for Best Documentary** – Triloka International Filmfare Awards (2024)
- ✦ **Monthly Winner (November 2024)** – Better Earth International Film Festival (awarded across six categories)
- ✦ **Honorable Mention** – East Village New York Film Festival (2024)
- ✦ **Finalist** – Oniros Film Awards (New York)
- ✦ **Finalist** – NewBorn Short Film Festival Berlin
- ✦ **Finalist** – Rameshwaram International Film Festival (2024)
- ✦ **Finalist** – Birsamunda International Film Awards (2024)
- ✦ **Semi-Finalist** – Los Angeles Film Awards (LAFA) (2024)
- ✦ **Semi-Finalist** – Kyoto Independent Film Festival (2024)
- ✦ **Semi-Finalist** – New Orleans International Film Awards (2024)
- ✦ **Semi-Finalist** – MindField Film Festival (Albuquerque)
- ✦ **Semi-Finalist** – Kookai International Film Festival (2024)
- ✦ **Quarter-Finalist** – Better Earth International Film Festival (2024)

PROFESSIONAL EXPERIENCE HIGHLIGHTS

- ✦ **Head of the Quality Lab for Psychotherap** – Advanced MBT methodologies and coordinated international collaborations, impacting psychotherapy practices.
- ✦ **Executive Coach and Leadership Consultant** – Delivered tailored coaching services to support transformational leadership and organizational change.
- ✦ **Award-Winning Documentary Filmmaking** – Successfully co-directed *LOOK UP—The Science of Cultural Evolution*, achieving international recognition, strengthening the connection between psychotherapy and cultural influence.

PROFESSIONAL EXPERIENCE

Executive Coach and Leadership Consultant | Researcher

2018 – Present

Self-employed:

- ✦ Guided organizations through change by blending psychological insights with innovative cultural frameworks, contributing to long-term adaptability and growth.
- ✦ Designed customized intervention programmes that improved organizational adaptability and individual performance metrics.

- ✧ Led transformative workshops for clients in diverse industries, incorporating psychological insights with cultural frameworks to drive adaptive behavior and resilience in leadership.
- ✧ Guiding individuals' inner journeys through a blend of ancient wisdom and contemporary psychological frameworks.
- ✧ Provided hands-on guidance to groups and individuals in interpreting formal and informal roles and completing tasks critical to the broader organizational goals.
- ✧ 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):

- ✧ Advanced psychotherapy methodologies to tailor their method to the unique patient, i.e. promoting their 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 17 articles in international peer-reviewed journals.
- ✧ Acquired insights into the latest updates by arranging and presenting at international conferences for NAPP.
- ✧ Co-authored a textbook at Gyldendal 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.

Film and Media Recognition

2021 – Present

- ✧ Co-directed and produced the multi-award-winning documentary *LOOK UP—The Science of Cultural Evolution*, exploring the intersection of psychotherapy and cultural wisdom. This film has garnered international acclaim and serves as an educational resource across disciplines.
- ✧ Internationally recognized in documentary filmmaking for *LOOK UP—The Science of Cultural Evolution*.

Clinical Psychologist | Group and Individual Therapist

2013 –2021

Oslo University Hospital (Department of Personality Psychiatry):

- ✧ Aided patients in mentalizing in a collaborative team of expert psychotherapists, 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:

- ✧ Taught how to explore, investigate, interpret, and communicate findings of interest for psychotherapy research, by providing guidance, and holding space for master students.
- ✧ 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.

Executive Coach and Leadership Consultant

2012 – 2022

AS3 Norge:

- ✧ Enhanced webpage aesthetics and functionality through regular updates.
- ✧ 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.
- ✧ I served as a seminar leader for the following courses: PSY1000, PSY1101, and PSY1010.

Therapy rater for Harvard-Professor Leigh McCullough

2009 –2011

PROCMAP project at Modum Bad:

- ✧ Collaborated with Harvard Professor Leigh McCullough to train 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**Guest Editor**

2022 – 2024

Frontiers Psychiatry

- ✧ Co-led the development and publication of the Research Topic Self-Understanding and Other-Understanding in Personality Pathology, in collaboration with Majse Lind and Erin Kaufman, enriching the journal's focus on contemporary issues in personality pathology through curated interdisciplinary articles.
- ✧ Curated and oversaw peer review of interdisciplinary articles, establishing robust scholarly connections across international research communities.

Examiner in Psychological Treatment and Research (PSYC4310)

2018 – Present

University of Oslo

- ✧ Evaluated student understanding in PSYC4310, focusing on advanced psychotherapy methods and research approaches integral to my field of expertise.

Therapy Rater And Clinical Psychologist (Department of Personality Psychiatry)

2013 –2014

Oslo University Hospital

- ✧ Collaborated with Professor Sigmund Karterud in establishing *The Quality Lab for Psychotherapy*.
- ✧ Secured operational permits for the Quality Lab, ensuring compliance with strict privacy regulations in psychotherapy.

Journalist

2007

- ✧ Journalistic Contributions: Published articles in *Ny Tid* on topics like science, new technology, music, ecological agriculture and spiritual trends, highlighting expertise in communication and public engagement.
- ✧ *Vinterfestspillene i Bergstaden*: Author for the official program for the 2007 festival, providing context and thematic exploration of festival pieces.
- ✧ Published a feature in *Nemi*, exploring the life and innovations of Nikola Tesla.
- ✧ Published an interview with philosopher Arne Næss in *Aesculap* (2000), highlighting critical insights into his philosophy and environmental ethics.

Health Educator

2000 – 2002

MSO-OSLO (medisinernes seksualopplysning)

- ✧ Educated students in sexual health through *Medisinernes Seksualopplysning*, Oslo.

Research Fellowship

2000 – 2001

UiO funded by the Norwegian Cancer Society

- ✧ Research Fellowship at the Institute of Nutritional Research, University of Oslo (2001), studying under Professor Rune Blomhoff with support from the Norwegian Cancer Society. Research focused on antioxidants.

Professional Classical Guitarist

1996 – 2001

- ✧ Notable Performances: Debut recital at Universitetets Aula, Oslo (Sept 28, 2001). Recently returned to performing with the concert "Airy Melodies" at Universitetets Aula, Oslo (March 1, 2024), blending classical guitar with innovative interpretations. A live recording of the Fugue from BWV 998 by J. S. Bach, from the University Aula March 1, 2024 can be seen here: <https://youtu.be/WewW5LE-mMk>
- ✧ An animated studio recording of the Fugue from BWV 998 by J. S. Bach can be watched here: https://youtu.be/k57-qFc_mPo
- ✧ Studied under esteemed instructors, including Geir-Otto Nilsson and Erik Stenstadvold at the Norwegian Academy of Music.
- ✧ Masterclasses with internationally acclaimed guitarists and composers, including Elefteria Kotiza, Roland Dyens, Carlo Domeniconi, Marco Socias, Elena Papandreou, and the Assad brothers, as well as Grammy-winning guitarist David Russell.
- ✧ Recipient of *Drammen Kommune's Cultural Scholarship* (1996) and *Harald Lyche's Scholarship*, awarded for excellence in classical guitar.

- ✦ Performed with the *Oslo Symphony Orchestra* as a soloist (2001) in Rodrigo's *Concierto de Aranjuez*.
- ✦ Other notable concerts include performances at *Musikkens Venners' 75th anniversary* and numerous solo appearances.
- ✦ Currently in the process of recording the lute music by J. S. Bach, which will be published on YouTube, and other platforms.

Other Experience:

- ✦ **Student in the Diamond Approach (contemporary spiritual path)**, in a group led by Sandra Maitri, 2005 – 2018
Was also part of the Teacher Training (EURISNG) for three years.
- ✦ **Student of Dan Brown**, PhD, Mahamudra (Pointing Out the Great Way), 2011 – 2018
- ✦ **Arica School Training:** Engaged in "The Couple for Evolution" (2007) and "The Mentations/Deviations" (2008) training programs, both of which emphasize advanced personal development techniques. These spiritual practices complement my psychological expertise, informing a holistic coaching and therapeutic approach.
- ✦ **Apprentice of Guillermo Arévalo Ketsembetsa**, in Peru, 2008.
Completed intensive training in Amazonian plant medicine and traditional healing practices under Guillermo Arévalo, a respected Shipibo vegetalista. This experience provided a foundation in the application of indigenous knowledge systems in therapeutic contexts.
- ✦ **Amateur Chess Player.** Rating on chess.com: 1910 <https://www.chess.com/member/unenumerated>
- ✦ **Competing Athlete 200/400 meter**, 1996 – 2000
Finalist in 400-meter sprint, Norwegian Junior Athletics Championship (1999). Bronze medal in 4x400 meter relay, Norwegian Senior Championship (1999).

EDUCATION & CERTIFICATIONS

- ✦ **Honours Program in Natural Sciences – AI and Data Modelling**, University of Oslo, 2025 – 2028 (ongoing)
Specialization in Mathematics: Data, Modelling, and Calculations (i.e., AI)
- ✦ **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 Degree in Psychology** (equivalent to Psy.D.), The University of Oslo, 2008 – 2014
- ✦ **Professional Degree in Journalism**, Oslo Metropolitan University, 2006 – 2009
- ✦ **Professional Degree in Medicine** (equivalent to M.D.), The University of Oslo, 2000 – 2002 (unfinished)
- ✦ **Upper Secondary School**, 1999
- ✦ **Hospitant**, The Norwegian Academy of Music (NMH), 1996 – 1999

CERTIFICATES AND TRAINING:

- ✦ MIT Sloan Executive Certificate in Management and Leadership, 2019 – 2020
- ✦ INSEAD Coaching Certificate (ICC), 2018
- ✦ Oxford Algorithmic Trading Programme, 2021
- ✦ Stanford Stanford Child Development: Behavior and Mental Health, 2024

In progress/planned:

- ✦ London School of Economics – MBA Essentials, 2025
- ✦ London School of Economics – Machine Learning: Practical Applications, 2025
- ✦ Harvard – Higher Education Teaching Certificate, 2025
- ✦ MIT – Unsupervised Machine Learning: Unlocking the Potential of Data, 2025
- ✦ Yale – Accelerated Management Program, 2025

TECHNOLOGY & TOOLS

Proficient in Microsoft Office, Python, JavaScript, Smart Contract Programming, Joomla, HTML, Photoshop, Final Cut Pro, Blockchain Technology, and MATLAB.

LANGUAGES

English (Proficient) | **Norwegian** (Proficient) | **Japanese** (Learning) | **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. Lind, M., Folmo, E., & Kaufman, E. (2024). Self-understanding and other-understanding in personality pathology. *Frontiers in Psychiatry*, 15, 15. <https://doi.org/10.3389/fpsy.2024.1328860>
12. 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>
13. 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>
14. Tobiassen, A. H., Sundal, T., Stänicke, E. & Folmo, E. J. (2023). [The cultural change narrative as a core component of therapeutic change](https://doi.org/10.3389/fpsy.2023.1149984) *Frontiers Psychiatry*. <https://doi.org/10.3389/fpsy.2023.1149984>
15. Hummelen, B., Langjord, T., Paap, M. C. S., Folmo, E. J., Pedersen, G., & Braeken, J. (submitted). Differential item functioning for gender and age of the DSM-IV borderline personality disorder criteria in a large clinical sample. *Journal of Psychopathology and Behavioral Assessment*. [Accepted/In press].
16. Folmo, E. J., Vinge, A., Løvenskiold, T., Andersen, R., & Stänicke, E. (submitted). Common factors influence on personality coaching from the coaches' perspectives. [Manuscript submitted for publication].
17. Folmo, E. J., Garred, S., Maisey, E., Tørmoen, A. J., & Oddli, H. W. (submitted). Unfolding the micro-processes characterizing the therapeutic alliance in DBT and MBT. [Manuscript submitted for publication].

EDITOR

- Bogaerts, A., Claes, L., Raymaekers, K., Buelens, T., Bastiaens, T., & Luyckx, K. (2023). Trajectories of adaptive and disturbed identity dimensions in adolescence: developmental associations with self-esteem, resilience, symptoms of depression, and borderline personality disorder features. *Frontiers in psychiatry*, 14. <https://doi.org/10.3389/fpsy.2023.1125812>
- 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>
- Hestbæk, E., Hasselby-Andersen, M., Juul, S., Beier, N., & Simonsen, S. (2022). Mentalizing the patient—Patient experiences with short-term mentalization-based therapy for borderline personality disorder: A qualitative study [Original Research]. *Frontiers in psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.1088872>

Marconi, E., Fredda, G., Kotzalidis, G. D., Janiri, D., Zani, V., Vitaletti, D., Simone, M. V., Piciollo, S., Moriconi, F., & Di Pietro, E. (2023). Outpatient care for adolescents and young adults (AYA) mental health: Promoting self-and others' understanding through a Metacognitive Interpersonal Therapy-informed psychological intervention. *Frontiers in psychiatry*, *14*, 1221158. <https://doi.org/10.3389/fpsy.2023.1221158>

Szily, D., Kelemen, R., SNagy, Z., Szabó, D., & Unoka, Z. (2023). Disturbed body schema, perceptual body image, and attitudinal body image in borderline personality disorder. *Frontiers in Psychiatry*, *14*. <https://doi.org/10.3389/fpsy.2023.1168611>

Wang, R., An, C., Wang, J., & Zhang, T. (2024). Childhood maltreatment and personality disorders in adolescents and adults with psychotic or non-psychotic disorders [Original Research]. *Frontiers in psychiatry*, *15*. <https://doi.org/10.3389/fpsy.2024.1336118>

Guest Editor at Frontiers (2022–2023). Research Topic: [Self-Understanding and Other-Understanding in Personality Pathology](#)

BOOKS

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

Myhrvold, N. C. S., & Folmo, E. J. (2024). *Se opp! Kolofon forlag*. <https://ebok.no/eboker/helse-og-livsstil/se-opp-espen-folmo-9788230026915/>

Myhrvold, N. C. S., & Folmo, E. J. (2024). *Look Up! Kolofon forlag*.

https://play.google.com/store/books/details/Espen_Folmo_Look_up?id=04YuEQAAQBAJ&pli=1

<https://books.apple.com/us/book/look-up/id6651838831>

<https://www.amazon.com/Look-up-Espen-Folmo-ebook/dp/B0DLPHS87G>

TRANSLATIONS

Espen Jan Folmo, Tuva Langjord, Tore Buer Christensen, and Benjamin Hummelen (2024). Norwegian translation of the Structured Clinical Interview for the DSM-5 Alternative (Section III) Model for Personality Disorders (SCID-5-AMPD): Scale for Level of Personality Functioning, Module I. Gyldendal Norsk Forlag. Originally authored by Donna S. Bender, Ph.D., Andrew E. Skodol, M.D., Michael B. First, M.D., John M. Oldham, M.D. The translation was carried out in collaboration with the Research Group for Personality Psychiatry at the University of Oslo.

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] <https://www.duo.uio.no/handle/10852/99803>

WEB PAGES

1. YouTube Channel: <https://www.youtube.com/c/EspenJanFolmo>
2. Darkness Retreat Norway: <https://darknessretreat.no/>
3. LinkedIn Profile: <https://www.linkedin.com/in/espenfolmo/>
4. Professional Website: <https://www.espenfolmo.no/>
5. Google Scholar – Academic Publications: <https://scholar.google.no/citations?user=LpNgqcAAAJ&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>

(This Blockchain documentart was our first amateur-project as film-makers.)

2. Myhrvold, N. C. S., & Folmo, E. J. (2024). LOOK UP—The Science of Cultural Evolution.

An internationally recognized documentary exploring the intersections of psychotherapy and cultural wisdom.

YouTube Link to LOOK UP: <https://youtu.be/wHyoEB7lJKU>

Vimeo Link to LOOK UP: <https://vimeo.com/997245394>

Official Trailer: <https://youtu.be/qPyRfZJMIF0>

IMDB: <https://pro.imdb.com/title/tt34540212/images>

TESTS AND SCORES

- TOEFL: April 23, 2022 – Scored 110 out of 120.
- GMAT: TBA
- Japanese-Language Proficiency Test (JLPT) N5: TBA
- Hoeflin «High-IQ Tests»:
 - Titan Test: January 6, 2003 – IQ 164, 99.997th percentile
 - Mega Test: December 5, 2002 – IQ 174, 99.9978th percentile
 - Ultra Test: January 6, 2003 – IQ 172, 99.9997th percentile
 - Power Test: November 2, 2001 – IQ 160, 99.99th percentile

Though I view IQ tests with skepticism, these untimed, highly challenging tests measured not just problem-solving but also creativity, perseverance, and stamina over extended periods.

ACKNOWLEDGEMENTS IN PUBLISHED WORK

Contributed to the integration of the concept that each new prime number includes Fibonacci numbers of the form $n \pm 1$ as factors (which may be understood as an expansion of Carmichael's theorem) in this publication:

Johansen, S. E. (2010). Complete exposition of non-primes generated from a geometric revolving approach by 8×8 sets of related series, and thereby ad negativo exposition of a systematic pattern for the totality of prime numbers. *Journal of Dynamical Systems and Geometric Theories*, 8(1), 73-102. <https://doi.org/10.1080/1726037X.2010.10698582>

Volunteer and Organizational Roles

- ✧ Organized the HUG Concert (2001) at Universitetets Aula, raising funds and awareness for the Nobel-winning organization Médecins Sans Frontières, enhancing the university community's engagement with global humanitarian causes.
- ✧ Committee member for the Ticonstipendet award selection (1997).
- ✧ Board member of "Musikkens Venner Drammen" (1997).