Olle Lindholm

Psychologist (PTP) & Writer
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SUMMARY

Clinical psychologist (*PTP-psykolog*) trained at Karolinska Institutet with a decade of prior senior experience in editorial leadership, strategic communications, and publishing. Specialised in Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and evidence-based behaviour change. Brings a rare blend of clinical rigour and narrative clarity—bridging empirical psychology, clear patient communication, and complex organisational strategy.

CORE CAPABILITIES

- **Clinical Psychology & Interventions:** Cognitive Behavioural Therapy (CBT) · Acceptance and Commitment Therapy (ACT) · Dialectical Behaviour Therapy (DBT skills) · Emotion-Focused Therapy (EFT) · Clinical Diagnostics & Psychiatric Triage · Chronic Pain Behavioural Medicine
- **Editorial Leadership & Writing:** Editorial Direction · Science & Health Communication · Publication Strategy · Book Author (*The Inner Scorecard*) · Long-form Essays & Newsletters · Brand Voice & Architecture
- **Strategy & Research:** Behavioural Science Translation · Qualitative & Quantitative Research · Cross-functional Team Leadership · Educational Curriculum Design · Public Speaking & Workshop Facilitation

CLINICAL EXPERIENCE

PTP-psykolog – Svea KBT, Solna

2026 – Present

- Practical clinical training (*praktisk tjänstgöring för psykologer*) on the statutory pathway to full clinical licensing (*legitimerad psykolog*).
- Deliver individual cognitive behavioural therapy (CBT) and Acceptance and Commitment Therapy (ACT) across outpatient presentations including anxiety disorders, depression, stress-related exhaustion, and life transitions.
- Conduct structured diagnostic assessments, treatment planning, and outcome monitoring in private clinical practice.

Clinical Placements – Region Stockholm

2025 – 2026

- **Beteendemedicin, Karolinska Universitetssjukhuset (2025–2026):** Conducted specialised clinical assessments and delivered Acceptance and Commitment Therapy (ACT) for chronic pain conditions under licensed clinical supervision.
- **Specialistpsykiatrisk mottagning Nacka (2025):** Performed comprehensive psychiatric evaluations; delivered individual CBT for specific phobias (emetophobia); co-facilitated DBT skills training groups for adult ADHD (Hesslinger model) and Emotion-Focused Therapy (EFT) process groups.
- **Gustavsbergs vårdcentral (2025):** Provided primary care psychiatric triage and delivered focused, short-term CBT interventions for depression, panic disorder, generalised anxiety, and insomnia.

EDITORIAL & STRATEGIC BACKGROUND

Editor – Oma Agency

2023 – 2025

- Directed publication strategy, high-impact newsletters, and editorial tone for agency clients across diverse sectors.
- Translated complex concepts into accessible, engaging editorial formats.

Founder & Writer – Olle Lindholm Media

2015 – Present

- Author of *The Inner Scorecard* (2020) and publisher of a long-running weekly newsletter on evidence-based habits, psychological flexibility, and personal development.
- Byline appearances in *Lifehack*, *The Next Web*, *SitePoint*, and *Flippa*.

> *"Olle is exceptionally passionate about content and has the rare talent of being both a superb, creative writer as well as highly organised and efficient in management." – **Nick Kenn**, Chief Product Officer*

Content Director – Spoon Marketing Tech

2020 – 2021

- Led Nordic B2B and B2C content campaigns, audience research, and educational publishing initiatives.
- Integrated behavioural principles into content systems, audience retention, and editorial workflows.

> *"Olle är ansvarstagande och en fena på struktur! Han har dessutom ett stort intresse för marknadsföring och dess psykologi – kunskap som har kommit väl till pass i vårt arbete." – **Elisabet Berner Holborn**, Digital Marketing Specialist*

Marketing Manager – Spoon Publishing

2016 – 2020

- Managed a cross-functional team of writers, designers, and digital strategists steering the Spoon brand across the Nordic markets and the UK.
- Oversaw international editorial campaigns, event programmes, and brand communications.

> *"Olle has been a highly appreciated, loyal and effective partner in building Spoon's brand across the Nordic markets and beyond." – **Björn Owen Glad**, Brand Strategist & Creative Leader*

Early Career & International Roles

2009 – 2014

- **Editor**, Flippa (Melbourne, 2013)
- **Tutor & Localisation Manager**, University of Melbourne & GiggleUp (2011–2013)
- **Social & Market Research Assistant**, ORC International (2010–2014)

EDUCATION

- **Psykologprogrammet (MSc in Psychology)** – Karolinska Institutet, Stockholm 2021 – 2026
  Master's thesis conducted at Centrum för Psykiatriforskning (CPF).
- **MSc in Strategic Communication** – Lund University 2014 – 2016
  Master's thesis on institutional communication, crisis framing, and cyberbullying.
- **BA in Media & Communications, Creative Writing & Diploma in Modern Languages (Spanish)** – University of Melbourne 2009 – 2012

SELECTED SPEAKING & PUBLICATIONS

- **Book:** *The Inner Scorecard* (Olle Lindholm Media, 2020).

- **Guest Lecturer & Speaker:** Karolinska Institutet (Attraction & Relationship Psychology, 2022–Present); Medieinstitutet Stockholm (Digital Content Strategy, 2017); Multikanalstrategidagen (2019).
- **Academic Research:** Master's Thesis, CPF / Karolinska Institutet (2025–2026); Master's Thesis, Lund University (2016).

COMMUNITY & GOVERNANCE

- **Board Member (Valberedningen)** – BRF Diktaren
- **Secretary & Board Member** – Casa Alianza Sweden (raising awareness and funds for street-connected children in Guatemala)
- **Community Organiser** – International Writers' Group & Stockholm Book Club