

Camilla Sköld, PhD & RPT

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CURRENT POSITIONS

- 2012- **Director and head of Teacher Training in Mindfulness and Compassion Based programs, Center for Mindfulness Sweden, CfMS.** This role entails: leadership and co-working, creation of longer and shorter trainings, teaching and administration (webpage, newsletter, invoicing etc)
- 2007- **Course Coordinator, Dept of Clinical Sciences Danderyd Hospital, Karolinska Institutet, KI DS.** This role entails: teaching, supervision, research and administration

ACADEMIC BACKGROUND

- Doctor of medicine in neuroscience (PhD)* February 2, 2001
 Department of Clinical Neuroscience, Karolinska Institutet
 External opponent: Professor Birgitta Öberg
- Registered Physiotherapist (RPT) (Fysioterapeut-programmet)* January 15, 1993
 Department of Physiotherapy, Karolinska Institutet

PROFESSIONAL TRAINING

- 2019 **Certified Teacher** of Mindful Self-Compassion, **MSC** from University of California San Diego School of Medicine, US with founder Christopher Germer and Kristin Neff (300 hours)
- 2017 **Certified Teacher Trainer** in Mindfulness Based Stress Reduction, **MBSR** from Univeristy of Massachussetts Medical School, US (100 hours)
- 2014 **Foundational Training in Cognitive Relational Psychotherapy** from Kognitiva Relationella Institutet, KRI, Stockholm (in Swedish steg 1, 4 semesters part-time)
- 2012 **Teacher Certification** in Mindfulness Based Stress Reduction, **MBSR** from University of Massachussetts Medical School, US with founder Jon Kabat-Zinn and colleagues (600 hours)
- 2009 **Certified Yoga Teacher** according to Yoga Alliances (200 hours)
- 2004 **Certified Teacher** in Mindfulness Based Cognitive Therapy, **MBCT** with Mark Williams (founder) at Karolinska Institutet (50 hours)

RETREAT EXPERIENCE

- 2003- In accordance with **international guidelines (IMInetwork.org)** in teaching mindfulness I have attended silent retreats on a regular basis and to this date **about 30 retreats** from different traditions (Zen, Vipassana, Non-dual, Insight, Tibetan etc.). **2/3 have been 7-10 days and 1/3 3-6 days.**

PROFESSIONAL EXPERIENCE

- 2026- **Svartsjö Prison**, 8-week MBSR (Mindfulness Based Stress Reduction) a course for male inmates' security level 3 (*spring*)
- 2025- **Swedish Parliament**, 6-week MBCT (Mindfulness Finding Peace in a Frantic World) a course for Parliamentarians (*a pilot and a 1st intervention group (spring/fall/spring)*)
- 2025 8-week MBSR course for the **medical team of the Swedish Armed Forces Command Regiment** (*ledningsregimentet Försvarsmakten*) (*spring*)
- 2022-2023 6-week MSC (Mindful Self-Compassion) for the **medical staff at the Karolinska Hospital** (*6 courses*)
- 2008-2019 **Lecturer at the psychotherapy training** (Swedish steg 1) at Ersta Sköndal Högskola. Mindfulness as an integrated and foundational part of this training
- 2013- Leading 1–5 day **silent retreats** at CfMS. Two 5-day-retreats yearly and shorter ones more often
- 2012- **Teacher and Teacher Trainer** in Mindfulness Based Programs (MBSR, MBCT, MSC) at Center for Mindfulness Sweden, CfMS (*more than 100 courses and 20 Teacher Trainings*)
- 2005-2012 **Project management and lecturer** at Empatica. Courses in cognitive approach and mindfulness for personal working in e.g. outpatient and psychiatric care
- 2007- **Lecturer Mindfulness Based Stress Mangement, MBSM**, elective course within programs for students at KI DS (*two 7.5 credit courses each year*)
- 2006-2007 **Project management and lecturer** at KI DS. Research, development and teaching in mindfulnessbased methodology.
- 2002-2004 **Started and led an outpatient clinic** for patients with problematic spasticity and pain. Body Mind methods was offered together with traditional treatment (physical, pharmacological and surgical) at Karolinska Hospital
- 2002-2006 **Responsible for Research Education and Development** (in Swedish FoUU) at the Physiotherapy Department, Danderyds Hospital
- 2002-2005 **Lecturer in physiology** for physiotherapy students in training
- 2001 **Postdoc Clinical Research** evaluated intrathecal Baclofen for patients with a Spinal Cord Injuries at the Department of Neurology, Karolinska Hospital
- 1993-2001 **Registered Physiotherapist, RPT**. Rehabilitation of patients with Traumatic Spinal Cord and Brain Injuries at Karolinska Hospital

INVITED TEACHER AND TRAINER INTERNATIONALLY

- 2011-2013 **Invited Teacher Trainer in MBSR** at Center for Mindfulness, University of Massachusetts Medical School, US
- 2019- **Invited Teacher in Mindfulness Supervision Training** Present Mind with Lot Heike, the Netherlands

TEACHING EXPERIENCES

I have approximately 25 years of teaching experience at universities in Sweden and the United States. Following the completion of my PhD, introducing body–mind approaches into the rehabilitation of patients with neurological injuries and diseases. Many of these individuals faced profound challenges after acquiring what they described as a “new” body—one that no longer functioned as it once had. This often evoked complex emotions, as well as self-critical and judgmental thoughts.

In response, I began offering courses for patients and developed a structured 10-week program inspired by Zen meditation, Awareness through movement and Focusing exploring the felt sense of thoughts and

emotions. Shortly thereafter, encountering Jon Kabat-Zinn's groundbreaking program in Mindfulness-Based Stress Reduction (MBSR), now widely regarded as the flagship among mindfulness-based interventions worldwide. Participants consistently expressed a deep reluctance for the program to end, describing a fundamentally new relationship to their symptoms and to their "new" bodies. While their symptoms did not necessarily disappear, their quality of life improved significantly.

My own professional training journey took me to original training centers in the United States and England, and from early on I was determined to bring this methodology to Sweden. In 2007, we established the first university-based course in Mindfulness-Based Stress Management (7.5 ECTS credits) at Karolinska Institutet (KI) and the Center for Mindfulness Sweden (CfMS) was founded to offer teacher training in delivering MBSR programs, with the long-term intention that this extended teacher training would eventually be integrated within a university setting.

MBSR is an empirically supported eight-week psycho-educational group intervention, teaching mindfulness meditation for coping with stress, pain and illness. The program is based on experiential learning, group dialogue and sharing, and some didactic presentations. MBSR is offered at all top universities (Harvard, Yale, Oxford, Cambridge etc.) since many years.

To this date I have led hundreds of group-programs and courses and am teaching at multiple levels, including undergraduate and advanced programs, professional teacher training, and supervision. I also contribute to an international training program preparing supervisors in mindfulness-based interventions.

Our work at Karolinska Institutet has generated broader academic and societal impact. Professor Karen Brounéus has brought the course to Uppsala University since 2023, and I now have the pleasure of collaborating with her on her recent initiatives exploring the application of mindfulness within the Swedish Parliament and the Swedish Prison and Probation Service. I am very grateful for being part of these hopeful and highly meaningful projects.

COLLEGIAL RESPONSIBILITIES

- 2019-2023 **EAMBA** (Earth Alliances of Mindfulness Based Associations) board member
- 2018- **MBTASweden** (Mindfulness Based Teacher Association Sweden) initiator and president
- 2015- **IMINetwork** (International Mindfulness Integrity Network) part of the initial advisory group and later also the working group

MEDIA OUTREACH

- 2025 Kropp & Själv i P1 "Stoppa jobbiga tankar – så gör du" (sept) www.sverigesradio.se
- 2025 Kropp & Själv i P1 "Lev långsamt – Ät långsamt" (mars) www.sverigesradio.se
- 2024 Talkshow i P1 "Folkhälsomeditation och vad händer i hjärnan när vi mediterar" (sept) www.sverigesradio.se
- 2024 Podcast Rakt in i väggen "Självmedkänsla, meditation & mindfulness" (aug) www.raktinivaggen.com
- 2022 Mindfully podcast "Om meditation & trauma" (mars) www.mindfully.nu
- 2021 TV4 "Så kan cancer upptäckas med pungmeditation" www.tv4.se
- 2019 Mindfully podcast "Meditation och hjärnan" (juli) www.mindfully.nu
- 2019 Närvaropodden "Samtal om närvaro och medkänsla" #031 (mars) www.renander.nu/narvaropodden/
- 2016 DI "Minska jobbstress med mindfulness" intervju av Björn Hedensjö (nov) www.di.se
- 2010 DN Insidan "Smärtan och stressen försvann" intervju av Thomas Lerner (jan) www.dn.se
- 2009 SVD "Fem frågor - Hur går Mindfulness till" intervju av Agneta Lagercrantz (mars) www.svd.se

LIST OF PUBLICATIONS (complete)**Mindfulness**

Sköld C., Steen A., Niemi M., Vinnars B., Kiessling A (2025). Sustainable benefits of mindfulness training in health professions education. BMC Med Edu 25(1):451 DOI: [10.1186/s12909-025-06998-y](https://doi.org/10.1186/s12909-025-06998-y).

Sköld C (2024) Meditationsmetoder. Studentlitteratur 2024:39;551-8

Lilja J., Frodi-Lundgren A., Johansson Hanse J., Josefsson T., Lundh L-G., **Sköld C.**, Hansen E., Broberg A (2011) Five Facets Mindfulness Questionnaire – Reliability and Factor Structure: A Swedish Version. Cog Behav Ther 40(45):291-303 DOI: [10.1080/16506073.2011.580367](https://doi.org/10.1080/16506073.2011.580367)

Åsberg M., **Sköld C.**, Wahlberg K., Nygren Å (2006) Mindfulness meditation – an old fashion method for stress relief. Läkartidningen 103(42):3174-7

Other

Bergfeldt U., **Sköld C.**, Julin P (2009) Short Form 36 assessed health-related quality of life after focal spasticity therapy. J Rehab Med 41(4):279-81 DOI: [10.2340/16501977-0318](https://doi.org/10.2340/16501977-0318)

Björklund K., **Sköld C.**, Andersson L., Dalén N (2006) Reliability of a criterion-based test of athletes with knee injuries; where the physiotherapist and the patient independently and simultaneously assess the patient's performance. Knee Surg Sport Trauma 14(2):165-75 DOI: [10.1007/s00167-005-0658-1](https://doi.org/10.1007/s00167-005-0658-1)

Sköld C., Harms-Ringdahl K., Seiger Å (2002) Movement-provoked muscle torque and emg activity in long-standing motor complete spinal cord injured individuals. J Rehab Med 34(2):86-90 DOI: [10.1080/165019702753557881](https://doi.org/10.1080/165019702753557881)

Sköld C., Lönn L., Harms-Ringdahl K., Hultling C., Nash MS., Seiger Å (2002) Effects of functional electrical stimulation training for six months on body composition and spasticity in motor complete tetraplegic spinal cord-injured individuals. J Rehab Med 34(1):25-32 DOI: [10.1080/165019702317242677](https://doi.org/10.1080/165019702317242677)

Sköld C (2000) Spasticity in spinal cord injury: Self- and clinically rated intrinsic fluctuations and intervention-induced changes. Arch Phys Med Rehab 81(2):144-9 DOI: [10.1016/S0003-9993\(00\)90132-1](https://doi.org/10.1016/S0003-9993(00)90132-1)

Sköld C., Levi R., Seiger Å (2000) Spasticity after traumatic spinal cord injury: Nature, severity, and location. Arch Phys Med Rehab 80(12):1548-57 DOI: [10.1016/S0003-9993\(99\)90329-5](https://doi.org/10.1016/S0003-9993(99)90329-5)

Sköld C., Harms-Ringdahl K., Hultling C., Levi R., Seiger Å (1998) Simultaneous Ashworth Measurements and Electromyographic recordings in tetraplegic patients. Arch Phys Med Rehab 79(8):959-65 DOI: [10.1016/S0003-9993\(98\)90095-8](https://doi.org/10.1016/S0003-9993(98)90095-8)