

Professional Expertise

Psychosomatic and social considerations in connection with health and illness

To deliver results in the Health Clarification Team demands professional expertise relating to the psychosomatic and social correlations in regard to health and illness.

Ingrid is employed as a special consultant in psychology, and when resolving the problems attached to the job, she brings into effect the knowledge and experience that she has gained through many years working in the area. She keeps herself abreast of updates in her field, and is well able to transcribe her knowledge into practical recommendations which are easy to understand for the consultants in need of the team's advice.

During consultations and subsequent analysis she contributes to the assessment of the clients' resources. She engages constructively, and brings to bear the comprehensive insights of her psychological understanding to the pedagogical effort, to ensure optimization of the client's resources on entering the job market.

As our clients are culturally diverse refugees and immigrants, solving their problems demands the ability to transpose knowledge and experience into other cultural contexts. This Ingrid does with great wisdom and great sensitivity.

Experience

Clarification of complicated health problems

When Ingrid joined our team she came to us with 10 years experience as a health psychologist, supporting people suffering from depression or chronic illnesses. This experience in rehabilitation has given her a tremendous understanding of the value of *empowerment* as a means of achieving optimal functionality for people with a variety of problems related to the job market. In particular, her work with the integration of people suffering chronic pain to our team has added to our resources. In the three years that we have been working in the Health Clarification Team, Ingrid has analysed and explained numerous facets of many complicated illnesses. She has deepened her knowledge of the psychosomatic suffering of people afflicted by war trauma, which has enabled her to advise our consultants on suitable strategies to implement for our clients to ensure that all of their resources are utilized thoroughly.

Cooperation

As a colleague Ingrid is a happy and positive person, with great reserves of energy. She solves problems. In stressful situations, she keeps her head. She works resolutely to

ensure that everyone cooperates to the best of their abilities, even in demanding situations with frequently changing collaborators.

She is able and prepared to share her knowledge and expertise in our multidisciplinary groups, and contributes to our efforts to constantly improve.

Helle Habla
Project Manager
Health Clarification Team
Employment and Integration Agency
Copenhagen Municipality