

BIOGRAPHY

PROFESSOR STEPHEN PALMER PHD

Professor Stephen Palmer PhD is an award winning psychologist. He is Founder Director of the Centre for Coaching and the International Academy for Professional Development, London, UK. He is Founder Director of the Coaching Psychology Unit, City University London. In 2001 he became the UK's first Visiting Professor of Work Based Learning and Stress Management at the Institute for Work Based Learning, Middlesex University. He is Honorary Consultant Director of the Coaching Psychology Unit at the Federal University of Rio de Janeiro, Brazil.

He is a Chartered Psychologist, Chartered Scientist, Chartered Biologist, an Association for Professional Executive Coaches & Supervisors (APECS) Accredited Executive Coach and APECS Accredited Executive Coach Supervisor, an International Society for Coaching Psychology Accredited Coaching Psychologist and Supervisor. He holds the European Certificate of Counsellor Accreditation and European Certificate in Psychology (clinical and health). He is on the BPS SGCP Register of Coaching Psychologists. His PhD thesis was titled, Stress: Theoretical and Applied Perspectives.

He is Honorary President of the International Society for Coaching Psychology, Honorary Fellow and Honorary President of the International Stress Management Association (UK). He was the first Honorary President of the Association for Coaching and is now an Honorary Life Fellow. He was the first Chair of the British Psychological Society Special Group in Coaching Psychology. He is a Founder Director and Fellow of the Society for Dialectical Behaviour Therapy.

He is Co-Editor of the International Coaching Psychology Review, founding Executive Editor of Coaching: An International Journal of Theory, Research and Practice, Consultant Editor of the International Journal of Health Promotion and Education, Consultant Editor of The Coaching Psychologist. He has written over 225 articles and authored or edited 47 books including Handbook of Counselling (with McMahon, Routledge, 1997) and the Handbook of Coaching Psychology (with Whybrow, Routledge, 2007). He edits a number of book series including Coaching Psychology (Routledge), Essential Coaching Skills and Knowledge Series (Routledge), and Brief Therapies (Sage).

He received from the British Psychological Society, Division of Counselling Psychology, the Annual Counselling Psychology Award for 'Outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000'. The Institute of Health Promotion and Education awarded him an Honorary Fellowship for his 'Outstanding contribution to the theory and practice of health promotion and health education'. In 2004 he received an Achievement Award from the Association for Rational Emotive Behaviour Therapy. In 2008 the British Psychological Society, Special Group in Coaching Psychology gave him the 'Lifetime Achievement Award in Recognition of Distinguished contribution to coaching psychology', awarded at the 1st European Coaching Psychology Conference, 2008.

See also: <http://www.city.ac.uk/arts-social-sciences/academic-staff-profiles/professor-stephen-palmer>