

LETTER OF RECOMMENDATION FOR MARTE JANNECKEN BIRKEMO
AARSLAND

TO WHOM IT MAY CONCERN

It is a great pleasure for me to be able to recommend Marte Jannecken Birkemo Aarsland for CTI faculty. Marte Aarsland is a professionally certified coach, physiotherapist, acupuncturist, Pilates instructor and CEO and owner of a private health clinic in Stavanger, Norway, and she has shown great courage and stamina in all her walks of professional life.

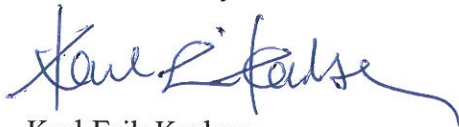
One of her absolute talents is her natural leadership qualities and eagerness to improve other people's quality of life. With her 20 years of experience she has shown her expertise in the breadth and width of her preoccupations and it takes guts and initiative to dive into new areas with the relative ease and compassion Marte Aarsland has done. She is particularly interested in, and good at, bringing greater awareness to the interaction between body and mind, thoughts, emotions, and behaviour, thereby always having her primary focus on the human being and its internal capacity to create self-awareness.

I have learnt to know Marte Aarsland as a socially active person with great integrity and with numerous leisure time interests in addition to being a loving mother and wife. Her family mean a lot to her and her solid balance between work and family is precisely what she manages to achieve.

With both her professional and personal qualities and credentials in mind, I have no hesitation in recommending Marte Aarsland for CTI faculty. Her international background will be an asset and her knowledge of different cultures and countries will no doubt be an advantage.

For the last fifteen years I have been head of department and clinically and administratively responsible for ABUP (Department of Child and Adolescent psychiatry), counting up to approximately 250 people at the moment of writing. In this expanding and crucial period our institution has increased research output considerably and we have adopted new and innovative methods of therapy. Among other things, we have initiated schemes of early intervention as part of preventative work methods and in the last years we have developed ways which have enforced our outward activities. More than ever before, we seek to meet and aid patients in their home environment with an aim to make the children feel more safe and secure.

Yours Sincerely



Karl Erik Karlsen

MD

Chief psychiatrist

Head of Department

Sørlandet Sykehus