

CURRICULUM VITAE



PSYCHOLOGIST, PhDr., Ph.D.

Surname: BENDA
Name: JAN
Date of birth: 12. 11. 1974
Marital status: divorced, one daughter

Memberships: Czech-Moravian Psychological Society
Czech Association for Psychotherapy

Summary, Clinical Focus, Special Interests:

I am a psychologist with 21 years of experience in the field of clinical psychology and psychotherapy, 15 years of practical experience in coaching managers and leading soft-skills trainings for corporate clients.

EDUCATION:

- 2015 – 2020 **Doctor of Philosophy (Ph.D.) degree in Psychology, clinical specialization**
- studies at Faculty of Philosophy and Arts, Department of Psychology,
Charles University in Prague, Czech Republic
- 1994 – 2001 **Doctor of Philosophy (PhDr.) degree in Psychology, clinical specialization**
- studies at Faculty of Philosophy and Arts, Department of Psychology,
Charles University in Prague, Czech Republic
- 1993 – 1994 **Introduction to social sciences** (history, philosophy, psychology, sociology)
- two terms studies at Pedagogical Faculty, Department of Social Sciences,
Jan Evangelista Purkyně University, Usti nad Labem, Czech Republic

SUMMARY OF EXPERIENCE:

- 2008 – present **Partner, senior consultant, lecturer, trainer, coach;** part time work
Facility: **Association of trainers of applied psychology LLC**
Summary: I am a co-owner of small-size education company A.T.A.P., LLC. I
cooperate as a lecturer and coach with other companies such as
Odyssey Network, Positive, etc.

Type of clients:	All ranks of managers of international corporations (banks, telecommunications, IT companies), from team leaders through middle management to board members.
Duties/Procedures:	<p>Development and performance of soft-skills trainings, designing and implementation of assessment and development centers for corporate clients. The most frequently addressed training topics include: Emotional Intelligence, Leadership, Managerial skills, Managerial styles, Coaching, Teambuilding, Intuition and Creativity, Communication skills, Assertiveness, Conflict Resolution, Negotiation, Time Management, Stress Management, Change Management, Self-Discovery, Personality Typology for Managers, etc.</p> <p>The courses are conducted interactively. Within the trainings I focus on analyzing the practical professional situations of the participants, discussions and dealing with case studies, group supervision (Balint groups), and various methods of group problem solving such as brainstorming, the Six Thinking Hats Strategy, the SWOT analysis, and swapping. The sessions also include presentation of diverse solutions and ideas of individual participants, "the best practice" sharing, modeling practical professional life situations, role playing, training for coping with and acting in model situations, moderation of participants' feedback, individual coaching by an instructor and peer coaching.</p>
Top skills:	Executive coaching, Leadership development, Workshop facilitation.
2006-present	Private psychotherapist – part time work
Facility:	Jan Benda, PhD., Ph.D. – private psychotherapeutic practice
Summary:	I run my own private practice for adult clients. When working with clients I focus on dealing with difficult life situations and crises, problems in partnership, traumatic experiences, anxieties, depressions, feelings of inferiority and guilt, conditions of exhaustion and hopelessness as well as psychosomatic conditions.
Type of patients:	Clients suffering from all types of neurotic, stress-related and somatoform disorders - phobic and other anxiety disorders, obsessive - compulsive disorders, reactions to severe stress, and adjustment disorders etc. as well as mood disorders - mainly manic episodes, bipolar affective disorders, and depressive disorders; disorders of adult personality, behavior and behavioral syndromes associated with physiological factors such as eating disorders, nonorganic sleep disorders, etc.
Clinical skills:	Psychotherapy, crisis intervention, critical incidents stress management, counseling.
2006 - 2008	Psychologist

- Facility: **Department of Intensive Medicine, Masaryk Hospital** (regional hospital), Usti nad Labem, Czech Republic
- Summary: I worked in Department of Intensive Medicine which consists of four units – two Intensive Care Units, one Critical Care Unit (total 36 beds), and Emergency Department. Based on requests I also cooperated with and performed my duties for other hospital departments such as Surgery dept., Medical dept., Oncology dept. etc.
- Duties/responsibilities: Providing psychological support to patients in critical and life-threatening situations resulting from injury or illness. Helping patients to deal with traumatic experience, providing psychological support to a dying person and work with family members of a dying patient during his treatment and after his death.
Providing psychological support to healthcare personnel of relevant departments using a Balint Groups form, individual counseling to doctors and nurses, giving lectures aimed for instance on burn-out syndrome, communication skills including management of challenging situations in communicating with patient, dealing with conflicts, etc.
- Clinical skills: Psychotherapy, crisis intervention, coaching, supervision, counseling, training and education of staff members.
- 2003-2006 **Psychologist**
- Facility: **Fire Rescue Service of the Usti nad Labem region**, Usti nad Labem, Czech Republic
- Summary: I worked for the Psychological service department of the Fire and Rescue Service. The department provides psychosocial assistance to firefighters as well as to victims of critical incidents and disasters, participates in choosing the suitable candidates for the work in Fire and Rescue Service, and firefighters for specialized positions in the Fire and Rescue Service; supplies documentation for HR Department.
- Duties/responsibilities: Psychological evaluation of job applicants seeking employment in the Fire and Rescue Service of the Czech Republic, as well as the drivers and candidates for specialized job posts, coordination of the assistance for the victims of extraordinary events provided in the framework of the so-called Psychosocial Intervention Teams; development, coordination and training of Intervention Teams within the relevant sphere of operation, provision of psychological support to the staff of the Fire and Rescue Service (crisis intervention, diagnostics or counseling, referral to other specialists or services) in cases of large-scale emergencies, provision of social and psychological support to the individual workplaces of the regional FRS (counselling for executives, lecturing of specialized trainings and courses, conflict mediation within

the teams, etc.)

Clinical skills: Psycho-diagnostics, psychotherapy, critical incident stress management, crisis intervention, counseling, training and education of employees and staff members

2001 – 2002

Psychologist

Facility:

Regional Center for School Counseling, Usti nad Labem, Czech Republic

Summary:

I worked in Counseling center which focuses on prevention and dealing with educational difficulties and learning disabilities in children at primary and secondary schools. The Center also offers counseling services to parents of the children and to pedagogues.

Duties/responsibilities:

Assessment of school readiness in the context of school admission consulting (delayed or early school entry); assessment of school failure, specific learning disabilities, behavioral problems and other school difficulties; assistance in coping with some of the learning difficulties, assistance in coping with adaptation difficulties related to either entering the primary school or transitioning between the different class levels of the education system; support for children with specific learning disabilities and behavioral problems using special education corrective techniques, personal development assessment focused on promoting the pro-social forms of behavior, preventing the negative phenomena/phenomenon in the social development and developing the self-knowledge; assistance in solving personal and family problems of the pupils and students, consulting services for students making a decision on their future studies and profession.

Clinical skills:

Psycho-diagnostics, testing, leading interviews, professional guidance of staff members, working with families, field-work, individual psychotherapy

1999 – 2000

Psychologist (eight months practice during basic military service)

Facility:

Central Military Hospital Prague – Department of Psychology, Prague, Czech Republic

Summary:

I worked in the Department of Psychology in one of the largest hospitals in the Czech Republic. The Department of Psychology provides a wide range of diagnostic, psychotherapeutic and counseling services for inpatients and outpatients. In addition to this it provides consulting services for the hospital departments as well as crisis intervention for patients and their families. The department uses the latest diagnostic equipment and the latest methods of psychological testing and also participates in their development and validation. The department has extensive experience in traffic psychological

examination and selection of persons for specific professions in the civilian sector as well as in armed forces which allows the department to be among leading offices of personnel selection for demanding professions and jobs.

Duties/responsibilities: Psycho-diagnostics of basic military service soldiers and professional soldiers, psychological testing, leading interviews, cooperation on creation of new diagnostic methods, participation in leading nursing staff.

Clinical skills: Psycho-diagnostics including using the latest methods of diagnostic tests.

Special courses and trainings:

- 2021 – Mindfulness- and Compassion-Oriented Integrative Psychotherapy – Introductory workshop
- 2018 – 2019 Compassion-Focused Therapy
- 2016 – 2021 Emotion-Focused Therapy Training
- 2013 – 2015 To search, to find, to let go – Self-development course
- 2007 – 2008 Education of Masaryk hospital management, held by company Aperta
- 2007 – Techniques of working with an aggressive client, course
- 2003 - 2007 – Pessio Boyden System Psychomotor Therapy – four years of self-experience training in psychotherapy, Remedium Praha
- 2005 – Peer-Support-Counsellor – psychological support and treatment for stress disorder
- 2005 – Stargate – study group on Non-Ordinary States of Consciousness
- 2004 – Critical Incident Stress Management Course
- 2004 – basic course on Crisis intervention, Remedium Praha
- 2003 – Focusing II. – interpersonal anchoring - workshop training and educational program
- 1999 – 2001 three years of satithérapie community training (mindfulness-based person centered psychotherapy)
- 1998 – Psychodrama, sociodrama and satidrama, workshop training and educational program
- 1998 – Focusing I. – bodily anchored experiencing - experiential psychotherapy, workshop training and educational program
- 1997 – Introduction to satithérapie (person centered integrative psychotherapy), training and educational program
- 1997 – „Lüscher’s tests of colours and shapes“, course

Publications:

- Benda, J. (2021). Mindfulness in non-mindfulness-based programs: Meta-analysis of randomized controlled trials. *Psychoterapie*, 15(2), 165-176.
- Benda, J. (2021). Mindfulness and self-compassion as essential meta-processes in individual psychotherapy. *Psychoterapie*, 15(1), 98-100.

- Benda, J. (2021). When the therapist meditates. *Psychologie dnes*, 27(5), 10-13.
- Benda, J. (2021). Mindfulness and emotions. *Psychologie dnes*, 27(3), 24-26.
- Benda, J. (2020). The Nonattachment to Self Scale (NTS-CZ): A pilot study of the Czech version. *E-psychologie*, 14(4).
- Halamová, J., Kanovský, M., Petrocchi, N., Moreira, H., López, A., Barnett, M. D., Yang, E., Benda, J., Brähler, E., Zeng, X., & Zenger, M. (v tisku). Factor structure of the Self-Compassion Scale in 11 international samples. *Measurement and Evaluation in Counseling and Development*.
- Benda, J. (2019a). Self-compassion and self-criticism: Creation and measurement of intervention effect. *Československá psychologie*, 63(4), 494-495.
- Benda, J. (2019b). *Mindfulness and self-compassion: Transforming emotions in psychotherapy*. Praha: Portál.
- Benda, J., Kořínek, D., Dvořáková, M., Kadlečík, P., Vyhnánek, A., & Zítková, T. (2019) The lack of self-compassion as a transdiagnostic factor in five different mental disorders - Research results. In Z. Mlčák (Ed.), *Psychologické aspekty pomáhání 2018: Sborník příspěvků z mezinárodní konference*. Ostrava: Ostravská univerzita.
- Kořínek, D.; Benda, J.; Žitník, J. (2019). Psychometric characteristics of the short Czech version of the Five Facet Mindfulness Questionnaire (FFMQ-15-CZ). *Československá psychologie*, 63(1), 55-70.
- Benda, J.; Kadlečík, P.; Loskotová, M. (2018). Differences in self-compassion and shame in patients with anxiety disorders, patients with depressive disorders and healthy controls. *Československá psychologie*, 62(6), 529-541.
- Benda, J. (2018). Mindfulness research aims for depth and breadth (International Conference on Mindfulness, Amsterdam, July 10-13, 2018). *Psychoterapie*, 12(2), 159-161.
- Benda, J. (2018). Self-compassion and self-criticism: psychometric analysis of measure instruments. *Československá psychologie*, 62(3), 296.
- Benda, J. (2018). Alternative models of the Czech version of the Self-Compassion Scale (SCS-26-CZ). DOI: 10.13140/RG.2.2.26763.18724.
- Benda, J. (2017). The Difficulties in Emotion Regulation Scale - Short Form: A pilot study of the Czech version. *E-psychologie*, 11(1), 1-15.
- Benda, J. (2017). The inevitable trauma as a call to self-transcendence. *Psychoterapie*, 11(2), 160-161.
- Benda, J. (2016). Self-kindness and self-compassion in psychotherapy. In: HOSÁKOVÁ K.; VIKTOROVÁ, L. (Eds.). *Láska ve 21. století: Sborník příspěvků*. Brno: Tribun EU, 11-15.
- Benda, J.; Hamrová, K. (2016). Self-compassion, internalized shame and emotion regulation In: BADOŠEK R.; KOUKOLA, B. (Eds.). *Sborník abstrakt sdělení z 23. konference Sekce psychologie zdraví ČMPS*. Ostrava: Pedagogická fakulta OU v Ostravě, 7-7.
- Benda, J.; Reichová, A. (2016). Psychometric characteristics of the Czech version of the Self-Compassion Scale (SCS-CZ). *Československá psychologie*, 60 (2), 120-136.
- Benda, J. (2012b). How to understand the language of intuition? *Psychologie dnes*, 18 (12), 48-51.
- Benda, J. (2012). Buddhism and psychotherapy: Meditation is not a cure-all. *Dingir*, 15 (1), 12-15.

- Benda, J. (2011). The benefits of meditation for psychotherapists: Developing therapist qualities that positively influence psychotherapy outcome. *Psychoterapie*, 5 (1), 14-25.
- Benda, J. (2010c). Mindfulness: Buddhist revolution in psychology? *Psychologie dnes*, 16 (5), 48-50.
- Benda, J. (2010b). About meditation, psychotherapy and spiritual emergency. In: HONZÍK, J. (Ed.): *The Unity in diversity: Buddhism in the Czech Republic*. Prague: Dharmagaia.
- Benda, J. (2010a). Can you make peace with your demons? *Psychologie dnes*, 16 (3), 48-52.
- Benda, J.; Horák, M. (2008): Wisdom of Abhidhamma in Psychotherapy: Healing Balms for the Soul. *Psychoterapie*, 2 (2), 85-93.
- Hájek, K.; Benda, J. (2008): Dependent origination: Abhidhammic way out of the neurotic vicious circle. *Psychoterapie*, 2 (3-4), 151-160.
- Benda, J.; Horák, M. (2008): The Radiant Eyes of Transpersonal Psychology: The World Congress on Psychology and Spirituality, New Delhi, January 5-8 2008. *Psychoterapie*, 2 (1), 40-45.
- Benda, J. (2007): Mindfulness in psychological research and in clinical practice. *Československá psychologie*, 51, 2, 129-140.
- Benda, J. (2006): Meditation, mindfulness & new CBT approaches. *Konfrontace – časopis pro psychoterapii*, 17, 3 (65), 132-135.
- Benda, J.; Dohnal, D. (2005): *Programme of stress reduction – A training handbook*. Prague, Ministry of Interior - General Directorate of Fire Rescue Service of the Czech Republic

Conferences, presentations, workshops:

- 2021 – Benda, J. Mindfulness, emotion regulation and psychotherapy. Konference Asociace klinických psychologů – Jižní Čechy, 1. 10., Hluboká nad Vltavou.
- 2019 – Benda, J. Is the "I" at fault for everything? : Mindfulness and self-transcendence. MindfulnessCON, 12. 10., Praha.
- 2019 – Benda, J. Mindfulness and self-compassion in individual psychotherapy. 32. Československá psychoterapeutická konference, 13.-16. 11., Přerov.
- 2019 – Benda, J., & Havlíňová, L. The impact of a single use of the secretion from the glands of the Colorado River toad (*Bufo alvarius*) on selected personality characteristics - Pilot study. 32. Česko-slovenská psychoterapeutická konference, 13.-16. 11., Přerov.
- 2019 – Benda, J., & Vyhnánek, A. Childhood, toxic shame, toxic guilt and self-compassion (Poster). The 7th International Conference on Pesso Boyden System Psychomotor® (PBSP®): Science and Good Practice, 26.-29. 9., Prague.
- 2018 – Benda, J., Kořínek, D., Dvořáková, M., Kadlečík, P., Vyhnánek, A., Zítková, T. The lack of self-compassion as a transdiagnostic factor in five different mental disorders - research results. Psychologické aspekty pomáhání, Ostrava
- 2018 – Benda, J., Kadlečík, P., Kořínek, D., Dvořáková, M., Vyhnánek, A., Zítková, T. Self-compassion and shame-proneness in five different mental disorders: Comparison with healthy controls. Roots and Gifts of Integrative Psychotherapy - The 9th Conference of the European Association of Integrative Psychotherapy, Praha
- 2018 – Benda, J., Kořínek, D., Kadlečík, P., Loskotová, M., Vyhnánek, A., & Zítková, T. Self-

compassion and shame-proneness in four different mental disorders : Comparison with healthy controls. International Conference on Mindfulness (ICM), Amsterdam

- 2018 – Benda, J., Kadlečík, P., Loskotová, M., Vyhnánek, A., & Zítková, T. The lack of self-compassion as a transdiagnostic factor in three different mental disorders – research results. Integrativní vize v psychoterapii - 3. mezinárodní konference integrativní psychoterapie, Praha
- 2018 – Benda, J., Kadlečík, P., Loskotová, M., Vyhnánek, A., & Zítková, T. The lack of self-compassion as a transdiagnostic factor in three different mental disorders – research results. 11. česká konference kognitivně behaviorální terapie, Olomouc
- 2018 – Benda, J. Is self-compassion a common factor of therapeutic change? Symposium o výzkumu a praxi v psychoterapii, Brno
- 2018 – Benda, J. Mindfulness and self-compassion in humanistic, psychodynamic and integrative psychotherapy. MindfulnessCON, Praha
- 2017 – Benda, J., Faltová, Š., & Dvorská, E. Parental emotional warmth, self-compassion and some typical transdiagnostic symptoms. 24. konference Sekce psychologie zdraví ČMPS, Vernířovice
- 2016 – Benda, J., & Hamrová, K.: Self-compassion, shame and emotion regulation. 23. Annual conference of the Health Psychology Section of the Czech-Moravian Psychological Society, Vernířovice, Czech Republic.
- 2016 – Benda, J.: Self-kindness and self-compassion in psychotherapy. Love in the 21. century - 13. Conference of the Czech Association of Psychology Students, Olomouc, Czech Republic.
- 2015 – Benda, J.: About mindfulness, wisdom and self-compassion – workshop. Psychotherapeutic days InPsy, Department of Psychology, Masaryk University, Brno, Czech Republic.
- 2013 – Benda, J.: Mindfulness in psychotherapy: Current issues and future research directions 4. International psychotherapeutic symposium, Brno, Czech Republic
- 2012 – Benda, J.: Mindfulness: On the interface between psychotherapy and spirituality – workshop. 8. Czech conference on cognitive behavioral therapy, Kromeriz, Czech Republic
- 2010 – Benda, J.: Mindfulness – Buddhist revolution in psychology? & Mindfulness – workshop. 7. Czech conference on cognitive behavioral therapy, Kromeriz, Czech Republic
- 2009 – Benda, J.; Hytych, R.: The Contribution of Satithery in the context of new mindfulness-based approaches. International psychotherapeutic symposium on Integration in psychotherapy, Brno, Czech Republic
- 2008 – Benda, J.: Wisdom of Abhidhamma in psychotherapy. 1. Usti nad Labem psychological days, Usti nad Labem, Czech Republic
- 2008 - Benda, J.; Horák, M.: Utilizing Abhidhamma principles in Psychotherapy. World congress on psychology a spirituality, Delhi, India
- 2007 – Benda, J.; Hájek, K.: Satitherapeutical anchoring in reality, workshop, 26. psychotherapeutic conference, Luhacovice, Czech Republic
- 2007 – Benda, J.; Hájek, K.: „Taming the demons“ in satithery, workshop, 26. psychotherapeutic conference, Luhacovice, Czech Republic