JOHAN EKENGREN

Johan Ekengren is a researcher in Health and Lifestyle specializing in sport psychology at the School of Health and Welfare at Halmstad University. Johan has a Master of Science in Sport Psychology from Halmstad University and a undergraduate diploma in cognitive behavioral psychotherapy from The Swedish School of Sport and Health Sciences.

Johan has worked as a sport psychology practitioner in a variety of sports and mainly in handball since 2002, where he currently works with a handball team at the elite level. Johan is employed by the Swedish Handball Federation where his role includes coach education and working as the sport psychology practitioner for the men's national team.

From examining career experiences of Swedish professional handball players, the dissertation focus is to develop, validate, and test an applied framework promoting career-long psychological support services in Swedish handball.

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