



## **Kate Hefferon**

*University of East London*

Kate Hefferon is a Chartered Psychologist and Reader at the University of East London. Kate graduated from the University of Ottawa with a BA in English Literature and Psychology, followed by a BA Honours in Psychology from Carleton University. This led to the completion of an MSc in Performance Psychology at Edinburgh University. Kate's PhD thesis was on the experience of Post-traumatic growth among female breast cancer survivors and the role of the body and physical activity in the recovery and growth process. Other areas of interest are existential psychology, optimal experiences, the psychology of physical activity and interpretive phenomenological analysis (IPA). Kate's career has led her to work with top sport scientists and individuals from internationally renowned dance companies, in addition to working with multiple elite Canadian performers.

She is the author of several peer reviewed papers, books and book chapters (see publications section) and has presented at conferences nationally and internationally. She is also the co-founder of the Scottish Interpretive Phenomenological Analysis Group and former co-facilitator of the London Regional IPA group.

Kate is currently on maternity leave (June 2017- September 2018), where she will return to teach on the MSc. in Applied Positive Psychology and Coaching Psychology Programme (MAPPCPP):

- Perspectives of Wellbeing (MAPP)
- Research Methods and Dissertation (MAPP)
- as well as contributing to other modules on the MSc in Applied Positive Psychology, MSc in Applied Psychology, BSc. Psychology and Educational Doctorate.

Kate is currently a member of the British Psychological Society (Division of Teachers and Researchers in Psychology); a fellow of the Higher Education Academy, the Royal Society of Arts and an Associate member of the Royal Society of Medicine (RSM).