

## **ECPP Kate Hefferon Academic Bio**

Dr. Kate Hefferon (PhD) is a Chartered Research Psychologist and Honorary Reader at the University of East London, UK. Kate's PhD utilised in-depth and cutting edge qualitative research designs to explore 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. Since completing her studies, Kate continues to employ qualitative inquiry in order to understand the role of the body within well-being across a variety of populations, topics and interventions. With over a decade and a half experience in facilitating, training and supervising novice and advanced researchers, across a range of qualitative approaches, Kate is passionate about the diversification of epistemological, ontological and methodological research designs within the field of positive psychology. Kate has presented at conferences nationally and internationally and is the author/co-author of numerous peer-reviewed papers, book chapters and positive psychology textbooks including, '*Positive Psychology: The Somatopsychic Side to Flourishing*' (2013) and "*Second-wave Positive Psychology: Embracing the Dark Side of Life*" (2015).