

Svala Sigurðardóttir

Svala is a medical doctor specialising as a family physician in Denmark and a PhD student at the University of Iceland. She has a diploma in positive psychology from the same university, and her main interest is in positive intervention and how physicians and other health care workers can apply positive psychology in their work. Svala is passionate about introducing positive psychology and its application to physicians in both primary care and hospital settings and connecting those that work in the field.