

Annual report from the Nordic Network for psychologists working on deafblindness

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Aim and purpose for the network

The aim of the Nordic Network for Psychologists Working on Deafblindness is to benefit individuals with deafblindness, their families, and professionals through the application and development of psychological knowledge, theory, methods, and clinical practice.

The network works to:

- Translate psychological knowledge into the deafblind field
- Disseminate relevant psychological knowledge
- Make psychological knowledge accessible and meaningful
- Develop and qualify clinical and interdisciplinary practice
- Extend the relevance of psychological perspectives to related fields
- Attract interest from other professionals

Overall, the network aspires to build bridges across Nordic countries, enhance visibility of psychological perspectives in the deafblind field, and contribute to the well-being of individuals with deafblindness. This aligns closely with the Nordic definition of deafblindness, which emphasizes the increased risk of challenges related to physical, psychological, and social well-being.

Status of the network

During 2025–2026, the network has strengthened its collaboration across the Nordic countries and further

consolidated its role as a professional platform for psychologists working in the deafblind field. A key milestone was the successful planning and delivery of the network's first international webinar in October 2025, focusing on *psychological health and deafblindness*. The webinar attracted more than 100 participants globally and marked an important step in increasing the visibility of the network and its work. Following the webinar, the network has continued to develop its collaboration with a particular focus on psychological health, including preparation of a workshop for the upcoming Nordic Conference in 2026.

Meetings

The network held several online meetings throughout 2025:

January 28, 2025

The meeting focused on initiating the planning of the network's first webinar. Key decisions included:

- Agreement on the theme: *Psychological health and deafblindness*
- Establishment of structure and responsibilities for contributions
- Planning of timelines and deadlines for production of webinar material
- Coordination with external collaborators regarding technical setup

April 29, 2025

The meeting focused on further development of the webinar content and structure:

- Presentation and discussion of theoretical frameworks related to psychological health
- Integration of research, clinical, and lived perspectives
- Consideration of target audience and level of complexity
- Initial structuring of the webinar programme
- Establishment of shared resources via Google Drive

June 4, 2025

The meeting combined professional exchange and continued webinar planning:

- Discussion of digital accessibility and telepsychology for individuals with deafblindness
- Sharing of relevant literature, guidelines, and ongoing initiatives
- Finalization of webinar description and programme
- Coordination of roles, responsibilities, and deadlines for recorded contributions

December 16, 2025

The meeting focused on evaluation and future directions:

- Evaluation of the webinar
- Sharing updates from national contexts (Denmark, Norway, Sweden)
- Discussion of ongoing research, clinical developments, and challenges
- Planning of contribution to the Nordic Conference 2026
- Discussion of future coordination and rotation of responsibility

Activities

Webinar: Psychological Health and Deafblindness (October 22, 2025)

The main activity of the network during the period was the development and delivery of an international webinar.

Content and structure:

The webinar explored psychological health in deafblindness from three complementary perspectives:

- Conceptual and theoretical perspectives on psychological health
- Research and clinical perspectives
- Lived experiences presented by a representative from the deafblind community

Key themes included:

- The relationship between psychological health and mental health
- The impact of deafblindness on well-being and participation
- Self-determination, autonomy, and societal barriers
- Clinical and research-based insights into assessment and intervention

Outcome:

- More than 100 participants from multiple countries
- Positive feedback on structure, relevance, and inclusion of lived experience
- Increased visibility of the network and its work
- Identification of new areas for future exploration (e.g., congenital deafblindness, minority stress perspectives)

Professional Exchange and Knowledge Sharing

Through meetings, the network has facilitated exchange of knowledge and practice, including:

- Research on Usher syndrome, aging, and deafblindness
- Development of therapeutic approaches (e.g., ACT-based interventions)
- Discussion of assessment challenges and lack of standardized tools
- Exploration of telepsychology and digital accessibility
- Sharing of national and international initiatives

This ongoing exchange strengthens both clinical practice and research collaboration across the Nordic countries.

Plans and activities for the future

The network has identified several key priorities for the coming period:

Nordic Conference 2026

- Submission of a workshop proposal based on the webinar theme
- Further development of perspectives on psychological health, including both acquired and congenital deafblindness
- Inclusion of clinical, research, and contextual perspectives across countries

Continued Knowledge Dissemination

- Consideration of future webinars and/or more in-depth courses
- Exploration of themes such as:
 - Psychological health in congenital deafblindness
 - Minority stress and deafblindness
 - Digital accessibility and telepsychology

Strengthening Collaboration

- Continued sharing of research, clinical tools, and experiences
- Potential for joint Nordic research and development projects

Organizational Development

- Gradual transition of coordination responsibility (planned after the Nordic Conference 2026)
- Continued focus on shared ownership and active participation across the network

Conclusion

The period 2025–2026 has been marked by significant progress for the Nordic Network for Psychologists Working on Deafblindness. The successful webinar, strengthened collaboration, and clear direction for future activities demonstrate the network's growing impact.

The network continues to play an important role in advancing psychological perspectives within the deafblind field and in promoting knowledge that supports the well-being and participation of individuals with deafblindness.