



GENERAL CONFERENCE

Adventist
Health Ministries

TORBEN BERGLAND

MD
Associate Director

Dr. Torben Bergland is one of the Associate Directors of the Health Ministries Department of the General Conference of Seventh-day Adventists, the global headquarter of the Seventh-day Adventist Church. He is originally from Norway and comes from a pastoral family. As a lay member he has served as a Youth leader, Sabbath School leader and an ordained elder in local churches. Dr. Bergland holds his M.D. from Copenhagen University, Denmark. He did his residency in psychiatry at the Modum Bad Clinic, Oslo University Hospital and Vestre Viken hospitals, Norway. He trained as a psychotherapist at the Institute for Psychotherapy, Oslo, Norway.

As a psychiatrist and psychotherapist, he has taken a special interest in working with patients with depression, anxiety and personality disorders, as well as integrating relational, religious and existential perspectives in psychotherapy. He served as Chair of the Depression Department at Modum Bad, Vikersund, Norway, an esteemed private hospital run by a Christian foundation that specializes in psychotherapeutic treatment and research. In 2015, he accepted the call as Health Ministries Director of the Trans-European Division based in St Albans, England. In 2018, he transferred to the General Conference as Associate Director with a special focus on mental health, and the health and wellbeing of church workers. He considers it to be a great privilege to serve God and the Church through the gifts he has been given.

He enjoys and prioritizes spending time with friends and family. He is a cyclist, runner, skier, and has climbed nine 4,000+ meter (13,000+ ft) mountains in the Alps, among them Mont Blanc (4810 m/15,780 ft), the highest mountain in Western Europe.