



JYVÄSKYLÄN YLIOPISTO

UNIVERSITY OF JYVÄSKYLÄ
PSYCHOTHERAPIST TRAINING

APPLICATION GUIDE

18 June 2024

1. APPLYING FOR PSYCHOTHERAPIST TRAINING AT THE UNIVERSITY OF JYVÄSKYLÄ

The psychotherapist training programmes organised by the University of Jyväskylä are within the scope of psychotherapist education as defined in Government Decree 1120/2010, providing the competence required to work as a psychotherapist and enabling graduates to apply for the right to use the occupational title of psychotherapist. The competence is proved by a competence based test. After completing the training programme, students will be able to independently provide

psychotherapeutic treatment as part of the treatment and rehabilitation process in mental health services provided by health and social welfare services for adults and young people or, alternatively, for families and couples. The programmes will be implemented as continuing education. A student's right to study only applies to the psychotherapist training programme for which they have been selected in the application process.

2. STUDEN ADMISSION

According to the recommendation of the national university psychotherapist training consortium, the eligibility requirement for psychotherapist training is a higher education degree, a university of applied sciences degree, or an intermediate vocational education qualification that enables the holder to pursue a licensed healthcare profession. The basic degree required for admission must include at least 30 ECTS credits in psychiatry and/or psychology, or these credits must have been completed in addition to the basic degree.

Suitable licensed healthcare professions include those of doctor, psycholo-

gist, and nurse (specialising in psychiatry if the degree in question does not include studies in psychiatry).

The basis for eligibility may be foreign education that corresponds to the above-mentioned degrees in the country concerned.

In special cases, based on the applicant's basic degree and work experience, other higher education degrees or degrees from universities of applied sciences in the social and health care field may also be considered suitable qualifications for the application.

If the degree does not include 30 ECTS credits in psychology or psychiatry

studies, the applicant must have completed corresponding supplementary studies. Those who have completed a university of applied sciences degree must always have completed these 30 ECTS credits of supplementary studies.

The content areas of these supplementary studies should include psychological growth and development, mental health and mental disorders, as well as their research, diagnosis, treatment, and rehabilitation, the mental health service system and related legislation, specific and general factors affecting psychotherapy, the qualities required of a psychotherapist, as well as the potential and limitations of psychotherapy. Supplementary studies may consist of minor subjects, separate studies, open university studies, or other forms of study, and they must be completed by the end of the application period.

The prerequisite for admission as a student and for the use of the professional title is that, after completing the relevant degree, the applicant must have at least two years of work experience in mental health services. This means that the applicant must have worked in the field of mental health disorders before starting the psychotherapist training. This definition excludes more general human relations work (such as teaching, group counselling, or parish work). Interruptions due to family leave or leave of absence, for example, are not taken into account in work experience. Acceptable work experience includes experience accumulated over a longer period of time, for example, from part-time work. Client work included in

therapy training programmes is not counted as actual work experience. The minimum of two years' work experience required for eligibility must be acquired by the end of the application period.

If the applicant's basic degree is other than a degree qualifying them for the profession of doctor, psychologist, or nurse, at least 12 months of work experience must have been acquired in a public social and/or health care organisation or in an organisation whose activities are closely related to public social and/or health care. Applicants must demonstrate they have experience in treating mental health disorders and in the public social and/or health care service system.

Organisations that are considered to be closely related to the activities of public social and/or health care organisations include, for example, those operating in the fields of mental health work, substance abuse care, child protection, family work and crisis work. The provision of services as purchased services for public sector social and health care organisations is also taken into account.

The accompanying documents to the application must specify the content of the work experience acquired and the nature of the cooperation with the public sector unit, as well as any work supervision.

Furthermore, suitability for the profession of psychotherapist and the opportunity to work in psychotherapy with adults, young people, children, families, and couples during training are

considered prerequisites for admission as a student. If a psychotherapy training student is not a healthcare professional based on their degree, the psychotherapeutic work included in their training must be carried out under a healthcare or social welfare organisation. During the training, only healthcare professionals may work with patients as private practitioners. Students must also have sufficient English language skills and adequate IT skills to be able to study online.

Psychotherapist training programmes and the application process are subject

You can apply here:

www.jyu.fi/psykoterapeuttikoulutus

to legislation concerning the revocation of the right to study and the safety of minors, patients and clients.

3. APPLICATION PROCEDURE

Applications for psychotherapy training are submitted using an electronic application form, which is available on the Psychotherapy Training and Research Centre website of the Department of Psychology at the University of Jyväskylä during the application period.

The applicant must attach to the electronic application copies of degree certificates, continuing education certificates, and work certificates that verify eligibility and that the applicant wishes to be taken into account in the points awarded in the selection process. Any supplementary training undertaken after obtaining the basic degree required for eligibility must be completed in full by the end of the application period. No points will be awarded for incomplete training courses. The only exception is training programmes that include psychotherapeutic preparatory studies, in which case the applicant must provide

proof that the preparatory studies (30 ECTS credits) have been completed in full, in which case the preparatory studies portion may be accepted.

Original certificates of all selected candidates will be checked at the beginning of the training.

4. ADMISSIONS PROCEDURE

Verification of eligibility is the responsibility of the psychotherapist training management team. All applicants who meet the eligibility requirements will be invited to an aptitude interview, limited to twice the number of available student places, and ranked according to their combined total of points for degree, work experience, and continuing education.

If the applicant is not a healthcare professional, they must bring to the interview a written agreement with the unit responsible for psychotherapeutic patient work on how patient records are stored, and the unit must have a supervisor, instructor or other authorised person who approves the student's entries in the patient records.

Invitations to aptitude interviews will be sent by email to the email address provided by the applicant in their application. The University of Jyväskylä will determine the location and time of the aptitude interview. In the interview, two interviewers assess the applicant's personal aptitude. The aptitude interview may include preliminary assignments. The head trainer of the psychotherapy training programme for which applications are being accepted is responsible for scoring the application forms and aptitude interviews. The head trainer submits a list of students to be selected for the training pro-

gramme to the chair of the psychotherapist training management team, ranked in order of their total score. Students may also be selected for a waiting list.

The following criteria are used in scoring applicants:

I Degree (10–20 points)

Licensed psychologist	20 points
Specialist in psychiatry or doctor specialising in psychiatry	20 points
Relevant higher education degree in social and health care	15 points
Other relevant higher education degree	10 points
Relevant university of applied sciences degree in social and health care	10 points
Intermediate vocational qualification in specialised psychiatric nursing	10 points

II Work experience (5–20 points)

Minimum of five years' experience, primarily in psychotherapy-related client work	20 points
Minimum of two years' experience, primarily in psychotherapy-related client work	15 points
Minimum of two years' experience in other mental health service tasks with psychotherapy-related client relationships	10 points
Minimum of two years of other relevant client work experience in mental health services	5 points

III Previous continuing education (0–20 points) (after completing a basic degree giving eligibility for admission)

A cohesive training programme consistent with the psychotherapy method being taught, corresponding to at least 15 ECTS credits, or psychotherapist training in another psychotherapy method	20 points
Cohesive training in another psychotherapy method, equivalent to at least 20 ECTS credits	15 points
Training in psychotherapy methods worth at least 10 ECTS credits (e.g., four seminar days correspond to 1 ECTS credit)	10 points
Other continuing education in psychotherapy (at least three training courses in the last five years)	5 points
Training in psychotherapeutic skills that has not already been taken into account when determining eligibility	3 points

Continuing education that is minor in scope or not directly related to psychotherapy
1 point

IV Personal aptitude (0–100 points)

The aptitude interview assesses the applicant's suitability for psychotherapist training and the profession in the following four areas:

1. The applicant's motivation for the training (0–25 points)
2. The applicant's practical ability to complete the psychotherapist training and to perform therapy work during the training (0–25 points)
3. The applicant's self-assessment and interaction skills (0–25 points)
4. Personal aptitude and readiness to become a psychotherapist using the psychotherapy method to be taught (0–25 points)

To be selected, applicants must score at least 10 points in each of the four areas mentioned above in the aptitude interview, meaning that the minimum passing score for the aptitude interview is 40 points. The personal aptitude assessment takes into account the applicant's demonstrated familiarity with the psychotherapy method to be taught.

5. ANNOUNCEMENT OF RESULTS AND APPEAL PROCEDURE

The number of students specified in the selection criteria will be selected for the training programmes in order of merit based on their total points from among the applicants who meet the selection criteria. Student selections will be announced separately for each training programme. This information will be sent by email to all applicants who participated in the aptitude assessment. **Training programmes will only start if the specified number of accepted students accept their student place.**

Applicants who are dissatisfied with the selection results may submit an appeal to the Faculty of Education and Psychology within 14 days of the announcement of the results. The appeal must be made in writing and must specify where and on what grounds the appeal is being made. The appeal must

be received by the faculty's head of student and academic affairs within 14 days of the announcement of the results; the postmark date is not sufficient.

The right to appeal also applies to the first stage of the selection process, which is the determination of eligibility. In this case, the appeal must be made within 14 days of the applicant receiving the rejection decision.

Following an appeal, the selection result must not be changed to the detriment of students who have already been accepted. It is possible to appeal against the decision on the appeal to the administrative court of Hämeenlinna. The appeal must be made within 30 days from being informed of the decision.

6. ACCEPTANCE OF A STUDY PLACE

After being notified of their selection, students must confirm their acceptance

of the study place electronically following the instructions provided in the notification and by the specified deadline.