

University of Jyväskylä Psychotherapist Training

COGNITIVE PSYCHOTHERAPIST TRAINING

Cross-Disciplinary Approach to Psychotherapy – Embracing Multiculturalism and Diversity

PSYCHOTHERAPIST TRAINING, 62 ECTS CREDITS

Helsinki 2027–2030

APPLICATION PERIOD FROM 17 AUGUST TO 31 OCTOBER (The application period has been extended)

The psychotherapist training programmes organised by the University of Jyväskylä are within the scope of psychotherapist education as defined in Government Decree 1120/2010. After successfully completing the training, students receive the professional title of *psychotherapist* from Valvira, the licensing and supervisory authority for the social and health care sector. The training follows the COGNITIVE PSYCHOTHERAPIST TRAINING Cross-Disciplinary Approach to Psychotherapy – Embracing Multiculturalism and Diversity programme approved by the University of Jyväskylä. Once students have completed the programme, they will be able to work as cognitive psychotherapists in both short-term and long-term psychotherapy settings and may apply to become rehabilitation psychotherapy service providers for Kela.

The cognitive psychotherapist training Cross-Disciplinary Approach to Psychotherapy – Embracing Multiculturalism and Diversity is the first English-language psychotherapy training programme to be offered in Finland. It is based on the theoretical framework of cognitive psychotherapy, but also draws extensively from various other approaches to therapy, such as cognitive-analytic psychotherapy, sensorimotor psychotherapy, mentalization theory, and creative therapies. For cognitive psychotherapy, the training programme focuses on third-wave approaches, such as schema therapy, dialectical behaviour therapy, and acceptance and commitment therapy, which are currently attracting the most interest and have yielded promising treatment outcomes. Students also receive EMDR I training as part of their psychotherapy studies. The purpose of the therapy training programme is to focus on phenomena that are relevant both in Finland and internationally, such as work-related issues, international perspectives, and diversity. Cognitive psychotherapy is strongly research and evidence-based, and its use is advised in official treatment recommendations. After this training, you are sure to be up to date with the latest developments when you start working as a psychotherapist.

ORGANIZERS OF THE TRAINING

The training is organized jointly by the Psychotherapy Training and Research Centre of the Department of Psychology at the University of Jyväskylä and Psychological Practitioners Finland Association.

TRAINERS

The head trainers of the training programme are psychotherapists and trainer psychotherapists Pauliina Juntunen, Hanne-Leona Luomajoki, Helena Santasalo, and Susann Thylin. In addition, the following trainer psychotherapists serve as instructors: Anastasia Kozlovski, Gudrun Kristmannsdottir, Janne-Jukka Huopaniemi, Sanna Turakka, Aleksi Jalava, Sauli Valkeajärvi, and Juha-Pekka Airo, as well as Antti Klemettilä as a senior specialist.

The professor responsible for the training is Associate Professor Tuija Aro from the University of Jyväskylä.

TRAINING FEES

The training fee is €22,816, which covers theoretical and methodological instruction. The training fee will be billed in eight instalments (€2,852 per instalment).

The fee for group-based supervision is €6,600 per 120 hours.

The cost of group-based training psychotherapy is €1,700.

Students are responsible for paying the costs of the individual trainer psychotherapy (40 hours) included in the programme directly to the trainer psychotherapist (estimated price: €4,200 to €4,800).

The fee for the aptitude assessment interview of the training programme is €200; this is not included in the training fee and must be paid in cash at the time of the interview.

START OF THE TRAINING AND TRAINING FACILITIES

The program begins in spring 2027 in Helsinki and continues for four years (eight semesters) to be completed alongside work. In addition, an EMDR Level I training seminar (3 days) will be held in Jyväskylä.

STRUCTURE AND CONTENTS OF THE TRAINING

The structure and contents of the training are detailed in the curriculum approved by the University of Jyväskylä (COGNITIVE PSYCHOTHERAPIST TRAINING Cross-Disciplinary Approach to Psychotherapy – Embracing Multiculturalism and Diversity programme).

TEACHING SCHEDULE OF THE TRAINING

The start-up seminar for the training programme will be held on 28–29 January 2027. The dates for the other seminars in the spring semester will be announced at a later time.

ADMISSION CRITERIA

Eligibility requirements and admission criteria are outlined in the application guide for the psychotherapy training programme at the University of Jyväskylä.

APPLYING FOR THE TRAINING

A total of 20 students will be admitted to the programme. The application form for the training will become available on the following website when the application period begins: www.jyu.fi/psykoterapeuttikoulutus. Detailed instructions on how to apply can be found in the application guide for the psychotherapy training programme at the University of Jyväskylä.

A prerequisite for student admission is a demonstrated language proficiency by a language test, a certificate or a maturity test in either Finnish or Swedish. The full list/different options for demonstrating language proficiency can be found here: <https://lvv.fi/en/healthcare-and-social-welfare/sufficient-language-proficiency>

APPLICATION PERIOD

The application period for the training programme begins on 17 August 2026 and ends on 31 October 2026 at 3:00 pm. Aptitude assessment interviews will be held in Helsinki at the end of November and the beginning of December 2026. Candidates selected for the interviews will receive an email invitation after the application period has ended and their eligibility has been assessed.

FURTHER INFORMATION

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