

MIKKO KARHULAHTI

Clinical Psychologist & Gestalt Therapist



Details

- € EUR 80.00 / session
- Flexible pricing available
- Online sessions available
- English, Finnish
- Download PDF

About Mikko

I'm a clinical psychologist and Gestalt therapist from Finland and I offer counselling and consultations for individuals, couples and groups in English and Finnish. I'm specialized in attachment theory (close relationships and family dynamics) and Gestalt therapy, a humanistic and integrative form of psychotherapy.

I have lived most of my adult life abroad. Therefore, I have personally witnessed the many challenges and troubles related to the life of an expat. I have studied in a variety of countries in Europe acquiring a culturally sensitive mindset which I aspire to incorporate into my practice. I have experience working with people of all ages, nationalities and backgrounds. I did my clinical psychologist work placement in a closed prison, where I worked with inmates.

I believe all 'maladaptive behaviors', whether manifested in one's life through stress, isolation, addiction, depression, anxiety or various 'disorders' (eg. personality or eating disorders), are merely creative adjustments to one's environment. In my work, the goal is to become aware of these patterns and behaviors, how they emerge in the relational field in the present moment. I have several concepts of interest in addition to attachment, such as identity/self and gender, creativity/self-expression, self-confidence and sexuality. I'm passionate about music, gaming and the research of altered states of consciousness.

Gestalt therapy has been developed since the 1950s. It has been influenced by a variety of movements in psychology, psychotherapy and philosophy, including psychoanalysis, existentialism, phenomenology, psychodrama and field theory. Contemporary Gestalt therapy takes into account the

Education & Experience

- 2017-now Clinical psychologist & Gestalt therapist
Private practice, Paris, France
- 2014-2018 Training and certificate in Gestalt psychotherapy
Gestalt Institute of Scandinavia, Denmark
- 2016-2017 Prison psychologist
Riihimäki prison, Finland
- 2015-2017 Master's degree in Clinical Psychology
University of Leiden, The Netherlands
- 2015 Voluntary worker at the Finnish Red Cross
Emergency Youth Shelter, Turku, Finland
- 2014-2017 Master studies in Psychology
University of Copenhagen, Denmark
- 2013-2014 Master of Science Research in Cognition and Behavior
University of Barcelona, Spain
- 2015 Master of Science in Economic Sociology
University of Turku, Finland
- 2013 Bachelor of Science in Economic Sociology
University of Turku, Finland

different aspects of human experience: the cognitive, emotional and bodily, as well as behavioral, relational, and existential dimensions. It explores creatively and experientially the therapeutic interaction and the client's life. Instead of interpreting and analyzing, the holistic approach focuses on awareness of your own immediate observations, body sensations, thoughts and acts. The goal of therapy is awareness that takes place in an authentic, appreciative dialogue and leads to growth. The term 'Gestalt therapy' is based on the German word 'gestalt', meaning a character, form or entity.