

Ulla Halkola

Ulla Halkola, M. A, psychotherapist, organisational developer (PD) and photographer.

Ulla Halkola is an education coordinator at the Centre for Extension Studies at the University of Turku, where she designs and organizes courses in the fields of psychotherapy, mental health, health-promoting and organizational development. Since 1989 she has organized over 20 long-term psychotherapy training courses (from 3-4 years each) including psychodynamic individual therapy, cognitive psychotherapy, family therapy as well as psychotherapy for somatic disorders and early interaction therapy. Since the year 2000, she has focused especially into organizing many phototherapy seminars, workshops and training courses.



During the years 2001-2003, she was a secretary for the Ministry of Education and the Ministry of Social Affairs and Health in "Psychotherapist education committee" during the years 2001-2003. ("Reports of the Ministry of Education, Finland 2003:6.). The committee recommended new criterions for psychotherapy trainings in Finland.

She is also a licensed professional psychotherapist in private practice. She has specialized in trauma therapy. Her thesis (October 2003) was about "Using Phototherapy Techniques in Crisis and Trauma Therapy".

She is a member of the Finnish Art Photographers' Union since 2004 as well as a member of Peri Center of Photography in Turku. She has created a set of "Spectro Cards" which are now being used by many therapists, counsellors, teachers and consults in Finland and also in other European countries.

In autumn 2007 the Duodecim Medical Publications Ltd., specializing in medical publishing, will publish a book on Phototherapy. Ulla Halkola is the co-chief editor with psychologist Lauri Mannermaa.

She is one of the founding members and the first Chairperson (2004-06) of the "Finnish Phototherapy Association" (founded in February 2004).