



# Kaisa Pietilä

Bodily oriented cognitive psychotherapist  
Psychotherapy trainer  
Special education teacher  
Adventure educator  
Trainer

## EDUCATION

- **Basics in bodily oriented psychotherapy**  
2021  
30 ECTS credits
- **Psychotherapy trainer**  
2019  
Association for cognitive psychotherapy  
University of Helsinki
- **Psychotherapist (YET)**  
2015  
Association for cognitive psychotherapy  
Summer University of Etelä-Karjala
- **Master of Education**  
2006  
Special class teacher  
University of Joensuu

### SECONDARY SUBJECTS

Youth research, 15 ECTS credits  
Psychology, 15 ECTS credits  
Drama in education, 15 ECTS credits  
Social psychology (2008), 15 ECTS credits

- **Nature-, experience- and adventure activities, specialised studies**  
2004  
Pajulahden urheiluoipisto, 24 ECTS credits
- **Graduate**  
1999  
Joensuun yhteiskoulun lukio

## TRAININGS, LECTURES & PUBLIC SPEAKING

- Promotion of Agency
- Building a safe group
- Experiential learning in special education
- Phenomenon based learning
- Cognitive psychotherapy approach to experiential learning and adventure education
- Adventure therapy in group based cognitive treatment for social phobias
- Finnish Nature sports
- Pedagogical challengers of socio-emotional progress and behaviour
- Art Education and Experiential Learning for Well-being and Participation of Children and Adolescents. Process training.
- Reflective Approach in Pedagogy
- Fight-Flight Response and Emotional Regulation

## PUBLICATIONS

- *Pietilä, Kaisa Elina; Tuovinen, Tiina Maria. 2006.*  
FROM PASSENGERS TO MEMBERS OF THE CREW? THE POSSIBILITIES OF AN EXPERIENCE- AND ACTIVITY-BASED SUPPORTIVE PROJECT IN PREVENTING THE MARGINALIZATION OF THE YOUNG
- *Pietilä, Kaisa. 2020.*  
Reflektointi elämyspedagogiikassa. Teoksessa *S.J.A Karppinen, M. Marttila & A. Saaranen- Kauppinen* (toim.)  
Seikkailukasvatusta Suomessa - pedagogisia ja didaktisia näkökulmia.  
Helsinki: Humanistinen ammattikorkeakoulu.

## PROFESSIONAL EXPERIENCE

### PSYCHOTHERAPIST / PSYCHOTHERAPIC TRAINER

- **Psychotherapy**  
2016 ->
- **Supervising**  
2019 ->
- **Training psychotherapy for psychotherapy students (individual & group)**  
2019 ->
- **Head Trainer**  
2023 - 2026 (ongoing)  
Cognitive Psychotherapy Training  
University of Jyväskylä

### SPECIAL EDUCATION TEACHER

- **City of Joensuu**  
2016
- **Haukarannan koulu**  
2006 - 2007
- **City of Helsinki**  
2009 - 2020

### NGO WORK

- **Nuorten Akatemia**  
2007-2009  
Project manager  
"Nuorten tukeminen peruskoulun siirtymävaiheissa" -project
- **Outward Bound Finland ry**  
2003 - 2020  
Freelance-educator, expert, board member, volunteer

### YOUTH WORK (1998-2010)

- Adventure education course instructor
- Outdoor confirmation school instructor
- Youth worker
- Project employee
- Youth work assistant
- Confirmation school instructor
- New student guide / grouper

## EMPLOYERS & CUSTOMERS

- Humak
- University of Joensuu
- HYY+
- Outward Bound Finland ry
- Keskuspuisto Vocational College
- Green care -days
- Adventure education -days
- Finnish Youth Centers
- VIP-network for demanding special needs
- Luote Oy
- Outward Bound Finland ry
- Huoltoliitto ry
- CISV Finland
- Joensuun ev.lut seurakuntayhtymä
- Kämpylän seurakunta
- University of Joensuu
- Loisto Settlementti