

CURRICULUM VITAE

1. APPLICANT

Erkki Olavi Heinonen (male).
Date of birth: 22.8.1980

Nationality: Finnish
ORCID: 0000-0001-8846-8983

2. DEGREES

24.4.2019 Docent, Clinical Psychology and Psychotherapy, University of Helsinki
13.5.2014 Doctor of Psychology, University of Helsinki
19.6.2008 Master of Psychology, University of Helsinki

3. OTHER EDUCATION AND TRAINING

2022 *Specialist in clinical mental health psychology.* (Erikoispsykologi, Helsingin yliopisto)

2022 *Psychotherapist.*

2019 *Certified Emotion-Focused Therapist and Supervisor.* Title conferred by International Society for Emotion-Focused Therapy.

4. CURRENT WORK

Professor University of Oslo, Department of Psychology, 5/2023-. Research and teaching in clinical psychology and psychotherapy.

Research manager Finnish Institute for Health and Welfare, 13.5.2019-. Principal investigator and director of the Helsinki Psychotherapy Study (www.thl.fi/hps) on the process and outcome of short- and long-term psychotherapies.

5. WORK HISTORY

Post-doctoral researcher Post-doctoral researcher, York University, Toronto, 1/2017-4/2019. Training and research on emotion-focused therapy.

Visiting researcher University of Helsinki, 2016-2020. Principal investigator of *Psykhé*, a longitudinal study on the professional and personal development of Finnish psychotherapist trainees. In collaboration with the international, multisite SPRISTAD study. (Research still ongoing.)

Psychologist Helsinki University Central Hospital, 1.9.2008, -14.12.2008, 26.1.2009-7.4.2009, 1.9.2009-20.11.2009, 7.1.2010-31.5.2010, 1.10.2013-4.7.2016 (temporary positions). Psychodiagnostic assessments, consultation, and treatments with mood, anxiety, substance abuse and personality disorders. Training, supervision, and development work at the Center of Excellence for Psychosocial Interventions.

Fulbright Fellow University of Chicago, 8/2010-8/2012. Research on psychotherapists as a part of doctoral dissertation.

Lecturer University of Helsinki, 1.9.2008-. Various courses taught (please see below, "Teaching").

Censor The Finnish National Matriculation Examination Board, 2009-2010. Evaluating student performances in psychology at the end of high school.

Research Helsinki Psychotherapy Study, National Health Institute, 1.1.2007- 31.6.2008.

<i>secretary</i>	Collecting, recording and analyzing data, and other tasks.
<i>Psychology assistant</i>	Finnish Institute of Occupational Health, 1.6.2006-31.12.2006. Department of personnel assessment. Conducting tests, observing individual and group situations, interviewing, analyzing results, consultations with clients.
<i>Columnist, free-lance journalist</i>	"Psychologist"-magazine, publication of the Finnish Psychological Association. 15 columns during 2005-2007, writing the FPA's 50th anniversary issue in 2007, numerous journalistic articles since 2004.
<i>Psychology intern</i>	Helsinki University Central Hospital, 16.5.-22.6. and 11.7.-9.10.2005. Psychodiagnostic assessments on various wards (depressive, eating, schizophrenic, and personality disorders, forensic mental state examination).
<i>Research assistant</i>	"Psychology of the Virtual"-research group, University of Helsinki, 18.5.-31.8.2004 (in collaboration with Nokia). Planning and building experimental designs, collecting data, analysing and reporting results.
<i>Tutor</i>	Open University of Helsinki, 1.1.2004-11.12.2006. Helping psychology students with studies in developmental psychology, cognitive psychology, fundamentals of psychology and academic writing; coaching study skills.

6. MAJOR RESEARCH GRANTS, RESEARCH LEADERSHIP, AND SUPERVISORY EXPERIENCE

Research grants as principal investigator:

2022	Finnish Cultural Foundation grant, research on treatment failure in psychotherapy (100 000 NOK).
2021	Päivikki and Sakari Sohlberg Foundation grant, research on treatment failure in psychotherapy (200 000 NOK).
2019	Jalmari and Rauha Ahokas Foundation, 3 months post-doctoral research (80 000 NOK).
2017	Post Doc Pool Foundation, 12 months post-doctoral research (560 000 NOK).
2016	Finnish Cultural Foundation, 6 months dissertation research (140 000 NOK).
2015	Post Doc Pool Foundation, 12 months post-doctoral research (350 000 NOK).
2014	Emil Aaltonen Foundation, 12 months post-doctoral research (295 000 NOK).
2013	Psychiatry Research Foundation, 3 months doctoral research (25 000 NOK).
2012	Emil Aaltonen Foundation grant, 12 months doctoral research (215 000 NOK).
2011	Emil Aaltonen Foundation grant, 12 months doctoral research (215 000 NOK).
2011	Fulbright Foundation, 12 months doctoral research in the U.S. (10 000 NOK).
2010	Finnish Cultural Foundation for 9 months' doctoral research (165 000 NOK).
2009	Fulbright Foundation, 12 months doctoral research in the U.S. (150 000 NOK)

Notice: 1 € = approximately 10 NOK.

Research grants as co-applicant:

2022	Finnish Rehabilitation Foundation, research for psychotherapy in occupational health (1 500 000 NOK)
2016	EU-funded (COST programme) CA16102, "European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders" (appr. 4 500 000 NOK).

Research leadership:

Principal Investigator and Director, the *Helsinki Psychotherapy Study* (www.thl.fi/hps), a randomized trial of short-and long-term psychotherapies for 326 patients with depressive and anxiety disorders.

Principal Investigator, *Psykkhe*, a longitudinal study of the professional and personal development of Finnish psychotherapist trainees (Heinonen et al., 2017).

Vice Leader, Working Group 2 in EU-funded COST Action “European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders” (www.treat-me.eu)

Steering Committee Member, Nordic Psychotherapy Training Study (www.sv.uio.no/psi/forskning/prosjekter/nortras/). A Scandinavian collaborative study on the supervision and development of psychotherapeutic expertise.

President-Elect, SPRISTAD (www.psychotherapyresearch.org/page/SPRISTAD). An international multisite study of the training and development of psychotherapists involving over 20 countries.

Supervisory experience:

Finished dissertations: Jaakko Stenius (2021)

Dissertations in progress: Carita Alanne, Elise Nordström, Hubert de Condé

Finished master's theses: My Rydén (2021), Oda Rydning (2021), Eline Søberg (2021), Kristoffer Gundersen (2022), Tasmia Hussain (2023), Linda Obsilova (2024)

7. TEACHING: SEMESTER COURSES AS SOLE TEACHER (since 2008-)

University of Oslo “Psychological Treatment of Adults” (during 7 semesters, since 2020)

University of York Training in emotional competence: To scaffold your emotional intelligence¹ (to general public) (during 2 semesters)

University of Helsinki “Psychotherapies” (during 4 semesters)
“Clinical Psychology II: Advanced course (during 6 semesters)
“Fundamentals of Psychology” (during 4 semesters)

In addition:

- Lecturer and book examiner for “Mental health service system and interventions” (during 2 semesters)
- Leading a small-group supervisory seminar for psychology interns in their various placements (during 6 semesters)

Espoo Community College “Clinical Psychology” (during 3 semesters)
“Developmental Psychology” (during 2 semesters)

Helsinki Community College “Fundamentals of Psychotherapy” (during 1 semester)

Helsinki Univ. of Arts “Psychology” (during 1 semester)

In addition: Numerous individual lectures at the Department of Psychology (University of Helsinki) and various specialization programs for psychiatrists, psychologists, and psychotherapists

¹ With a York University graduate student as co-leader

8. EDITORIAL POSITIONS

- 2016- Advisory editor, *Psychotherapy Research*
2014- Ad hoc -reviewer: *Scandinavian Journal of Psychology, Nordic Journal of Psychiatry, European Psychiatry, Frontiers in Psychology, Asia Pacific Journal of Counselling and Psychotherapy, Journal of Nervous and Mental Disease, British Journal of Guidance and Counselling, Psychiatria Fennica. PLOS One, General Psychiatry, Counselling Psychotherapy Quarterly, Journal of Psychotherapy Integration, Psychological Reports, Professional Psychology: Research and Practice, Journal of Personality, Journal of Clinical Psychology, Clinical Psychology & Psychotherapy, Psychotherapy*

9. MANAGERIAL, ADMINISTRATIVE, AND EXPERT TASKS

- 2022- Member of national task force for "Current Care Guidelines" for treatment of obsessive-compulsive disorder, Finnish Medical Society.
2021- Executive board member for psychotherapist training at University of Helsinki.
2019- Member, internal ethical board, University of Oslo.
2018-2021 Member of scientific committee for Nordic Congress of Psychiatry, 2021.
2018- Research board, Society for the Exploration of Psychotherapy Integration (SEPI).
2017- Early career counsellor, Society for Psychotherapy Research Interest Section on Therapist Training and Development (SPRISTAD)
2015- National representative of Finland, Society for Psychotherapy Research (SPR).
2005-2006 Executive board member, European Federation of Psychology Students' Associations (EFPSA).
2004-2006 Executive board member, psychology department of University of Helsinki.
2005 President, Federation of Finnish Psychology Students' Associations.
2005 Member, Board of coordinating task force for MA studies at Psykonet, a University network of psychology.
2004 National representative, European Federation of Psychology Students' Associations (EFPSA).

10. POSITIONS OF TRUST AND RESPONSIBILITY IN NON-ACADEMIC FORUMS

- 2015 Electoral council for President of the Finnish Psychological Association.
2014-2015 Representative in Finnish Psychological Association central council.
2012-2013 Representative in Finnish Psychological Association central council.
2010-2011 Representative in Finnish Psychological Association central council.
2010 Member, executive board of Psychologists for Social Responsibility.
2008-2009 Representative in Finnish Psychological Association central council.
2006-2007 Representative in Finnish Psychological Association central council.
2005 Member, executive board of Finnish Psychological Association.
2004-2005 Executive board member, Psychologists' association for co-operation PYYR.

10. LANGUAGES SPOKEN

Finnish (mother tongue), English (excellent), Norwegian (Intermediate, level B1), Spanish (good), Swedish (good), French (good).

11. SCIENTIFIC AWARDS AND RECOGNITIONS

- 2014 European Psychiatric Association Research Prize: best paper of 2013 in the category of "Epidemiological psychiatry, social psychiatry and psychotherapeutic interventions in mental health disorders" (awarded to one publication annually)
2014 American Psychological Association (APA) Division 39: Graduate Student Scholar
2012 American Psychological Association (APA) Division 29: Jeffrey E. Barnett Research Paper Award: best paper on psychotherapist factors (awarded to one paper annually)

2012

Society for the Exploration of Psychotherapy Integration (SEPI) Dissertation
Award (awarded annually to one doctoral student)