SAMI KIVIKKOKANGAS

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Contact

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Current Positions

- **Doctoral Researcher**, Department of Medicine, University of Helsinki
- **CEO**, Kivikkokangas Oy (clinical psychotherapy practice)
- **CEO**, NIPRT — Nordic Institute for Psychotherapy Research and Training
- **Chair**, DiaSek ry (Dialogical Sequence Analysis Association)
- **Board Member**, KAT ry (Cognitive Analytic Therapy Association Finland)
- **Board Member**, ICATA (International Cognitive Analytic Therapy Association)
- **Founding Member**, CAT Climate Special Interest Group

Education

Year	Degree	Institution
2018	Licentiate of Psychology	University of Eastern Finland
2018	Training Psychotherapist (legitimized)	University of Jyväskylä
2018	Special Psychologist (Integrative Psychotherapy)	University of Jyväskylä
2013	Licensed Psychotherapist	Adolescent Psychotherapy Foundation, Helsinki
2009	Licensed Psychologist	Valvira
2009	Master of Psychology	University of Helsinki

Research Fields

Primary: Psychotherapy process research, dialogical sequence analysis (DSA), self-agency, cognitive-analytic therapy

Secondary: Climate action and resilience, peace negotiation

Current Research Projects:

- Doctoral dissertation on psychotherapy process (University of Helsinki)
- DSA-Intelligence: AI-assisted qualitative psychotherapy research (SKR application submitted, not awarded; supported by the Thinking Machines Tinker Research Grant, 2026)

Teaching

Current Programs:

- China-Finland Child and Adolescent Continuous Psychotherapy Training (2025–), Jiangxi Normal University, Nanchang, China
- DiaSek Consultation Training (8-month program)
- Cognitive-Analytic Adolescent and Adult Psychotherapy Trainings (4-year programs)
- Kesäyliopisto DSA Course (2026)

Institutions: University of Helsinki, Helsinki Summer University, Jiangxi Normal University (China)

Grants and Fellowships

Year	Funder
2026	Thinking Machines — Tinker Research Grant ($5,000 in compute credits)
2022	The Gyllenberg Foundation
2021	University of Helsinki
2020	The Gyllenberg Foundation
2020	University of Helsinki
2018	The Gyllenberg Foundation
2017	University of Helsinki
2017	Finnish Cultural Foundation

Books

Kivikkokangas, S. (2014). Nuoren psykoterapia. In P. Nurmi (Ed.), *The adolescent and anger*. PS-Kustannus: Helsinki.

Book Chapters (Forthcoming)

Kivikkokangas, S., Sheard, T., Sowerby, M. & Samuels, J. (forthcoming). Living with the climate and ecological emergency: A cognitive analytic therapy approach to psychological sustainability. In *Cambridge Handbook of Psychology and the Planet*. Cambridge University Press.

Kivikkokangas, S., Luhtavaara, A. & Nissinen, T. (forthcoming). Identities, animalities and the climate emergency. In *Cambridge Handbook of Psychology and the Planet*. Cambridge University Press.

Other Publications (Forthcoming)

Kivikkokangas, S. (forthcoming). What every psychotherapist should know about AI? *Psykoanalyyttinen psykoterapia*.

Sheard, T., Sowerby, M., Samuels, J. & Kivikkokangas, S. (forthcoming). *Living with the Climate and Ecological Emergency* [Booklet].

Peer-Reviewed Articles

Kivikkokangas, S., Leiman, M. & Enckell, H. (2026). Self-analysis, interaction, and the impact of the analyst – the case of Amalia X. *Scandinavian Psychoanalytic Review*. https://doi.org/10.1080/01062301.2026.2673722

Kivikkokangas, S., Leiman, M. & Enckell, H. (2026). The development of self-observation as precondition for self-analysis – the case of Amalia X. *Scandinavian Psychoanalytic Review*, 1–17. https://doi.org/10.1080/01062301.2026.2623394

Kivikkokangas, S., Leiman, M., Laitila, A. & Stiles, W.B. (2020). Hiding shame – a case study of developing agency. *Romanian Journal of Psychoanalysis*, 13(1), 85-116.

Kivikkokangas, S. & Leiman, M. (2019). Dialogical sequence analysis as a method in theory based single-case studies in psychoanalysis. *Scandinavian Psychoanalytic Review*, 2, 110-118.

Kivikkokangas, S., Laitila, A. & Leiman, M. (2019). Häpeä psykoterapiassa – tapaustutkimus. *Psykoterapia*, 38(2), 103-121.

Kivikkokangas, S. & Leiman, M. (2018). Dialoginen sekvenssianalyysi tutkimusmenetelmänä psykoanalyysissä – tapaustutkimus Amalia X. *Psykoanalyyttinen psykoterapia*, 1, 31-55.

Other Publications

Kivikkokangas, S. (2020). Mitä unet ovat? *Psykoterapia*, 39(2), 3-6.

Collander, A., Luhtavaara, A. & Kivikkokangas, S. (2019). Positiiviset psykoanalyysin tulevaisuusvisiot. *Psykoterapia*.

Kivikkokangas, S. (2018). Mitä on kognitiivisanalyyttinen psykoterapia? [Book review]. *Psykologi*, 1/2018.

Kivikkokangas, S. & Manninen, P. (2017). Miltä psykoterapian tulevaisuus näyttää 25 vuoden päästä? *Psykoterapia*, 36(3), 227-236.

Kivikkokangas, S. (2017). Tietoa ja ymmärrystä. [Book review]. *Psykologi*, 3, 33.

Kivikkokangas, S. (2015). Hyvin tiivistetty. [Book review]. *Psykologi*, 3, 29.

Theses

Kivikkokangas, S. (2017). Häpeän ilmentyminen ja muutos psykoterapiassa – tapaustutkimus. Licentiate thesis, University of Jyväskylä.

Kivikkokangas, S. (2009). Vertaileva tutkimus pikkukeskosten ja täysiaikaisina syntyneiden lasten kehityksestä ensimmäisen elinvuoden aikana. Master's thesis, University of Helsinki.

Selected Presentations

Conferences:

- International Cognitive Analytic Therapy Association (ICATA), Athens, Greece (October 2026) — Mapping climate distress: a CAT-based workshop; Building cultures of care: three Finnish interventions
- Society for Psychotherapy Research (SPR) European Chapter, Bristol, UK (September 2026) — Single-case research in the age of AI
- Society for Psychotherapy Research (SPR) Annual Meeting, Osaka, Japan (2026) — Climate panel; Therapist under pressure panel
- Society for Psychotherapy Research (SPR) Annual Meeting, Ottawa
- Process Research in Psychotherapy Conference, IPU Berlin

- IPA Research Training Program, University of Southern California, Los Angeles
- National Psychotherapy Research Day of Finland, Jyväskylä

Seminars: University of Helsinki, Helsinki University Hospital, International Psychoanalytic University (Berlin), Jiangxi Normal University (Nanchang, China)

Languages

Finnish (native), English (fluent), German (intermediate), Swedish (basic)

Companies

- **Kivikkokangas Oy** (Y: 2693696-6) — Clinical psychotherapy practice, investments
- **NIPRT** (Y: 3572680-5) — Psychotherapy training and research

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