



Laura Halme

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Helsinki

I am peaceful, empathetic and active listener, and a good writer with an interest in social sciences. I don't get scared of difficult matters. Humor is also a significant part of me.

Interests

Research and development, writing, creative methods in social and health care framework, therapeutic work

Education

- MASTER OF SOCIAL SCIENCES
Master's program in social and health research and management, Faculty of social sciences, University of Helsinki 2022-2024
- SOLUTION FOCUSED THERAPIST (PGDIP)
Helsinki psychotherapy Institute
in co-working with UWE Bristol, University of the West of England, 2016-2018
- BACHELOR OF SOCIAL SERVICES (AMK)
Social services,
Creative methods in wellbeing work,
image and music,
Laurea University of Applied Sciences Tikkurila, 2011-2014
The degree consists 60 credits of social psychology from Helsinki open university 2008-2011
- EARLIER STUDIES
Visual art program,
Laajasalo Adult Education College, 2006-2007,
Visual marketing, vocational examination,
AJK-Jatkokoulutus, 2003-2005,
High school graduate, Kaitaa visual art oriented high school,
comprehensive studies in visual art and
a high school diploma in visual art, 1998-2001

Publications and projects

Solo art exhibition "Images of the Mind" at Meilahti Manor cafe, September 2025

Ideation of creative methods in Aalto-university's Luova Lämpiö -project, spring and autumn 2024

Counseling a painting group and organizing and art exhibition, and participating to this art exhibition, with the topic of weakening the stigma regarding the mental health issues, spring 2023 and spring 2025, Lapinlahden Lähde

Blogtext about emotional violence: "Mikä erottaa henkisen väkivallan rakentavasta riitelystä?" Vantaan Turvakoti ry's blogpage 26.11.2021: <https://ensijaturvakotienliitto.fi/vantaanturvakoti/blogi/mika-erottaa-henkisen-vakivallan-rakentavasta-riitelysta/>

Text and paintings in Surunauha ry's member magazine 2/2021 about expressing emotions by painting "Maalaaminen - kanava tunteiden ilmaisuun"

Master's thesis
"Values, scientific authority and power position in patient work - views of medical doctors",
qualitative research

Bachelor's thesis
"Attitudes, which mental health patients confronts",
qualitative research

Language skills

Finnish - native
English - fluent
Swedish - basics

Work experience

TMI LUOVA HYVINVOINTI

Organising discussion support for individuals and group counselling by using discussion support and creative methods, open care social services February 2025-

SOCIAL COUNSELOR

Led and counselled therapeutic groups by using visual art related creative methods,
Pro Lapinlahti mielenterveysseura ry, seasonal, October 2022-

DOMESTIC VIOLENCE COUNSELOR

Helped people using discussion method in domestic violence matters involving different parties,
Vantaan Turvakoti ry,
part-time, January-June 2021

SUPPORT PERSON

Open care child protection service,
provided support for children and youngsters
Tuplakasi Oy, part-time, July 2019-April 2021

PERSONAL ASSISTANT

Provided assistance for people with disabilities,
SOL-Henkilöstöpalvelut Oy/Posti Kotipalvelut Oy,
part-time, January 2015-March 2020

SOCIAL COUNSELOR

Supported mental health rehabilitative residential accommodation,
Edistia Kotiolot, part-time, December 2018-May 2019

COUNSELOR

Led a therapeutic group discussion at the Aphasia day center,
Afasiasäätiön palvelut Oy, part-time, March 2017-June 2018

SOCIAL COUNSELOR

Child caring institutions,
Helsingin Diakonissalaitos, children and family work,
seasonal, March 2016-February 2018

PEER SUPPORT COUNSELOR

Provided support to suicide loss survivors by group counseling and telephone support, volunteer work.
Planned remote training for peer support counselors about solution focused methods in group counselling and peer support framework.
Surunauha ry, 2017-2021, and telephone support 2024-

INTERNSHIPS IN BACHELOR'S DEGREE

● SOCIAL COUNSELOR
Provided psychosocial support to young adults using creative methods oriented workshops,
Leikkiväki ry, 3 months/2014

● TUTOR FOR IMMIGRANT YOUNGSTERS
Helped youngsters to find hobbies for freetime,
Matkalla-project, Plan Suomi Säätiö,
internship in parts over a period of six months between 2013-2014

● SOCIAL COUNSELOR
Coached a group of young adults facing mental health issues,
Keskuspuisto vocational school,
3 months/2013

● REHABILITATION COUNSELOR
Provided counseling service regarding mental health, rehabilitation and social benefits,
Mielenterveyden keskusliitto ry,
Tietopalvelu Propelli, 3 months/2012

My earlier work experience consists selling and marketing tasks.