

NORDIC ASSOCIATION FOR CLINICAL SEXOLOGY

APPLICATION FORM: AUTHORIZED CLINICAL SEXOLOGIST

Clinical sexological work should be understood as face-to-face contact with clients and patients to

treat and provide ongoing care for individuals with sexological issues, to help them achieve better sexual health and understanding of their gender and sexual identities from a bio-psycho-social point of view. Clinical sexological work should aim to help the individual in understanding themselves and their life holistically. Sexologists are specialists in the field of sexual health and their work with patients can improve quality of life significantly.

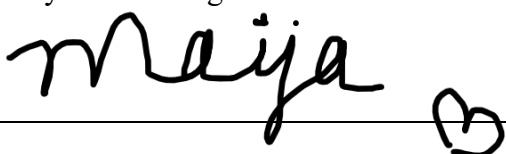
Personal data	
Name	Maija Meikäläinen
Date of birth	September 9th, 1995
Address	Esimerkkitie 3, 00100 Helsinki, Finland
Email	maija.meikalainen@gmail.com
Phone	+358 12 345 6789
Paying member of national sexology organization since (Requirement of two years minimum)	May 7th, 2021
Date of application	June 3rd, 2026

Due to the law of Data Protection Regulation (GDPR) for EU based residents, by May 25th 2018 (https://www.dropbox.com/en_GB/security/gdpr), applicants must consent to handling procedures by the authorisation committee in Nordic association of Clinical Sexology (NACSAC) and by the NACS board, or whom it might concern. Your PDF application will be uploaded to a cloud-based storage service.

This can be read by the countries in NACS; Finland, Denmark, Sweden, Estonia who are members in the EU. The information will also be read by the NACSAC members from

Iceland and Norway who are not members of the EU. Your personal data will also be included in the minutes of the NACSAC meeting when your application is reviewed. It will be stored even after a decision has been made regarding your specialist authorization for future reference regardless of the application outcome.

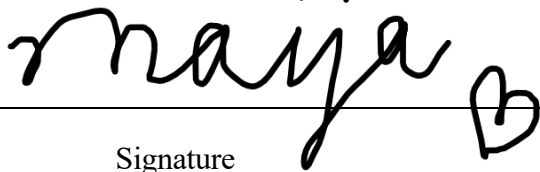
I hereby acknowledge I have read this information and consent to this procedure:



Signature

I hereby acknowledge familiarity and submit to the ethical guidelines by
WAS

(<http://worldsexualhealth.net/wp-content/uploads/201308guiding-ethical-principles.pdf>) and
that the information in this application is correct:



Signature

Basic Professional Education and work experience	
The title <i>Authorized Clinical Sexologist</i> requires	Attachment number:
Basic education of a bachelor in social and health studies (180 ECTS).	1

Sexological education and experience	
The title <i>Authorized Clinical Sexologist</i> requires:	Attachment number:
60 ECTS or equivalent courses in sexology	2 and 3
300 hours of clinical sexology experience (Within the last 5 years)	4
25 hours of SAR (Self attitude reassessment) SSA (Sexual self- assessment)	2 and 3
Sexological supervision, minimum 100 hours in group or 60 hours in individual sessions	7, 8, 9
Recommendation letter from your main supervisor, that should have given a minimum of 50% of the supervision required. Verification should also entail contact information to the supervisor.	10

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Attachment 1. Basic Professional Education



DIPLOMA

Maija Meikäläinen

has successfully completed the requirements of the degree of

Master of Psychology

(300 ECTS credits)

Period of study: 2012–2017

Date of issue: 15 June 2017

Place: Helsinki, Finland

Signature:

Elli Esimerkkinen

Dean, Faculty of Social Sciences



Proof of expertise in sexology

Attachment 2. Proof of expertise in sexology - Sexology I

DIPLOMA

The Institute of Psychotherapy hereby certifies that

Maija Meikäläinen

has successfully completed the training programme

Sexology I – Sex Advisor



Total completed SAR training: 25 hours

Scope of studies: 30 ECTs

Period of study: January 2022– January 2023

Date of issue: 3 June 2023

Place: Helsinki, Finland

Dr. Matti Mäkinen, Programme Director, Head of Training

Psychotherapist, PhD in Clinical Psychology, MPsych (Clin.), M.Ed. NACS Authorized Clinical Sexologist, STOrY supervisor

Institute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.

Phone: +358 09 876 5432

Email: matti.makinen@gmail.com

Attachment 3. Proof of expertise in sexology – Sexology II

DIPLOMA

The Institute of Psychotherapy hereby certifies that

Maija Meikäläinen

has successfully completed the advanced training programme

Clinical Sexology – Sexology II



Scope of studies: 30 ECTs

Total completed Advanced SAR training: 25 hours

Period of study: 2023–2024

Date of issue: 15 June 2024

Place: Helsinki, Finland

*Dr. Matti Mäkinen, Programme Director, Head of Training
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Phone: +358 09 876 5432
Email: matti.makinen@gmail.com*



List of clinical sexology experience

Attachment 4. List of clinical sexology practice during training

Institute of Psychotherapy

Certificate of Training in Sexology II training

This is to certify that

Maija Meikäläinen

has successfully participated in the required face-to-face training components of the programme

Clinical Sexology – Sexology II

conducted by the **Institute of Psychotherapy**. The participant completed a total of **100 hours of clinical face-to-face training** sessions of clinical work between **2023-2024**. Attendance requirements were fulfilled in accordance with the standards of the Clinical Sexology – Sexology II programme.

This certificate is issued upon request for the purpose of documenting completed training.

Face-to-face Clinical training hours: 100 hours

Training period: 2023-2024

Date of issue: 15 June 2025

Place of issue: Helsinki, Finland

Place: Helsinki, Finland



*Dr. Matti Mäkinen, Programme Director, Head of Training
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Attachment 5. Summary of clinical sexology practice during employment

Period: January 2023 – May 2026

During the period from January 2023 to May 2026, Maija Meikäläinen has completed a total of **468 hours of clinical sexological practice**. The work was conducted in both private and multidisciplinary healthcare settings and was delivered through a hybrid setting combining face-to-face consultations and online appointments. Approximately 60% of client contacts took place in person and 40% were provided remotely.

Through clinical work consisted of both individual and couples consultations. Approximately 320 hours involved work with individual clients and 148 hours involved work with couples. The client population consisted primarily of adults seeking support for concerns related to sexual health, intimacy, relationships, sexual functioning, and psychosexual wellbeing.

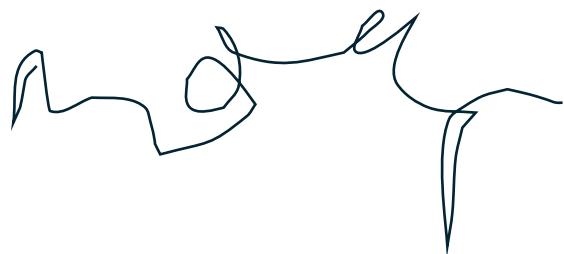
The focus of Meikäläinen’s clinical sexological work included sexual desire concerns, discrepancies in desire between partners, communication difficulties related to sexuality and intimacy, relationship-related sexual concerns, questions regarding sexual identity and self-concept, and sexual wellbeing across different life stages. They also worked with clients experiencing sexual functioning concerns and with individuals and couples seeking support in navigating the impact of stress, health conditions, and major life transitions on their sexuality and intimate relationships.

Throughout this period, Meikäläinen participated in regular professional supervision focused on clinical reasoning, ethical practice, case formulation, and professional development. All clinical work was documented and conducted in accordance with applicable professional, legal, and ethical standards.

As Meikäläinen’s supervisor, I hereby confirm that the information provided above accurately reflects Meikäläinen’s clinical sexological work experience and has been witnessed by me.

Eetu Esimerkki, COO, Mental Health Matters Oy

June 4th, 2026, Helsinki, Finland



Proof of sexological supervision

Attachment 7. Sexological supervision in sexology I training

Certificate of Supervision in Sexology I

Tranee

Name: Maija Meikäläinen

Date of Birth: September 9th, 2026



Supervisor information

Name: Matti Mäkinen

Professional title: Psychotherapist, PhD in Clinical Psychology, MPsych (Clin.),
M.Ed. STOrY supervisor

Sexological Qualifications and Authorizations: NACS Authorized Clinical Sexologist, Authorized Sex
Advisor (SSS)

Primary Profession: Licenced Psychotherapist

Institution: Institute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.

Contact: matti.makinen@gmail.com

Phone: +358 09 876 5432

Supervision Details

I confirm that Maija Meikäläinen has completed Basic Sexology traninig in Sexology I under my
supervision, which has included

- ☐ Individual supervision of ____ hours
- ☒ Group Supervision __30__ hours
- ☐ Both individual and group supervision of ____ and ____ hours

Time period of supervision:

January – December of 2022.

Format:

- ☒ in-person
- ☐ online
- ☐ hybrid

Content of Supervision

The supervision has focused on the applicant’s clinical sexological work with clients, including:

- Assessment of sexual health concerns
- Case formulation in sexology
- Planning and implementation of interventions
- Work with individuals and/or couples
- Ethical considerations and professional boundaries
- Diversity in sexuality (e.g., gender, orientation, cultural factors)
- Reflective practice and professional development

The applicant has presented multiple cases from their clinical work and engaged in structured reflection on their practice.

Place and date:

3rd of June, 2023, Insitute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.



*Dr. Matti Mäkinen, Programme Director, Head of Training
Psychotherapist, PhD in Clinical Psychology, MPsy (Clin.), M.Ed. NACS Authorized Clinical Sexologist,
STOry supervisor
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Phone: +358 09 876 5432
Email: matti.makinen@gmail.com*



Attachment 8. Sexological supervision in sexology II training

Certificate of Supervision in Sexology II

Tranee

Name: Maija Meikäläinen

Date of Birth: September 9th, 2026



Supervisor information

Name: Matti Mäkinen

Professional title: Psychotherapist, PhD in Clinical Psychology, MPsych (Clin.), M.Ed. STOrY supervisor

Sexological Qualifications and Authorizations: NACS Authorized Clinical Sexologist, Authorized Sex Advisor (SSS)

Primary Profession: Licenced Psychotherapist

Institution: Institute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.

Contact: matti.makinen@gmail.com

Phone: +358 09 876 5432

Supervision Details

I confirm that Maija Meikäläinen has completed Clinical Sexology training in Sexology II under my supervision, which has included

- ☐ Individual supervision of ____ hours
- ☒ Group Supervision ____50____ hours
- ☐ Both individual and group supervision of ____ and ____ hours

Time period of supervision:

February 2023 – February 2024

Format:

- ☒ in-person
- ☐ online
- ☐ hybrid

Content of Supervision

The supervision has focused on the applicant’s clinical sexological work with clients, including:

Development of therapeutic alliance in sensitive and stigmatized topics
Handling complex or multi-layered cases (e.g., co-occurring mental health concerns, trauma, or relational conflict)
Use of different intervention approaches in sexology (e.g., psychoeducation, behavioral exercises, reflective techniques)
Structuring and pacing of clinical sessions
Managing uncertainty and ambiguity in clinical decision-making
Self-reflection on personal values, attitudes, and potential biases in sexual health work
Working within professional and ethical frameworks specific to sexology
Identifying when referral or multidisciplinary collaboration is needed
Documentation practices and clinical reporting in sexological work
The applicant has presented multiple cases from their clinical work and engaged in structured reflection on their practice.

Place and date:

15th of March, 2024, Institute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.



*Dr. Matti Mäkinen, Programme Director, Head of Training
Psychotherapist, PhD in Clinical Psychology, MPsych (Clin.), M.Ed. NACS Authorized Clinical Sexologist,
STORY supervisor
Institute of Psychotherapy, Esimerkkireitti 77, Helsinki, Finland.
Phone: +358 09 876 5432
Email: matti.makinen@gmail.com*



Attachment 9. Sexological supervision during employment

Mental Health Matters Oy

Certificate of Professional Supervision

This is to certify that

Maija Meikäläinen

has been employed by **Mental Health Matters Oy** as a clinical psychologist providing clinical sexological services during the period **1 January 2023 – 31 May 2026**.

As part of the organization's commitment to professional development and quality assurance, Maija Meikäläinen has participated in regular professional supervision related to clinical sexological practice throughout the period of employment.

The supervision addressed clinical casework, professional and ethical issues, treatment planning, clinical decision-making, reflective practice, and professional development in clinical sexology.

During the above-mentioned period, Maija Meikäläinen completed a total of:

72 hours of professional supervision

The supervision consisted of a combination of individual and group supervision sessions and was provided by qualified professionals in the field of clinical sexology.

This certificate is issued upon the employee's request for the purpose of professional credentialing and authorization processes.

Employee:

Maija Meikäläinen

Employer:

Mental Health Matters Oy

Period Covered:

1 January 2023 – 31 May 2026

Total Supervision Hours:

72 hours

Date of Issue: 15 June 2026

Place of Issue: Helsinki, Finland

A handwritten signature in dark blue ink, appearing to read 'Minna Esimerkki', with a long horizontal flourish extending to the right.

Minna Esimerkki, MSc (Psychology), STOrY supervisor

Clinical Services Manager and work supervisor

Mental Health Matters Oy

Attachment 10. Recommendation letter

Honored and esteemed NACS Authorization committee.

I am pleased to recommend Maija Meikäläinen for the NACS authorization for clinical sexology. I have known miss Mäkinen in my role as their teacher and supervisor in sexological training at the Institution of Psychotherapy in Helsinki, Finland, where I have closely followed their professional development. In the Sexology II training of which I am the leading teacher and supervisor, and in the aftermath of Ms Meikäläinen's career development, am convinced of their expertise and dedication in the field of sexological clinical work.

During their training, Ms Meikäläinen has demonstrated a strong commitment to developing competence in clinical sexology. They have successfully completed the required coursework and have shown the ability to integrate theoretical knowledge with clinical practice. Their work reflects a solid understanding of key areas in sexology, including sexual health, relational dynamics, and ethical practice.

In supervised clinical work, Ms Meikäläinen has consistently demonstrated reflective capacity and professional responsibility. They approach clients with sensitivity, respect, and appropriate boundaries. They are able to recognize the limits of their competence and actively seek supervision when needed. Importantly, they show the ability to apply sexological knowledge in a structured and client-centered way.

Ms Meikäläinen has also developed their skills in documenting and summarizing clinical work. Their written case descriptions and summaries are clear and demonstrate an understanding of clinical processes, including assessment, intervention, and evaluation. This is essential for safe and accountable practice in clinical sexology.

In addition, Ms Meikäläinen collaborates well with supervisors and peers. They engage constructively in supervision, take feedback seriously, and show clear progress over time. Their professional attitude and reliability support their readiness for independent practice within the scope of their competence.

Based on my evaluation, I consider ms Mäkinen to have reached the level of competence required for NACS authorization in clinical sexology. I therefore recommend them without reservation.

Sincerely,



Dr. Matti Mäkinen,

On June 1st, 2026 in Helsinki, Finland

*Dr. Matti Mäkinen Programme Director, Head of Training
Psychotherapist, PhD in Clinical Psychology, MPsych (Clin.), M.Ed., NACS Authorized Clinical Sexologist,
STOry supervisor
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Phone: +358 09 876 5432
Email: matti.makinen@gmail.com*

Attachement 11 : Curriculum Vitae

Name: Maija Meikäläinen
Email: maija.meikalainen@gmail.com
Phone: +358 12 345 6789

Education

Sexology II Studies, 30 ECT, Institute of Psychotherapy, 2023-2024
Sexology I Studies, 30 ECT, Institute of Psychotherapy, 2022-2023
Psychotherapist, 35 ECT, Institute of Psychotherapy, 2018-2019
Master of Psychology, Example University, Finland, 2012–2017

Other Professional Qualifications and Authorizations

Authorized Sexological Counselor (SSS)

Work Experience

Sexological Clinician, Mental Health Matters Oy, 2023–Present
Psychotherapist, Mental Health Matters Oy, 2019-2023
Psychology Trainee, Mental Health Matters Oy, Helsinki, Finland, 2016-2018

Languages

Finnish: Native
English: Fluent
Swedish: Beginner

Professional Memberships

Member, Finnish Association for Sexology, 2022- present