

Special Level Psychotherapist Merja-Liisa Kerkkä



During our life, each of us experience various problem points, points that cause pain and suffering – growth pains, giving up something, fears, 'the unbearable lightness of pain of living", caused by the persons themselves or others. However, we survive most of these problems. We continue our lives stronger than ever.

My services:

- Family therapy: children, young, couples, parenthood, family members, grandparents
- Work guidance: superiors, entrepreneurs, employees

It's Not Always Easy...

...being a child, young, disabled, mother, father, spouse of an alcoholic, tired overachiever, sacrificing middle-aged person, unemployed, entrepreneurs, lonely old person.

In various points of our lives and in any age, we may be faced with issues we are unable to solve by ourselves.

When this happens, it helps if you can talk about it. It is important to choose wisely the person with whom you discuss your problems.

As a family therapist, I have the readiness to help you.

Sometimes, You May...

...also suffer from excessive strength. If this happens, it is easier for you to support and help others than face your own difficult emotions. Could it be that you are suffering from excessive strength?

Real strength means that you are brave enough to face your own weaknesses and helplessness as well. Therefore, I would like to encourage You to discuss the issue with those close to you first. If you are unable to discuss the issue, it could be useful for You to study Your life with an outsider. That is when You should contact me.

As a Psychotherapist...

...I know that healing power and solutions are always somewhere inside a person. However, at a time of crisis or trauma, people lock themselves up, they are unable to see the future. They have little strength, futile efforts paralyze them and they feel like they are wasting their time. Don't prolong issues because they become more complicated over time if they are not dealt with.

I Help and Encourage...

...customers in finding their resources. By means of therapy, we will try to find new ways to solve every-day problems. Together, we will strive to create sustainable changes in the psychical structures of a customer's mind.

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