

Aylin Aras

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Istanbul, Türkiye

Education

2020 – 2026: **PhD in Psychoanalytic Studies**, Department of Clinical, Educational and Health Psychology, University College London, London, UK

PhD Student at COSI Study, Anna Freud, London, UK

PhD Thesis: *Understanding the nonverbal parent-infant attachment experiences in the context of perinatal mental health challenges: The role of parental embodied mentalizing (PEM).*

Supervisors: Prof. Peter Fonagy (Primary)

Dr. Camilla Rosan & Dr. Chloe Campbel (Secondary)

2017 – 2020: **MSc (High Hons), Clinical Psychology**, Middle East Technical University, Ankara, Türkiye

Master's Thesis: *"The relations among generativity, meaning in life and depressive symptoms in Turkish elderlies: A mediation model* (Primary Supervisor: Prof. Özlem Bozo)

2012 – 2017: **BSc (High Hons), Psychology**, Middle East Technical University, Ankara, Türkiye

Professional Experience

June 2026 – present **Assistant Professor**, Department of Psychology, Boğaziçi University, İstanbul, Türkiye

Oct 2025 – present **Mentee** in the Attachment Research Mentorship (ARM) Program, [CARE Collaboration](#), under the mentorship of Prof. Miriam Steele.

March 2026 – present **Honorary Research Fellow**, UCL & Anna Freud

July 2019 – Sept 2020 **Research Assistant**, Ankara Hacı Bayram Veli University, Ankara, Türkiye

Voluntary Research Experience

- 2018 – 2019 Therapist and voluntary research assistant, Middle East Technical University, Ankara, Türkiye, “*Effectiveness of Exposure Method by Using Virtual Reality in the Treatment of Social Phobia*” (Supervisor: Prof. Ayşe Nuray Karancı).
- 2017 – 2018 Graduate researcher, Middle East Technical University, Ankara, Türkiye, “*Living with Schizophrenia: Perspectives of Turkish People with Schizophrenia from Two Patients' Associations on How the Illness Affects Their Lives*” (Supervisor: Prof. Ayşe Nuray Karancı).
- 2016 – 2018 Undergraduate Researcher, “*The Reliability and Validity of Beck Depression Inventory-II in the Turkish Sample*” (Supervisor: Ass. Prof. Deniz Canel Çınarbaş).
- 2016 – 2017 Undergraduate Researcher, *Child Development Lab*, Middle East Technical University, Ankara, Türkiye
Data collection from children between the ages of 8-12 living under the care of social services, which were residing in care villages or group homes vs. their biological-family-reared counterparts from various parts of Ankara (Supervisor: Prof. Sibel Kazak Berument).

Clinical Experience

- Sept 2022-
June 2024 Psychotherapy practice with adults and clinical supervision as part of the certification process for the practice of Schema Therapy.
- Feb 2018-
June 2020 As part of the MSc training in Clinical Psychology, conducted psychotherapy with adults under weekly 5-hours of weekly clinical supervision at the METU AYNÄ Clinical Psychology Support Unit, Ankara, Türkiye.
- Oct 2017-
June 2018 Weekly visits to the Adult Psychiatry in-patient unit at Hacettepe University Hospital, where training was received in clinical interview techniques and the Minnesota Multiphasic Personality Inventory (MMPI).
- Sept 2018-
June 2019 Participated in the 14 weekly group therapy sessions as a group process observer under the supervision of Assoc. Prof. Deniz Canel Çınarbaş.
- June-Aug
2016 Internship at the Adult Psychiatry Clinic (in-patient and out-patient units) at Uludağ University Hospital.
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Publications

- Aras, A.,** Fonagy, P., Campbell, C., Rosan, C. (2024). What do we know about parental embodied mentalizing? A systematic review of the construct, assessment, empirical findings, gaps and further steps. *Attachment and Human Development*, 26(6), 588–624. <https://doi.org/10.1080/14616734.2024.2421432>
- Aras, A.** (2020). Bağlanma (Attachment). In E. Bekaroğlu (Ed.), *Anne babalığa psikolojik bakış (Psychological view of parenting)*. Ankara: NOBEL.
- Karancı, A. N., **Aras, A.,** Kumpasoğlu, G. B., Can, D., Çakır, E., Karaaslan, C., Semerci, M., & Tüzün, D. (2019). Living with schizophrenia: Perspectives of Turkish people with schizophrenia from two patients' associations on how the illness affects their lives. *International Journal of Social Psychiatry*. 1-9. doi: 0.1177/0020764018820879

Manuscripts Under Review

- Aras, A.,** Rosan, C., Saunders, R., Campbell, C., Shearson, A., & Fonagy, P. (under review). The effectiveness of group-based psychological interventions conducted with parents with mental health problems and a child under the age of 5: A meta-analysis.
- Yirmiya, K., **Aras, A.,** Rosenström, T., Alyousefi-van Dijk, K., Fonagy P., & Rosan C. (under review). Measuring psychological distress in perinatal care: Factorial structure and structural validity of CORE-OM and CORE-10.

Manuscripts in Preparation

- Aras, A.,** Rosan, C., Campbell, C., Saunders, R., & Fonagy, P. (in preparation). The Parental Embodied Mentalizing Assessment (PEMA): Reliability, factor structure, and item characteristics
- Aras, A.,** Rosan, C., Campbell, C., & Fonagy, P. (in preparation). Validity of parental embodied mentalizing in relation to sociodemographic and gestational variables
- Aras, A.,** Rosan, C., Campbell, C., Saunders, R., & Fonagy, P. (in preparation). Parental embodied mentalizing in mothers with moderate to severe mental illness: Associations with maternal sensitivity and intrusiveness, severity of mental health, and the role of contextual risk

Conference Presentations

- Aras, A.** Fonagy, P., Rosan, C., Campbell, C., Saunders, R., Spencer, R., & Shai, D. (2024, September 16-18). Assessing the embodied mentalizing capacity of mothers attending perinatal mental health (PMH) services in England. In K. Alyousefi-van Dijk (chair), *Assessing and improving the quality of the parent-infant relationship in the context of mental health difficulties*. [Symposium]. Presented at the 44th Annual SRIP Conference, Dresden, Germany

- Aras, A.** Fonagy, P., Rosan, C., Spencer, R., Campbell, C., Saunders, R., & Shai, D. (2024, July 15-17). The Parental Embodied Mentalizing Assessment (PEMA): The Preliminary Validation in the Perinatal Mental Health Context. In D. Shai (chair), *Parental Embodied Mentalizing Intervention (PEMI): Conceptual, empirical, and clinical applications*. [Symposium]. International Attachment Conference (IAC), Rouen, France.
- Aras, A.**, Fonagy, P., Rosan, C., & Campbell, C. (2023, July 3-6). *Group-based psychological interventions for parents with mental health symptoms and a child under the age of 5: A Scoping Review* [Oral Presentation]. 18th European Congress of Psychology, Brighton, United Kingdom. <https://ecp2023.eu/wp-content/uploads/2023/06/ECP-abstracts.pdf>
- Aras, A.**, Fonagy, P., Rosan, C., & Campbell, C. (2023, July 3-6). Psychometric Properties of Parental Embodied Mentalizing Assessment Tool and Its Validity in Perinatal Mental Health Setting [Oral Presentation]. 18th European Congress of Psychology, Brighton, United Kingdom. <https://ecp2023.eu/wp-content/uploads/2023/06/ECP-abstracts.pdf>
- Ünsal, B. C., Uğurluoğlu, İ., **Aras, A.**, Şener, M. N., Tokel, T., Karancı, A. N., & Balcı, E. (May, 2019). *Sosyal anksiyete bozukluğuna yönelik sanal gerçeklik ile maruz bırakma terapi sistemi: Seçkisiz kontrollü pilot araştırma (An exposure therapy system using virtual reality for social anxiety disorder: A randomized-controlled pilot study)*. Paper presented at the meeting of 9th Işık Savaşır Clinical Psychology Symposium, Cyprus, Gazimağusa, TRNC.
- Karancı, A. N., Kumpasoğlu, G. B., **Aras, A.**, Can, D., Çakır, E., Karaaslan, C., Semerci, M., & Tüzün, D. (Kasım, 2018). *Şizofreni hastalığına sahip bireylerin damgalama algıları, bu algılara katılımları ve damgalamanın yaşamlarına etkileri (Stigma Perceptions of individuals with schizophrenia, their level of acceptance of these perceptions and the effects of stigma on their lives)*. Poster presented at the meeting of 20th National Psychology Congress, Ankara, Türkiye.
- Güneş, S., Berument, S. B., Gözağaç, S. E., Memişoğlu-Sanlı, A., **Aras, A.**, Tümer, B., & Yılmaz, K. (Kasım, 2018). *Korunma altındaki çocuklarda iyi oluş: Sosyal destek ve mizacın rolü (Well-being in institutionalized children: The role of social support and temperament)*. Paper presented at the meeting of 20th National Psychology Congress, Ankara, Türkiye.

Fundings and Awards

- 2024 **Society of Reproductive and Infant Psychology Bursary** for attendance to 44th SRIP Annual Conference at Medical Faculty, TU Dresden from 16th to 18th September 2024 (*Full bursary covering full conference fees and £300 to cover travel and accommodation*)

- 2024 **NIHR Award for Attendance to Fifteenth NIHR Doctoral Research Training Camp**, Applying for Further Funding, 16th, 17th & 18th July 2024, Mercure Dunkenhall, Blackburn
- 2023 – **NIHR ARC NORTH THAMES Mental Health for All Springboard**
2024 **Funding Award**
- The PEMA study (Parental Embodied Mentalizing Assessment): A project to explore the embodied mentalizing (PEM) capacity in mothers attending perinatal mental health services in England. Principle Investigator (£9,959.77)*
- Sept **PhD Funding, The Study Abroad Program of the Ministry of National**
2020 – **Education**, Republic of Türkiye, Ministry of National Education
Oct 2024
- 2017 – **TÜBİTAK National Graduate Scholarship for funding MSc Studies**
2020 By the Scientific and Technological Research Council of Türkiye (TÜBİTAK)
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Certifications and Professional Training

NIHR ARC North Thames Patient and Public Involvement and Engagement Training
London | March 12, 2024

Atypical Maternal Behavior Instrument for Assessment and Classification (AMBIANCE-Brief)

Trainer: Sheri Madigan, PhD | January 21–22 & February 4–5, 2025

NICHD Sensitivity Scales Training

COSI Study | Trainer: Dr. Laura Bozicevic | January–April 2023

Strange Situation Procedure (SSP) Research Training

COSI Study | Participated as the stranger during SSP data collection.

Parental Embodied Mentalizing Assessment (PEMA™): Research and Clinical Training

Anna Freud Centre | Trainers: Dana Shai, PhD & Rose Spencer, PhD | June 7–9, 2023

Certified reliable PEMA coder for research purposes.

Schema Therapy Clinical Supervision (Certification Pathway)

Supervised by Prof. Gonca Soygüt Pekak (ISST Advanced Schema Therapist, Supervisor and Trainer) | September 2022 – June 2024

Schema Therapy: Experiential Techniques in Schema Mode Work (12 hours, ISST-approved)

Trainer: Ayşe Esra Ersayan, PhD | May 18–19, 2024

Schema Therapy: Imagery Rescripting (12 hours, ISST-approved)

Trainer: Prof. Gonca Soygüt Pekak | April 16–17, 2022

Schema Therapy Post-Training Certificate (42 hours, ISST-approved)

Trainer: Prof. Gonca Soygüt Pekak | 2018–2019

Mentalization-Based Treatment (MBT): Basic Training

Trainer: Prof. Anthony Bateman | Anna Freud Centre | November 30 – December 2, 2022

Mentalizing and Mentalization-Based Treatment with Adults (MBT): An Introduction

Self-directed certified course | November 28, 2022

Level I Family Therapy Training

Trainer: Prof. Hürol Fıfıloğlu | 2018

Selected Conferences, Webinars and Seminars

Fifteenth NIHR Doctoral Research Training Camp | Blackburn, UK | July 16–18, 2024

The Rupture and Repair in the Therapeutic Process | UK Association for Infant Mental Health | February 9, 2024

The Relational Foundations of Reflection: Ghosts in the Nursery (Arietta Slade, PhD) | OXPIP | January 26, 2024

Words and Deeds: Language, the Psyche & Object Relations | UCL Psychoanalysis Unit December Conference | December 1–3, 2023

Attachment and Trauma Conference | UCL Psychoanalysis Unit | May 13–14, 2023

Early Years Conference: The Many Faces of Parenting Infants | Anna Freud Centre | June 9, 2021

Supervised Theses

Khambhayta, Yashvini (2026). *Investigating the Mediating Role of Emotional Regulation on Psychological Distress and Parent-Infant Relationship Quality in a Clinical Perinatal Sample* (Unpublished master's thesis). University College London, London, UK. (Primary Supervisor: Aylin Aras; Secondary Supervisor: Prof. Peter Fonagy).