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Education

2017-2021 **D Clin Psych, Doctorate in Clinical Psychology**

University of Essex (UK)

2016-2017 **MSc Mental Health Studies**

King's College London (UK)

2010-2014 **BSc Psychology**

Istanbul Ticaret University (Turkey)

Individually assessed and found eligible for 'Graduate Basis for Chartered Membership' (GBC) of the British Psychological Society

2005-2008 **BA History (with Honours)**

Bogazici University (Turkey)

Professional Qualifications & Memberships

Health & Care Professionals Council (HCPC)

Registered Practitioner Clinical Psychologist

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Accredited CBT Therapist

European Certificate in Psychology (EuroPsy) (European Federation of Psychologists' Association)

Registered European Psychologist (EuroPsy)

ADOS-II Training (with certificate of reliability obtained)

Autism Spectrum Directions. Delivered by Dr Marianna Murin, Chartered Clinical Psychologist and Certified Independent Trainer

EMDR Standard Training

EMDR Masterclass (EMDR UK and EMDR Europe Accredited). Delivered by Dr Michael Paterson OBE, EMDR Europe Accredited Senior Trainer & Consultant

Systemic Therapy Training (Foundation Level)

University of Essex in collaboration with Association for Family Therapy and Systemic Practice (UK)

EMDR Association UK

Member

International Association for Cross-Cultural Psychology

Member

Publications**Published:**

- **Akan, A.**; Green, G; Blumenfeld, F; Taggart, D; McPherson, S. (2026). An ox sitting on One's chest": Experiences and understandings of common mental health conditions of Turkish-speaking immigrants with lived experience in the UK. *Psychology and Psychotherapy: Theory, Research and Practice*. <https://doi.org/10.1111/papt.70084>
- **Akan, A.**, Korkut, N. H. (2026). Improving the Emotional Wellbeing of University Students Through Culturally Adapted Cognitive and Dialectical Behavioural Group Interventions (UniWELL): Protocol for Two Parallel Feasibility and Effectiveness Studies. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibag010>
- **Akan, A.**, Rose, E., Maarabouni, R., Thorns, H., Taylor, A., Estien, D., & Hyde, Z. (2026). "We Realised We Were Not in it by Ourselves." Exploring experiences of a multidisciplinary psychoeducational workshop for parents with a child diagnosed with autism spectrum condition: A thematic analysis. *Clinical Child Psychology and Psychiatry*, 31(2): 591-613. <https://doi.org/10.1177/13591045261418179>
- Kaptan, S. K., Habtamu, M., Getahun, S., Tadesse, B., **Akan, A.**, Papat, A., Bizouerne, C., & Husain, N. (2025). Protocol for an exploratory RCT of the traumatic stress relief intervention with persons with lived experience of leprosy in Addis Ababa, Ethiopia. *Journal of Tropical Medicine*. 2025, 1307578, 9 pages, 2025. <https://doi.org/10.1155/jotm/1307578>
- Kaptan, S. K.; Kaya, Z. M; **Akan, A.** (2024). Addressing mental health need after

covid-19: A systematic review of remote EMDR therapy studies as an emerging option. *Frontiers in Psychiatry*. 14:1336569

<https://doi.org/10.3389/fpsy.2023.1336569>

- Kaptan, S. K.; Dervede, C; Dowden, T; **Akan, A.** (2023). “Without it, I am not sure I would still be here”: a mixed methods service evaluation for online EMDR trauma therapy in a primary care network in England. *Frontiers in Psychiatry*. 14:1301540. <https://doi.org/10.3389/fpsy.2023.1301540>
- Strouza, A.I.; Lawrence, A.J.; Vissia, E.M.; Kakouris, A.; **Akan, A.**; Nijenhuis, E.R.S.; Draijer, N.; Chalavi, S.; Reinders, A.A.T.S. (2023). Identity state-dependent self-relevance and emotional intensity ratings of words in dissociative identity disorder: A controlled longitudinal study. *Brain and Behavior*, 13, e3208. <https://doi.org/10.1002/brb3.3208>
- **Akan, A;** Green, G, Blumenfeld, F. (2023). Physical symptoms or somatisation? Turkish immigrants’ experiences and understandings of common mental health difficulties: A systematic review (thematic synthesis). *Studies in Psychology* 43 (2), 215-254. <http://dx.doi.org/10.26650/SP2022-1041055>

Research

Interests: culturally adapted interventions, psychotherapy effectiveness, emotion regulation, autism, anxiety, depression, OCD, trauma, psychosis, dissociation, medically unexplained symptoms, suicide and self-harm, migration and mental health, race and mental health, person-centred care, lived experience, participatory research, ‘mad’ studies, critical psychiatry, critical psychology

Methods: Multi-way ANOVA, clinically significant change, reflexive thematic analysis, thematic synthesis (systematic review), constructionist grounded theory, other qualitative methods

Software: SPSS, G*Power, NVivo, Zotero, Mendeley, FileZilla, MS Office programs including MS Teams, Zoom, Skype

Experience:

Ongoing Research Projects

Addressing leprosy trauma using the traumatic stress relief programme: an exploratory trial with persons with lived experience in Addis Ababa, Ethiopia.

ISRCTN Registration Number: ISRCTN86825441. Funded by Leprosy research Initiative. Budget: €136,780

Role: Qualitative Lead

Improving Emotional Wellbeing of University Students: Emotion Regulation (UniWELL-D) .

ClinicalTrials Registration Number: NCT07096141.

Funded by Bogazici University Scientific Research Projects Office, Project code: 20022. 473.723,42TRY

Role: Project Lead

Improving Emotional Wellbeing of University Students: Anxiety Management (UniWELL-C).

ClinicalTrials Registration Number: NCT07096154. Funded by Bogazici University Scientific Research Projects Office, Project code: 20022. Same funding as above project.

Role: Project Lead

Beyond Words: Adinkra Symbols as a Language of Meaning Making, Wellbeing and Life

Experiences. (DClinPsy project of Miss Patrice Adjovu, University of Hertfordshire).

Role: Supervisor

Reflecting on “Close Supervision” during Cognitive Behavioural Therapy Training: A Qualitative Study

Role: Project Lead

Clinical Experience

2023-... **Clinical Supervisor (Sep 2023-..., 2 h/pw)**

Boğaziçi University Student Guidance and Psychological Counselling Centre (BÜREM)

Offering weekly group supervision to psychological practitioners working at BÜREM

2024-... **Clinical Supervisor (Oct 2024-..., 2 h/pw)**

Offering weekly individual supervision to clinical psychology trainees enrolled in Clinical Psychology Master’s programme at Bogazici University, Istanbul.

2020-2023 **Clinical Psychologist** (Oct 2020-July 2021, 20 h/pw; August 2021-April 2023, 37.5 h/pw)

Redbridge Emotional Wellbeing and Mental Health Service, North East London NHS Foundation Trust (NELFT)

Supervisors: Dr C Loucas (main, Senior Clinical Psychologist), Dr Z Hyde (Senior Clinical Psychologist), Ms D Estien (main, Psychological Therapies lead, Counselling Psychologist)

Client Population: Children and young people with emotional, behavioural and

sometimes comorbid physical and neurological difficulties and learning disabilities and their families

Models: Mainly CBT with ACT and DBT elements, and psychoeducation with systemic thinking for low mood, suicidal ideation, self-harm, emotion regulation difficulties, OCD, anxiety problems and challenging behaviour; Narrative Exposure Therapy (NET) and EMDR for trauma

- Conducting psychology and mental health assessments;
- Risk assessment;
- Conducting and assisting ADOS-II assessments (Module 3 and 4)
- Delivering psychology interventions;
- Offering consultations to parents and conducting parent involved interventions;
- Co-coordinating and delivering workshops for parents with a child who is diagnosed with ASD
- Supervising trainee clinical psychologist, assistant psychologists, honorary assistant psychologists and other junior members of staff;
- Co-delivering CBT supervision group for social care professionals;
- Liaising with other psychologists and MDT colleagues;
- Chairing MDT and other meetings;
- Leading a clinical audit project;
- Offering consultations to schools and other agencies;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2019-2020 **Trainee Clinical Psychologist** (Nov 2019-Sep 2020) (22.5 h/pw)

Split post in North Camden Children and Adolescent Mental Health Service (CAMHS) and Camden Parents' Wellbeing Service (CPWS), Tavistock and Portman NHS Foundation Trust

Supervisors: Dr M Gartner (main, Senior Clinical Psychologist), Dr A Flintoff (Clinical Psychologist), Dr R Gomes (Clinical Psychologist), Dr B Krause (Consultant Family and Systemic Therapist)

Client Population: Children and young people with emotional and/or behavioural difficulties with comorbid neurodevelopmental difficulties such as autism (North Camden CAMHS) and their parents (CPWS)

Models: CBT, psychoeducation, systemic therapy, psychodynamic thinking and DBT skills for low mood, suicidal ideation, self-harm, emotion regulation difficulties, anxiety problems, OCD, eating difficulties, toileting problems, anger, depression with psychotic like features possibly secondary to substance use and challenging behaviour.

- Conducting mental health assessments;
- CONNERS assessment;
- Risk assessment;
- Delivering psychological interventions;

- Consultations to schools;
- Joint sessions with psychology and MDT colleagues;
- Liaising with other psychologists and MDT colleagues;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2019-2019 Trainee Clinical Psychologist (May 2019-Sep 2019) (22.5 h/pw)

Split post in Adult Community Learning Disability Psychology Service and Asperger's Service,

Essex Partnership University NHS Foundation Trust (EPUT)

Supervisors: Mrs M Delfgou (main, Counselling Psychologist), Dr S Alison (Consultant Clinical Psychologist, Service Lead), Dr K Homans (Clinical Psychologist)

Client Population: Adults with learning (intellectual) disabilities and sometimes comorbid neurological diagnosis such as autism or physical illnesses who have emotional and/or behavioural difficulties (Adult LD Service). Adults with High Functioning Autism / Asperger's Diagnosis who has emotional and/or behavioural difficulties (Asperger's Service).

Models: Systemic, CBT, CFT, psychoeducation, psychodynamic concepts, group work for low mood, suicidal ideation, self-harm, emotion regulation difficulties, anxiety problems, OCD, low self-esteem and challenging behaviour.

- Initial and follow-up psychology assessments;
- WAIS assessment to adults with suspected LD;
- Risk assessment;
- Individual psychology interventions;
- Group interventions;
- Consultation to family members and carers;
- Teachings to staff members.
- Liaising with other psychologists and MDT colleagues;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2018-2019 Trainee Clinical Psychologist (Dec 2018-May 2019) (22.5 h/pw)

Thundersley Emotional Wellbeing & Mental Health Service (EWMHS),

North East London NHS Foundation Trust (NELFT)

Supervisor: Dr S Mayhead (Clinical Psychologist and Clinical Lead)

Client Population: Children and young people with emotional and behavioural difficulties with sometimes comorbid neurodevelopmental problems such as autism and dyslexia and their families.

Models: Systemic, CBT, attachment-based interventions, psychoeducation, group work, psychodynamic thinking for low mood, suicidal ideation, self-harm, emotion regulation difficulties, anxiety problems, OCD, toileting problems, anger, low self-esteem and challenging behaviour.

- Initial and follow-up psychology assessments;
- WISC assessments;
- Risk assessment;
- Individual psychology interventions;
- Group interventions;
- Liaising with the wider network of Looked After Children (LAC) clients;
- Assisting a service user-led participation group;
- Consultations to schools;
- Providing supervision to assistant psychologists;
- Conducting presentations to school teachers and Special Education Needs (SEN) professionals;
- Conducting and presenting an audit project;
- Liaising with other psychologists and MDT colleagues;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2018-2018 Trainee Clinical Psychologist (June 2018-Nov 2018) (22.5 h/pw)

Split post in inpatient Dementia and Frailty Service and community Memory Assessment Service (MASS), The Crystal Centre, Broomfield Hospital Essex Partnership University NHS Foundation Trust (EPUT)

Supervisors: Dr T Harvey (main, Senior Clinical Psychologist), Dr S FitzGerald (Clinical Psychologist)

Client Population: Older adults who had been staying in the inpatient service either as voluntary or sectioned patients due to emotional and/or behavioural difficulties that contained high risk. Some clients had a diagnosis of dementia. (Dementia & Frailty Service). Neuropsychology assessments and post-diagnostic support to older adults with suspected dementia (MASS).

Models: CBT, CFT, psychoeducation, mindfulness, narrative work with systemic understandings for low mood, suicidal ideation, self-harm, emotion regulation difficulties, anxiety problems, depression with psychotic features and challenging behaviour.

- Psychology assessments;
- Neuropsychology assessments (WAIS, WMS, and various prefrontal tests);
- Risk assessment;
- Individual psychology interventions;
- Group interventions;
- Post-diagnostic support to people with dementia and their families, including liaising with psychiatry colleagues;
- Liaising with other psychologists and MDT colleagues;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2017-2018 Trainee Clinical Psychologist (Nov 2017-June 2018) (22.5 h/pw)

Split post in Adult Community Psychology (ACP) and Crisis Resolution Home Treatment (CRHT) Services.

Essex Partnership University NHS Foundation Trust (EPUT)

Supervisors: Dr K Vounisea (main, Counselling Psychologist) and Dr F Anwar (Clinical Psychologist)

Client Population: Adults with emotional and behavioural difficulties (ACP) and adults with emotional and behavioural difficulties who is going through a mental health crisis and assessed as being high risk but well enough to be treated at their homes rather than an inpatient unit (CRHT).

Models: CBT, CBT-P, DBT, psychoeducation for low mood, suicidal ideation, self-harm, emotion regulation difficulties, anxiety problems and depression with psychotic features.

- Psychology assessments;
- Risk assessment;
- Individual psychology interventions;
- Group interventions;
- Liaising with other psychologists and MDT colleagues;
- Monitoring change using various methods including verbal feedback and quantitative measures.

2017-2017 Psychology Placement Student (Feb 2017-July 2017) (7.5 h/pw)

Split post in community Neuropsychiatry and Memory Disorders clinic (Scutari Clinic) and inpatient Psychiatry Liaison Service.

Guy's and St Thomas' NHS Foundation Trust

Supervisor: Dr D Joyce (Psychiatry Registrar)

Client Population: Adults with suspected neuropsychiatric conditions and/or memory problems (Scutari) and adults staying in physical health wards who have suspected neuropsychiatric conditions and/or memory problems (Liaison).

- Shadowing supervising psychiatrist both at clinic and wards;
- Administration of cognitive and psychiatric tests/instruments (ACE III, Frontal Assessment Battery, Hamilton Rating Scale for Depression, Hamilton Anxiety Rating Scale);
- Documenting results of testing;
- Contributing to formulations.

2013-2013 Clinical Psychology Intern (Sep 2013-Oct 2013) (40 h/pw)

Split post in Substance Abuse and Psychosis Services

Erenkoy Mental and Neurological Diseases Research and Training Hospital (Turkey)

Supervised by: Principal psychologist and Junior Psychiatrists

Client Population: Adults diagnosed with substance abuse disorders and adults diagnosed with psychosis

- Attending psychiatry appointments;
- Contributing to discussions.

Other Relevant Work Experience

- 2014-2016 **Assistant Expert** (Nov 2014-Sep 2016) (40 h/pw)
 Republic of Turkey Ministry of Family and Social Policies,
- Research and writing;
 - Attending sessions with vulnerable individuals in need of psychological rehabilitation.

Teaching

Undergraduate:

Introduction to Psychology

Research Methods in Psychology

Abnormal Psychology

Child Psychopathology

Readings and Research in Clinical Psychology, RR Clinical Mental Health, RR Mental Health, RR Mental Health II, R&R In Cultural Adaptations In Clinical Psychology

Postgraduate:

Clinical Assessment

Advanced Clinical Psychology

Individual Approaches to Psychotherapy

Diagnostic Evaluation

Cognitive Behaviour Therapy

Supervision

Supervised Dissertations

Master's

Completed Thesis Projects as primary or sole supervisor

Guclu, B. (2026). *Using dialectical behavioral therapy informed groups to improve emotion regulation in university students* [Master's thesis, Bogazici University].

Oztas, E. (2026). *Using cognitive behavioral therapy based groups to improve anxiety management in university students* [Master's thesis, Bogazici University].

Ongoing Thesis Projects

E. Kanbur, primary (Bogazici University)

M. Sahin, secondary (Bogazici University)

Doctorate

Ongoing Thesis Projects

Patrice Adjovu, secondary (University of Hertfordshire)

Awards & Honours

Research grants:

- 2024: **Improving Emotional Wellbeing of University Students Using Cognitive and Dialectical Behavioural Approaches in Group Settings (UniWELL): Literature Review, Adaptation, and Feasibility Arms.** ClinicalTrials Registration Number: NCT07096141 and NCT07096154. Funded by Bogazici University Scientific Research Projects Office, Project code: 20022. 473.723,42TRY. **Role:** Project Lead
- 2024: ISRCTN Registration Number: ISRCTN86825441. Funded by Leprosy research Initiative. Budget: €136,780.
Addressing leprosy trauma using the traumatic stress relief programme: an exploratory trial with persons with lived experience in Addis Ababa, Ethiopia. Role: Qualitative Lead
- 2018 **University of Essex Student Facilitating Research Fund (£180);** for offering research participants an incentive

Travel grants:

- 2019 **University of Essex Student Facilitating Research Fund (£227.55);** for covering cost of travel during participant recruitment

Conference & training grants:

- 2021 **Proficio Academic and Professional Development Fund, University of Essex (£85);** for the attendance fees of the conference 'Compassion & Mentalization: Complementary, Overlapping or Opposed', organised by Anna Freud Centre, University College London
- 2021 **Proficio Academic and Professional Development Fund, University of Essex (£35);** for the attendance fees of BPS Division of Clinical Psychology Annual Conference 2021
- 2019 **Proficio Academic and Professional Development Fund, University of Essex (£1465.80);** for EMDR Standard Training fees
- 2018 **Proficio Academic and Professional Development Fund, University of Essex (£220);** for a two day NVivo training course

Scholarships:

- 2015-2020 **Turkish Ministry of National Education Postgraduate Scholarship (£200,000)**
Master's and doctoral funding in the UK (course fees and monthly stipend)
- 2011-2014 **Istanbul Ticaret University High Achievement Award (£50,000)**

BSc tuition waiver for three years due to high GPA

Conference Presentations

- 15.07.26 **Akan, A.** *Beyond Translation: A Systematic Cultural Adaptation of Group CBT and DBT for University Students in Global South* (Oral Presentation). British Association for Behavioural and Cognitive Psychotherapies (BABCP) Annual Conference & Workshops 2026. Organised by BABCP.
- 13.05.26 Kaya, F. N.; **Akan, A.** *Making Therapy Accessible for All: CBT Adaptations for People with Intellectual Disability* (Oral Presentation). International Congress On Early Intervention And Well-Being. Organised by *Cyprus International University*.
- 13.05.26 Kanbur, E; **Akan, A.** *Culturally Adapted CBT: Framework, Evidence, and Clinical Implications* (Oral Presentation). International Congress On Early Intervention And Well-Being. Organised by Cyprus International University.
- 13.05.26 Özkan, C; **Akan, A.** *CBT Adaptations from Early Childhood to Early Adolescence* (Oral Presentation). International Congress On Early Intervention And Well-Being. Organised by Cyprus International University.
- 12.05.26 Taş, B. S.; **Akan, A.** *Religious/Spiritual Adaptations of Cognitive Behavioral Therapy* (Oral Presentation). International Congress On Early Intervention And Well-Being. Organised by Cyprus International University.
- 12.05.26 Şahin, M.; **Akan, A.** *Meeting Adolescents Where They Are: Developmental Adaptations of Cognitive-Behavior Therapy* (Oral Presentation). International Congress On Early Intervention And Well-Being. Organised by Cyprus International University.
- 25.03.26 **Akan, A;** Guclu, B; Oztas, E. **Preliminary Results from Twin Clinical Trials of Culturally Adapted CBT and DBT-Informed Group Interventions for Turkish University Students.** (Oral Presentation) **The 16th Asian Conference on Psychology & the Behavioral Sciences (ACP2026).** Organised by the International Academic

Forum (IAFOR) in partnership with the IAFOR Research Centre at the Osaka School of International Public Policy (OSIPP) at The University of Osaka, Japan, and IAFOR's Global Partners.

- 22.01.26 **Akan, A.** *“If Not Her, Then Who Should Go Mad?” Culture-Specific Understandings of Unusual Postpartum Experiences: A Grounded Theory Analysis Using Secondary Data.* 10th World Conference on Qualitative Research. Organised by International Institute for Qualitative Methodology.
- 28.11.25 **Akan, A. Supervising Group Psychotherapies Across International Borders: Trials and Triumphs. (Oral Presentation).** Annual Meeting of the BPS Psychotherapy Section. Organised by British Psychological Society.
- 4.9.25 Polat, A; Cavusoglu, Z. D.; Yanik, H. K; Kutluca, Z.; **Akan, A. Effectiveness of Dialectical Behavioural Therapy (DBT) informed Skills Training Group Interventions for Emotion Regulation in Adolescents and Young Adults: A Thematic-Synthesis and Narrative Systematic Review. (Poster Presentation)**
EABCT 2025. Organised by European Association for Behavioural and Cognitive Therapies.
- 4.9.25 **Akan, A; Okumus, O. G.; Komurcu, B. E. Effectiveness of Cognitive Behavioural Therapy (CBT) based Group Interventions for Anxiety Management in University Students and Young Adults: A Narrative Systematic Review (Poster Presentation)**
EABCT 2025. Organised by European Association for Behavioural and Cognitive Therapies.
- 12.06.25 **Akan, A. Adapting Psychotherapies For People On The Autistic Spectrum And Without Learning Disabilities In Clinical Psychology. (Oral Presentation).**
3. Uluslararası Sosyal Bilimler Kongresi. Organised by Istanbul Universitesi.
- 24.10.24 **Akan, A. Afet Sonrası Ortaya Çıkan Psikolojik Sıkıntılara Müdahalede Sıklıkla Kullanılan Üç Terapi Yönteminin Benzerlikleri, Farklılıkları ve Etkililiği**

[**Similarities, Differences, and Effectiveness of Three Commonly Used Therapeutic Approaches in Addressing Post-Disaster Psychological Distress**]. (Oral Presentation).

II. Uluslararası Sosyal Bilimler ve Türk Kültürü Sempozyumu. Organised by Marmara Üniversitesi.

4-7.9.24 Akan, A. **Improving Emotional Wellbeing of University Students Using Cognitive and Dialectical Behavioural Psychotherapeutic Approaches in Group Settings (UniWELL): A Protocol (Poster Presentation)**.

EABCT Congress 2024. Organised by European Association for Behavioural and Cognitive Therapies.

7-9.6.24 Kaptan, S. K; Akan, A. **Addressing Mental Health Needs after COVID-19: A Systematic Review of Remote EMDR Therapy Studies as an Emerging Option (Poster Presentation)**

25th EMDR Europe Workshop Conference 2024. Organised by EMDR Europe

2021 Akan, A; Green, G; Blumenfeld, F. **Racism in Mental Health Research: An Example of Turkish-Speaking Diaspora's Experiences and Understandings of Common Mental Health Difficulties (Oral Presentation)**

British Psychological Society Division of Clinical Psychology Annual Conference 2021 (Virtual conference).

2020 Akan, A; Green, G; Blumenfeld, F. **Understandings and Experiences Common Mental Health Difficulties of Turkish-Speaking People in the UK (Oral Presentation)**

10th Culture & International Mental Health Conference 2020: Turning The World Upside Down (Virtual Conference).

Knowledge Exchange Activities (Delivery)

2024 **Thematic Synthesis Workshop**. Ibn Haldun University. 30th Dec 2024.

2024 **Thematic Analysis Workshop**. Ibn Haldun University. 23rd Dec 2024

2023 **Navigating Clinical Psychology in the UK as an International Student: Experiences of a Qualified Clinical Psychologist; Oral Presentation and Q&A**. Part of Increasing Access Committee, IoPPN, King's College London. 10th July 2023

2021 **Q&A with Ayse, a graduated international clinical psychologist (from University of**

- Essex); Interview – Blog Post
- 2021 **Grounding and Distraction Techniques**; Virtual Workshop, Turkish Psychology Postgraduate Students in the UK Trauma Studies Network Event
- 2021 **Using NVivo in Qualitative Research**; Virtual Workshop, Global Mental Health and Cultural Psychiatry Research Group (University of Manchester)
- 2020 **İngiltere’de Klinik Psikoloji Doktorası**; Interview - Blog Post (in Turkish)
- 2020 **Books R Us**; Book reviews, BPS Clinical Psychology Forum May 2020 issue
- 2020 **Calculating Clinically Significant Change**; Virtual Workshop, Thundersley EWMHS (Essex, London)
- 2020 **Evaluating the Effectiveness of Anxiety Groups in a Clinic for Young People and their Families in the East of England**; Oral Virtual Presentation, Thundersley EWMHS (Essex, London)
- 2019 **Understanding and Experiences of Common Mental Health Difficulties of Turkish-Speaking People in the UK**; Oral Presentation, BPS London & Home Counties Branch Postgraduate Meet Up Event (UK)
- 2019 **Understanding and Experiences of Common Mental Health Difficulties of Turkish-Speaking People in the UK**; Poster Presentation, University of Essex School of Health and Social Care Annual Staff-Student Research Conference
- 2019 **Understanding and Experiences of Common Mental Health Difficulties of Turkish-Speaking People in the UK**; Oral Presentation, Turkish Academics Network Event (London, UK)
- 2019 **Introduction to WAIS-V Assessment**; Oral Presentation co-organised with N. Parnell and A. Shirazi, Billericay Learning Disability Service (Essex Partnership University NHS Foundation Trust [EPUT])
- 2019 **Sensory Difficulties in Children and Young People with and without Autism**; Oral Presentation, Thundersley EWMHS Open Day Event (Essex, UK)
- 2018 **Understanding and Experiences of Common Mental Health Difficulties of Turkish-Speaking People in the UK**; Poster Presentation, University of Essex School of Health and Social Care Annual Staff-Student Research Conference

2018 **Power Threat Meaning Framework: An Introduction**; Oral Presentation, The Crystal Centre (Essex Partnership University NHS Foundation Trust [EPUT])

2014 **Cultural Differences in Comprehending and Coping with Peripartum Mood Disorders: An Example of Yayladere Town in Bingöl City, Turkey**; Poster Presentation, Istanbul Ticaret University Psychology Research Event (Turkey)

Service & Administration

Sep 2023-... **Student Advisor** to Psychology undergraduate, and Clinical Psychology Master's students. 13.09.2023-...

Sep 2023-... **Head of the Clinical Psychology Division**, Psychology Department, Bogazici University. 18.09.2023-present

Sept 2023-... **BÜREM Business and Clinical Lead**, Bogazici University Student Psychological Counselling Centre. 07.09.2023-present

Aug 2023-... **Member of Advisory Board**, Ibn Haldun University Psychotherapy Application and Research Centre (IPAM), Ibn Haldun University. 14/08/2023-present

June 2023-... **Coordinator of Clinical Psychology Master's Programme**, Psychology Department, Bogazici University. 08.06.2023-present

Aug 2023 **Member of Social and Human Sciences Research Ethics Committee** (*Sosyal ve Beşeri Bilimler İnsan Araştırmaları Etik Kurulu-SBINAREK*). Attending monthly meetings to evaluate the research applications. 25.08.2023-24.03.2025

March 2021 **Minorities Group Mentoring Programme Mentor**, BPS DCP Minorities Group. Mentoring aspiring clinical psychologists from minority backgrounds

May 2020 **International Clinical Trainee Mentor**; University of Essex. Mentoring aspiring clinical psychologists from international backgrounds

2016-2017 **Student Ambassador**, King's College London. Representing King's College London's outreach and/or recruitment efforts

Peer Reviews

Ad-hoc Peer reviewed journal articles for

Translational Behavioural medicine

Pilot and Feasibility Studies

Psychology and Psychotherapy: Theory, Research and Practice

Peer reviewed conference papers for

ACP 2026 The International Academic Forum (IAFOR)

Continuous Professional Development (Attendance)

- 20-21.5.26 **Trauma-focused ACT (T-FACT): working with body, mind and emotion.** Organised by Contextual Consulting. Trainer: Dr Russ Harris
- 02.02.26 **Constructivist Grounded Theory Methodology.** Organised by WCQR2025. Trainer: Elaine Keane
- 02.02.26 **It's All About Me: Autoethnography.** Organised by WCQR2025. Trainer: Anna Kimberley
- 28.11.25 **Annual Meeting of the BPS Psychotherapy Section.** Organised by British Psychological Society.
- 19-20.11.25 **Cognitive Therapy for PTSD in Children & Adolescents: DECRYPT dissemination event.** By Richard Meiser-Stedman. Organised by University of East Anglia.
- 3-6.9.25 **EABCT 2025: "People Make Glasgow: Connections Drive Change".** European Association for Behavioural and Cognitive Therapies.
- 23.6.25 **Introducing Qualitative Longitudinal Research: From Design to Analysis.** Organised by the University of Southampton. Trainers: Professor Anna Tarrant and Professor Kahryn Hughes
- 12.10.24 **World Schema Therapy Day.** Organised by The International Society of Schema Therapy (ISST).
- 25.6.24 **ACT for Adult ADHD.** Organised by Contextual Consulting. Trainer: Dr Russ Harris
- 25.6.24 **ACT in focus: navigating processes, procedures, and future directions.** Organised by Contextual Consulting. Trainer: Richard Bennett
- 12-13.5.24 **ACT for depression and anxiety disorders.** Organised by Contextual Consulting. Trainer: Dr Russ Harris
- 11.05.25 **An introduction to the ACT model.** Organised by Contextual Consulting. Trainer: Joe Oliver

- 4-7.9.24 **EABCT Congress 2024: “New Age of CBT – Challenges and Perspectives.”** Organised by European Association for Behavioural and Cognitive Therapies.
- 7-9.6.24 **25th EMDR Europe Workshop Conference 2024.** Organised by EMDR Europe
- 5.11.24 **Frame by frame.** Organised by Contextual Consulting. Trainer: Siri Ming
- 05.02.24 **Responding to unexpected and traumatic death: A cognitive approach to traumatic and complex grief.** Trainer: Dr Michael Duffy
- 04.02.24 **Images in Social Anxiety.** Trainer: Dr Lusia Stopa.
- 23.05.23 **CBT and Motivational Interviewing with Children and Young People.** Organised by *Anna Freud National Centre for Children and Families*. Trainers: Dr Dickon Bevington & Dr Vicki Curry
- 9-10.3.23 **Personalised Individual Parent Training (PIPT).** Organised by *King’s College London IoPPN*. Trainers: Dr Matt Woolgar & Ms Caroline Bengo
- 6&31.3.23 **CBT Supervision in Practice.** Organised by *King’s College London IoPPN*. Trainers: Dr Anna Moriarty & Dr Christy Wellings
- 9&23.2.23 **Trauma-Focused CBT for PTSD in Children & Adolescents.** Organised by *King’s College London IoPPN*. Trainer: Dr Jessica Richardson
- 9-10.06.22 **New Supervisors Workshop for Supervisors of North Thames’ Trainee Clinical Psychologists.** Organised by “University College London, University of East London and Royal Holloway University of London”. Trainers: Dr Paula Corredor Lopez & Dr Camilla Rosan (UEL); Dr Kate Theodore & Dr Chris Marshal (RHUL); Dr Michelle Wilson (UCL)
- Apr 2022 **DBT-A (DBT for Adolescents):** Live Online Course, covering 18 hours. Organised by “The Association for Psychological Therapies (APT)”. Trainer: Dr Lisa Hartley.
- 9.03.2022 **An Introduction to Positive Behaviour Support:** One Day Online Training Course. Organised by “I Support Behaviour”. Trainer: Mr Daniel Caprice.
- Jan 2022 **The Autism Diagnostic Observation Schedule 2 (ADOS2) Practitioner Training.** Organised by “Autism Spectrum Directions”. Trainer: Dr Marianna Murin.
- 27.04.2021 **Therapeutic Assessment for Adolescents with Self-Harm.** Organised by The Association for Child and Adolescent Mental Health. Speaker: Dr Dennis Ougrin.
- 8.05.2021 **Conference on Compassion Focused Therapy and Mentalisation Based Therapy: ‘Compassion & Mentalization: Complementary, Overlapping or Opposed’.** Organised by Anna Freud Centre, UCL. Chaired by Prof Stephen Pilling.

Speakers: Prof Peter Fonagy, Prof Paul Gilbert, Dr Deborah Lee, Assoc Prof Patrick Luyten

- 2019-2020 **Development of psychoanalytic theory: Lecture series.** Tavistock Centre, London (organised by Dr David Bell)
- 2019-2020 **Reflective Practice.** Tavistock Centre, London
- Dec 2019 **Refugee Hub: Intercultural Arts.** Tavistock Centre, London (delivered by Mr John Martin)
- Jan 2019 **HSC Research Seminar Series: Medicalising the moral: contrasting views of depression as expressed in internet blogs,** University of Essex (delivered by Dr Joanna Moncrieff)
- Dec 2018 **Artificial Intelligence in Psychology,** British Psychological Society, (organised by BPS and delivered by Dr James Barr and facilitated by Dr Nigel MacLennan)
- Nov 2018 **HSC Research Seminar Series: Boarding School Syndrome,** University of Essex (delivered by Dr Nick Duffell)
- Nov 2018 **Basic Skills in Qualitative Methods,** British Psychological Society, (organised by BPS and delivered by Dr Sarah Seymour-Smith)
- Oct 2018 **HSC Research Seminar Series: Gold Standard is a Barbarous Relic,** University of Essex (delivered by Dr Susan McPherson)
- Oct 2018 **Introduction to NVivo** (organised by University of Essex and delivered by Dr Elizabeth Wiredu)
- Sep 2018 **Maudsley Debates: ECT in Modern Medicine,** King's College London IoPPN (Prof John Read, Dr Susan Cunliffe, Prof Declan McLoughlin, Dr Sameer Jauhar)
- Aug 2018 **Lunch & Learn: Physical Health Screen and Dementia,** Broomfield Hospital
- Jul 2018 **Lunch & Learn: Tree of Life,** Broomfield Hospital
- 2018 **IoPPN Grand Round,** King's College London IoPPN
- 2018 **IoPPN Journal Club,** King's College IoPPN

Languages

Turkish (native), **English** (full professional fluency)

Test Scores

Apr 2016 **IELTS**
Result: 8.5/9

Sep 2023 **YDS**
Result: 96.25/100