

# Dr Büşra Özen Dursun

✉ busra.ozendursun@bogazici.edu.tr

🔗 Google Scholar 🔗 LinkedIn

📍 South Campus, Sloane Hall, Room 220, Boğaziçi University 34342 Bebek, İstanbul

## Education

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**University of Manchester**

Jan 2025

*Ph.D in Clinical Psychology*

- **Thesis:** Self-harm and Suicidal Behaviour in South Asian Communities in the UK: Perspectives of South Asian Individuals and Health Professionals
- **Supervisors:** Prof Nusrat Husain, Prof Maria Panagioti and Dr Sally Giles

**Goldsmiths, University of London**

Oct 2018

*MSc in Foundations in Clinical Psychology & Health Services*

- **Thesis:** The Effects of Inequality and Negative Mood on Local and Global Visual Processing
- **Supervisor:** Prof Jan W de Fockert

**Istanbul University**

Jul 2015

*BA in Psychology*

## Published Journal Articles Indexed by SCIE or SSCI

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**Controlled interventions to improve suicide prevention in educational settings: A systematic review and network meta-analysis** in *Clinical Psychology: Science and Practice*

2024

Tayyaba Kiran,., Büşra Özen-Dursun, Nusrat Husain, Nasim Chaudhry and Alexander Hodkinson  
10.1037/cps0000179 🔗

**A qualitative study on lived experience of self-harm in South Asians in the UK: From reasons to recovery** in *Clinical Psychology & Psychotherapy*

2023

Büşra Özen-Dursun, Maria Panagioti, Reem Alharbi, Sally Giles and Nusrat Husain  
10.1002/cpp.2875 🔗

**Understanding self-harm and suicidal behaviours in South Asian communities in the UK: Systematic review and meta-synthesis** in *BJPsych Open*

2023

Büşra Özen-Dursun, Safa Kemal Kaptan, Sally Giles, Nusrat Husain and Maria Panagioti  
10.1192/bjo.2023.63 🔗

**A systematic review and meta-synthesis of barriers and facilitators of help-seeking behaviors in South Asian women living in high-income countries who have experienced domestic violence: Perception of domestic violence survivors and service providers** in *Trauma, Violence & Abuse*

2022

Razia Sultana, Büşra Özen-Dursun, Omolade Femi-Ajao, Nusrat Husain, Filippo Varese and Peter Taylor

10.1177/15248380221126189 🔗

**Group eye movement desensitization and reprocessing interventions in adults and children: A systematic review of randomized and nonrandomized trials** in *Clinical Psychology & Psychotherapy*

2021

## Published Research Spotlights

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**How schools can save lives?** 2024  
*APA Journals Article Spotlight*  
Issue-296 [↗](#)

**Why do South Asian people self-harm?** 2024  
*NIHR National Institute for Health and Care Research Alerts*  
10.3310/nihrevidence63091 [↗](#)

## Under Review Articles

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**Improving cultural competency in clinical practice: British health professionals' opinions on supporting South Asian people in self-harm and suicide behaviours** in *Journal of Clinical Psychology* 2025  
Büşra Özen-Dursun, Sally Giles, Maria Panagioti, Nusrat Husain

## Experiences

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**Graduate Teaching Assistant** Manchester, UK  
*University of Manchester* 2020-2024

- Awarded with Associate Fellowship in Higher Education by LEAP UK
- Facilitated seminars and workshops with small groups of students, both in-person and online.
- Assisted students in large lab classrooms
- Managed group discussions in Zoom breakout rooms during online teaching.
- Graded exams and course-specific assignments across various course modules, including essays, exam scripts, lab reports, reflective clinical work reports, and psychology job applications.
- The courses assisted:
  - Brain and Behaviour
  - Clinical Psychology
  - Developmental Psychology
  - Evolution of Behaviour and Cognition
  - Lifespan and Ageing
  - Personality and Individual Differences
  - Professional Development
  - Sensation and Perception
  - Social Psychology

**Exam Invigilator** Manchester, UK  
*University of Manchester* 2022-2024

- Trained in the invigilator code of conduct and facilitated in-person exams.

**Assistant Psychologist** London, UK  
*Quo Vadis Trust* 2018

- Worked with individuals with mental health problems in various care homes.
- Conducted literature searches to assist with the self-management skills workshops.
- Prepared assignments, including a clinical reflective diary and a service improvement report.

**Voluntary Assistant Psychologist** İstanbul, Türkiye  
*Erenköy Mental Health and Neurological Diseases Training and Research Hospital* 2015

- Attended medical visits and seminars, observing therapy sessions with inpatients.
- Acquired clinical knowledge and skills related to working with and identifying the roles of various healthcare professionals.

## Suicide Prevention Skills Training & Certificates

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### **Postvention: Assisting those Bereaved by Suicide' (PABBS) Evidence-Based Suicide Bereavement Training for Health Professionals**

Manchester, UK  
Mar 2023

NHS Foundation Trust

- One day in-person training improves knowledge, confidence and skills of healthcare professionals in offering postvention support to individuals who bereaved by suicide.

### **Training for Trainers: Suicide Alertness for Everyone (SafeTALK)**

Swansea, UK  
Jul 2022

Living Works

- Provisional trainer, Credential ID 47810
- Two-day in-person training equips attendees with the skills, safety knowledge, and ethical competence to become certified trainers in suicide prevention workshops.

### **Suicide Alertness for Everyone**

Swansea, UK  
Jul 2022

Living Works

- A half-day in-person training provides case examples of missed suicide signs and an effective model for communication with people experiencing suicidal thoughts.

### **Applied Suicide Intervention Skills Training (ASIST)**

Cardiff, UK  
Jun 2022

Living Works

- Two-day in-person training enhances suicide prevention skills, specifically recognising suicide signs, intervening with individuals at risk of suicide, applying a brief intervention to create a sense of hope, and developing a safety plan with individuals at risk of suicide.

### **Suicide First Aid**

Manchester, UK  
Mar 2022

Grassroots Suicide Prevention

- One day, online and interactive course involves implementing the first aid intervention, increasing awareness of risk factors for suicide, developing self-reflection practices to assess emotional impact of working in suicide prevention.

### **Suicide Prevention Explore, Ask, Keep-Safe (SPEAK)**

Manchester, UK  
Dec 2021

Papyrus Prevention of Young Suicide

- A half day training challenges common myths and social stigma surrounding suicide and encourage sensitive conversations with individuals who have suicide thoughts/behaviours.

### **Suicide Prevention Overview Tutorial**

Manchester, UK  
Dec 2021

Papyrus Prevention of Young Suicide

- A half day training challenges common myths and social stigma surrounding suicide and encourage sensitive conversations with individuals who have suicide thoughts/behaviours.

## Extra Psychological Therapies Training & Certificates

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### **Compassion-Focused Therapy for Cognitive Behavioural Therapy (CBT) Therapists (20 hours)**

Online  
Mar 2025

Cognitive Behavioral Psychotherapy Association in Türkiye (EABCT accredited)

### **CBT Skills Program (30 hours)**

Online  
Feb 2025

Cognitive Behavioral Psychotherapy Association in Türkiye (EABCT accredited)

### **CBT Theoretical Basics Program (50 hours)**

Online  
Dec 2024

Cognitive Behavioral Psychotherapy Association in Türkiye (EABCT accredited)

### **Diagnostic Evaluation and Family-Based Therapy Program for Eating Disorders in Children and Adolescents (16 hours)**

Online  
Dec 2023

Cognitive Behavioral Psychotherapy Association in Türkiye (EABCT accredited)

### **Theoretical Program in CBT with Children and Adolescents (80 hours)**

Online  
Feb 2023

Cognitive Behavioral Psychotherapy Association in Türkiye (EABCT accredited)

## Academic and Research Training

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<b>Foundations of Good Teaching</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ Academics and Fellows Programme</li></ul>	<i>Manchester, UK</i> <i>Mar, 2022</i>
<b>Large Group Teaching</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ Academics and Fellows Programme</li></ul>	<i>Manchester, UK</i> <i>Jul, 2021</i>
<b>Undertaking Research on Your Teaching</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ Academic and Researcher Development Programme</li></ul>	<i>Manchester, UK</i> <i>Jul, 2021</i>
<b>Practical Research Creativity</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ Academic and Researcher Development Programme</li></ul>	<i>Manchester, UK</i> <i>Jun, 2021</i>
<b>Good Clinical Practice</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ The agreed international ethical and scientific quality for conducting clinical research.</li></ul>	<i>Manchester, UK</i> <i>Dec 2020</i>
<b>Research Integrity</b> <i>The University of Manchester</i> <ul style="list-style-type: none"><li>■ Performing research to the highest standards of professionalism at all points of the research process</li></ul>	<i>Manchester, UK</i> <i>Dec 2019</i>

## Conferences

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<b>7th Suicide and Self-harm Early and Mid-Career Researchers' Forum</b> <i>A systematic review of self-harm and suicide in South Asians in the UK, Oral Presentation</i>	<i>Glasgow, UK</i> <i>2023</i>
<b>Suicide Research Symposium</b> <i>A qualitative study on lived experiences of self-harm in South Asians in the UK, Oral Presentation</i>	<i>Online</i> <i>2023</i>
<b>6th Suicide and Self-harm Early and Mid-Career Researchers' Forum Talk</b> <i>Self-harm and suicide prevention in ethnic minorities in the UK, Oral Presentation</i>	<i>Glasgow, UK</i> <i>2022</i>
<b>British Psychological Society (BPS), Division of Clinical Psychology Annual Conference 2021: Doing What Matters</b> <i>Understanding self-harm and suicide in South Asians in the UK, Poster Presentation</i>	<i>London, UK</i> <i>2021</i>

## Invited Talks

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<b>National Confidential Inquiry into Suicide and Safety in Mental Health, The University of Manchester</b> <i>Cultural competency and self-harm and suicide prevention in South Asian communities in the UK</i>	<i>Manchester, UK</i> <i>2022</i>
<b>University Centre Blackburn College</b> <i>World Mental Health Day, Developing a Proposal for Suicide Prevention Research</i>	<i>Blackburn, UK</i> <i>2019</i>

## Peer Review Contributions

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### List of SCIE and SSCI journals contributed as a reviewer

2020-Cont.

- BioMed Central (BMC) Public Health
- BMC Health Services Research
- British Medical Journal (BMJ) Open
- British Journal of Psychiatry (BJPsych) Open
- Current Psychology
- Humanities and Social Sciences Communications
- Journal of Cross-Cultural Psychology
- Scientific Report
- Trauma Violence Abuse

## Memberships

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- International Association for Suicide Prevention (IASP)  
<https://www.iasp.info>
- International Network of Early Career Researchers in Suicide and Self-harm (netECR)  
<https://netecr.org/2021/06/03/busra-ozen-dursun/>
- Global Mental Health and Cultural Psychiatry  
<https://gmhcp.co.uk>