

Curriculum Vitae
BANU CANKAYA SAHİN

MEF University
Department of Psychology
Faculty of Economics, Administrative and Social Sciences
Ayazağa Caddesi No: 4 Maslak, Sarıyer-Istanbul 34396
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EDUCATION AND CREDENTIALS

Governmental Approval March 2018	Associate Professorship
New York, NY 2008	NY State Education Department <i>Licensure, Psychologist (#018017)</i>
Rochester, NY 2007-2008	Postdoctoral Research Fellow The Rochester Center for Mind-Body Research, University Of Rochester Medical Center, funded by R24AG031089 (The Rochester Center for Mind-Body Research) from the National Institute on Aging (NIH #R24AG031089)
Rochester, NY 2006-2007	University of Rochester Medical Center, Rochester <i>Pre-doctoral Clinical Psychology Internship</i>
Blacksburg, VA 2002-2007 2000-2002	Virginia Polytechnic Institute and State University <i>Ph.D., Clinical Psychology</i> <i>M.S., Clinical Psychology</i>
Istanbul, Turkey 1994-1999	Bogazici University, Istanbul, Turkey <i>B.A., Psychology</i>
Urbana-Champaign, IL 1998-1999	University of Illinois Urbana-Champaign, IL, USA <i>Exchange Student</i> at the Department of Psychology

EMPLOYMENT

Istanbul, Turkey 2017 - Present	Assistant Professor MEF University, Department of Psychology
Rochester, NY 2014 - Present	Research Affiliate University of Rochester Medical University, Department of Psychiatry
Istanbul, Turkey	Assistant Professor

2010-2016	Koc University, Department of Psychology
Istanbul, Turkey 2009-2010	Adjunct Faculty , Koc University, Department of Psychology Assistant Professor , Dogus University, Department of Psychology
Blacksburg, VA 2000-2005	Graduate Teaching Assistant and Instructor Virginia Polytechnic Institute and State University, Department of Psychology

RESEARCH INTERESTS

- Research in public health
- Prevention programs
- Psycho-social-cultural factors involved in mental health
- Suicidal behaviour and risk for depressive disorders
- Cross-cultural research in coping actions

AWARDS and GRANTS FUNDED

Cankaya, B., Silenzio, V., Homan, C., You, S., & Caine, E. D. *Connectedness, Belonging, and Suicide in Turkey, the US, and Korea (TUSK)*. University of Rochester Medical Center, Role: Principal Investigator, Funding Period: 01/22/2016-01/22/2018.

Erdem, G., Tuncer, E., & **Cankaya, B.** *Participatory Action Research Project with Parole and Probation Officers in Istanbul, Turkey*. Koc University Seed Grant. Role: Collaborator researcher, Funding period: 06/26/2015-06/26/2016.

Cankaya, B., Silenzio, V., & Caine, E. D. *The Analysis of the Sense of Belongingness at the Individual and Sociocultural Levels as Protective Factors Against the Ill-Effects of Stress and Suicidal Behavior* (In Turkish: Türkiye’de stres ve intihar davranışına karşı koruyucu bir etmen olarak aidiyet duygusunun bireysel ve sosyokültürel düzeyde analizi). Turkish Institute for Scientific and Technological Studies (TUBITAK) 3501, National Young Researchers Career Development Grant. Role: Principle Investigator, Funding Period: 01/06/2013-01/06/2015.

Saucier, G. (principle investigator) & Stankov, L. *Psychological Dimensions of Cross-Cultural Differences*. Air Force Office of Scientific Research to University of Oregon. Role: Collaborator researcher in Turkey, Funding Period: 2009-2012.

Moynihan, J. (principle investigator). *The Rochester Center for Mind–Body Research*. Funding for the Center, National Institute on Aging (NIH #R24AG031089). Role: Postdoctoral Research Fellow, Funding Period: 09/30/2007-08/31/2008.

RESEARCH PUBLICATIONS (SSCI listed, Conference proceedings**)

Erdem, G., Tuncer, E., Safi, O. A., **Cankaya, B.**, Ergin, M., & Aydoğan, R. (2018). The

Professional Experiences and Training Needs of Probation Officers in Turkey. *Journal of Social Work*, 0(0), 1-23.

Erdem, G., Tuncer, E., **Cankaya, B., & Ergin, M. (2017). İstanbul denetimli serbestlik memurlarına yönelik geliştirilen eğitim programının etki değerlendirmesi. *Güncel Bağımlılık Araştırmaları*, 1, 98. (Open access journal, available in Turkish). (In English: Program evaluation of a psycho-educational program targeting probation and parole.)

Saucier, G., Kenner, J., Iurino, K., Bou Malham, P., Chen, Z., Thalmayer, A. G., Kimmelmeier, M., Tov, W., Boutti, R., Metaferia, H., **Cankaya, B.**, et al. (2015). Cross-cultural differences in a global 'Survey of World Views'. *Journal of Cross-Cultural Psychology*, 46, 53-70.

Cankaya, B., Talbot, N. L., Ward, E. A., & Duberstein, P. (2012). Parental sexual abuse and suicidal behaviour among women with major depressive disorder. *The Canadian Journal of Psychiatry*, 57(1), 45-51.

****Cankaya B.**, Ayturk, E., & Coskun C. (2011). Diatheses to depression: The interactions of schema propositions, schema structure, and negative life events [Special issue: Clinical Science]. *Psychomed*, 3, 23.

Cankaya B., Chapman B. P., Talbot N. L., Moynihan J., & Duberstein P. R. (2009). History of sudden unexpected loss is associated with elevated interleukin-6 and decreased insulin like growth factor-1 in women in an urban primary care setting. *Psychosomatic Medicine*, 71(9), 914-919, doi: 10.1097/PSY.0b013e3181be7aa8.

BOOK CHAPTERS

Cankaya, B., & Kuscu, K. (2015). Coping with neurosurgery: Children and their families. In M. M. Ozek, G. Cinalli, W. J. Maixner, C. Sainte-Rose (Eds.), *Posterior Fossa Tumors in Children* (pp. 917-929). Switzerland: Springer International.

Kuscu, K., & **Cankaya, B.** (2008). A family-centered evaluation of psychosocial agendas in spina bifida. In M. Ozek, G. Cinalli, W. J. Maixner (Eds.), *The Spina Bifida: Management and Outcome* (pp. 413-421). Milan, Italy: Springer.

Harris, R. ACT: İlk seans (5. Bölüm). ACT'ı Kolay Öğrenmek: İlkeler ve Ötesi İçin Hızlı bir Başlangıç. Litera Yayınları, İstanbul, Türkiye. (Turkish adaptation of the book chapter, of ACT Made Simple by R. Harris).

PROFESSIONAL PRESENTATIONS

Tuncer, A.E., Erdem, G., de Ruiter, C., & **Sahin Cankaya, B.** (June, 2018). *Attitudes toward probationers and organizational trust as predictors of burnout among Turkish probation officers*. 2018 EAPL Annual Conference, Turku, Finland.

- Sahin Cankaya, B.** (chair), Özyeşil, Z., & Budak, M. (Sept, 2017). *Cultural considerations and questions on mindfulness-based psychotherapy approaches*. Clinical Roundtable at the 47th Congress of European Association for Behavioural and Cognitive Therapies, Ljubjana, Slovenia.
- Cankaya, B., Franko, I., & Caine, E. D.** (Sept, 2016). *The Role of Belongingness in the Link between Discrepancy between Individual's and Society's Descriptions of Cultural Values and Suicidal Ideation*. 19. Ulusal Psikoloji Kongress (19th National Congress of Psychology), Izmir, Turkey.
(In Turkish: Bireysel Tanımlar ve Toplumsal Değerler Arasındaki Uyuşmazlık ile İntihar Davranışı Arasındaki İlişkide Aidiyet Algısının Rolü)
- Cankaya, B., Özyeşil, Z., Budak, M.** (Sept. 2016). *Mindfulness-based third wave psychotherapy approaches*. Seminar at the 19. Ulusal Psikoloji Kongresi (19th National Congress of Psychology), Izmir, Turkey.
(In Turkish: Seminer: Bilinçli Farkındalık Temelli Üçüncü Akım Psikoterapileri)
- Cankaya, B., Franko, I., & Caine, E. D.** (July, 2016). *Are individual differences in autonomy And relatedness values linked to suicidal behavior and depression?* Poster presented at the European Conference of Psychology and Behavioral Sciences, Brighton, UK.
- Erdem, G., **Cankaya, B., & Caine, E. D.** (April, 2016). *Daily stressors and mental well-being among Turkish emerging adults*. Poster presented at the 2016 Society for Research on Adolescence Conference, Baltimore, MD.
- Erdem, G., Tuncer, E., **Cankaya, B., & Ergin, M.** (December 2016). *Program evaluation of a psycho-educational program targeting officers at İstanbul Bureau of Probation and Parole*. Poster presented at the 2016 National Addiction Convention, Antalya, Turkey.
(in Turkish: İstanbul Denetimli Serbestlik memurlarına yönelik geliştirilen eğitim programının etki değerlendirmesi)
- Erdem, G., Tuncer, E., **Cankaya, B., & Ergin, M.** (December 2015). *Exploring work experiences and educational needs of Probation and parole officers in İstanbul, Turkey*. Türkiye'de Denetimli Serbestlik 10. Yıl Sempozyumu, İstanbul, Turkey. (in Turkish: İstanbul Denetimli Serbestlik Müdürlüğü çalışanlarının iş deneyimlerinin ve eğitim ihtiyaçlarının incelenmesi).
- Cankaya, B., Dora B., & Caine, E. D.** (2015, March). *Different Types of Stressors, Self- Construals and Communal Coping*. 27th Annual Conception, APS, New York, New York.
- Dora, B., **Cankaya, B., & Caine, E. D.** (2015, March). *Specific Associations of Relatedness and Autonomy with Increased Suicidal Behavior*. International Convention of Psychological Science, Amsterdam, Holland.
- Beckmann, H., Erhan, C., Dora, B., Kitis, S., Öztürk, E. & **Cankaya, B.** (2014, April). *Association of the Sense of Belongingness and Individualism/Collectivism with*

Depression and Risk for Suicide (In Turkish: Depresyon ve İntihar Eğiliminin Aidiyet Duygusu ve Toplulukçuluk/Bireycilik ile İlişkisi.) Poster presented at 19th National Psychology Congress (18. Ulusal Psikoloji Kongresi), Bursa, Turkey.

Beckmann, H., Erhan, C., Dora, B., & **Cankaya**, B. (2014, May). Relatedness but not Autonomy is Associated with Decreased Suicidal Ideation. The Twenty-Sixth Annual Convention of Association for Psychological Science, San Francisco, CA, USA.

Ayturk, E., **Cankaya**, B., & Gulgoz, S. (2013, August). The Role of Personality and Emotional State on Risk Taking Behavior. The Eighteenth Meeting of the European Society for Cognitive Psychology, Budapest, Hungary.

Cankaya, B., Talbot, N., Chapman, B., & Duberstein, P. (2011, July). Parental Sexual Abuse History and Associations with Suicidal Behavior among Depressed Women. The Twelfth European Congress of Psychology, Istanbul, Turkey.

Cankaya, B., Ayturk, E., & Coskun, C. (2011, June). Diatheses to Depression: The Interactions of Schema Propositions, Schema Structure, and Negative Life Events. Seventh International Congress of Cognitive Psychotherapy, Istanbul, Turkey.

Cankaya, B., Talbot, N., Chapman, B., & Duberstein, P. (2008, March). Sudden and Unexpected Loss of a Loved One and Immune Function. Poster presented at the American Psychosomatic Society, Baltimore, MD.

Cankaya, B., & Clum, G. A. (2005, November). *Diatheses to Depression: Test of a Meta-Construct Model of Schemas*. Poster presented at the 39th Annual Convention of ABCT Convention, Washington, DC.

Cankaya, B., & Clum, G. A. (2005, May). *Young Schema Questionnaire and Dysfunctional Attitudes Scale: A longitudinal study of depression*. Poster presented at the 17th Annual Convention of American Psychological Association, Los Angeles, CA.

Clum, G. A., & **Cankaya**, B. (2005, May). *Reliability and validity of Impact of Loss Scale*. Poster presented at the 17th Annual Convention of American Psychological Association, Los Angeles, CA.

Cankaya, B., & Clum, G. A. (2004, November). *Interpersonal stressors and maladaptive cognitive schemas: Relationship to depression in young adults*. Poster presented at the 38th Annual Convention of American Association of Behavioral Therapy, New Orleans, LA.

Francisco, J., **Cankaya**, B., & Cooper, L. D. (2004, November). *Adult ADHD, comorbidity, and differential process*. Poster presented at the 38th Annual Convention of American Association for Advancement of Behavior Therapy, New Orleans, LA

Cankaya B., & Clum, G.A. (2003, May). *Psychosocial factors, maladaptive schemas, and depression in young adults: An integration*. Poster presented at the 15th Annual Convention of American Psychological Society, Atlanta, GA.

Cankaya B., & Clum, G.A. (2003, May). *Scales of perceived expressed emotion: A critical review*. Poster presented at the 15th Annual Convention of American Psychological Society, Atlanta, GA.

Cankaya B. (2002, December). *Project on supporting the caregivers of children at the pediatric physical therapy outpatient unit*. Oral presentation at the 4th National Consultation–Liaison Psychiatry Congress, Istanbul, Turkey.

RESEARCH IN PROGRESS

* sign denotes a graduate student.

Grant proposal in progress:

Van Overwalle, F. (Primary Proposer). European Network of Social and Affective Neuroscience (ENSAN). Cost funded by the Horizon 2020 Framework Programme of the European Union, Proposal (OC-2018-1-22621) to be submitted by 04.20.2018, Role: Secondary Proposer.

Data collection in progress:

Cankaya, B., Eric D. C., Silenzio, V., You, S., & Homan, C. *Connectedness, Belonging, and Suicide in Turkey, the US, and Korea (TUSK)*. Role: Principle Investigator, funding supported by University of Rochester Medical Center, Department of Psychiatry, New York, USA, Funding Period: 2016 – 2018.

Student Projects in progress*:

Usta, B. E., Çakar, T., Çankaya, B., & Kurtuluş, A.* Genel Popülasyondaki Psikopati ile Bilişsel ve Sosyal Yetiler Arasındaki İlişki. Role: Research advisor. (In English: The relationship between cognitive and social processes in psychopathy in general population)

Manuscripts in progress:

Cankaya, B., Yunyu, X., Erdem, G., *Dora, B., & Caine, E. (in preparation). *Burden of stress and protective factors across Turkey*.

Cankaya, B., Yunyu, X., *Dora, B., & Caine, E. (in preparation). *Interpersonal risk factors for suicide: Joiner's theory in a communal culture*.

Cankaya, B., Arat, G., Yunyu, X., *Franko, I., & Caine, E. (in preparation). *Communal coping and suicide risk*.

Tuncer, E., Erdem, G., **Cankaya, B., & Ruiter, C.** (in preparation). Attitudes toward Probationers as a Correlate of Job Burnout among Turkish Probation Officers.

INVITED TALKS and WORKSHOPS

Şahin Cankaya, B. (2018, May). ACT'de Mindfulness Uygulamaları. 3. Farkındalık (Mindfulness) Sempozyumu, MEF Okulları, Istanbul, Turkey. (In English: Applications of Mindfulness in ACT).

- Şahin Cankaya, B. (2018, April). Diyalektik Davranışçı Terapi’de Kabul ve Değişim Süreçlerinin Buluşması. Invited Speaker, Symposium at Psychotherapy Summit in Turkey (Türkiye Psikoterapi Zirvesi), Istanbul. (In English: The Meeting of Acceptance and Change Processes in Dialectical Behaviour Therapy)
- Sahin Cankaya, B., & Yavuz Müren, M. (2017, April). Peer Bullying. Invited Speaker, Beşiktaş Sakıp Sabancı Lisesi, Istanbul, Turkey.
- Sahin Cankaya, B. (2017, April). İntiharı Önlemede Farkındalık Odaklı Uygulamalar ve Mekanizmaları Invited Speaker, 2. Farkındalık (Mindfulness) Sempozyumu, MEF Okulları, Istanbul, Turkey. (In English: Mindfulness-Based Interventions and Mechanisms in Prevention of Suicide)
- Cankaya, B. (2016, March). Kabul ve Kararlılık Terapisi: Zihnin Kancalarına Takılmadan Duyarlı Bilinçli Farkında Adımlar Invited Speaker, 1. Farkındalık (Mindfulness) Sempozyumu, Istanbul, Turkey. (In English: (Acceptance and Commitment Therapy: Mindful Steps out of the Hooks of the Mind)
- Cankaya, B. (2016, March). Mindfulness and Value-Based Committed Action. Workshop at 8th of March, Move Against Domestic Violence, KOÇ-KAM and Gibney Dance Collaboration, Koç University, Istanbul, Turkey.
- Cankaya, B. (2015, June). Yükümlülerle Çalışırken Risk Değerlendirme. Workshop at Education Days for Probation Officers, Koç University, Istanbul, Turkey. (In English: Risk assessment while working with probationers)
- Cankaya, B. (2015, May). Clinical psychology series: Masters and doctoral programs in Clinical Psychology. Invited speaker (along with Drs. Gizem Erdem Gürel and Pınar Özbek), Psychology Club, Koç University, Istanbul, Turkey.
- Cankaya, B. (2014, April). Are There Socio-Cultural Factors That Protect Against Suicide? Research Consultation Meeting, Centre for Suicide Research and Prevention. Invited speaker, University of Hong Kong, Hong Kong.
- Cankaya, B. (2014, March). Film discussion series: Silver Linings. Invited speaker, Psychology Club, Koç University, Istanbul, Turkey.
- Cankaya, B. (2013, April). Depression, anxiety and comorbid disorders. Invited lecturer, Koç University School of Medicine, Istanbul, Turkey.
- Cankaya, B., & Caine, E. D. (2012, April). Clinical psychology series: Mental health professionals and graduate schools in the USA. Invited Speaker, Psychology Department, Koc University, Istanbul, Turkey.

Cankaya, B. (2012, February). Fonksiyonel Olmayan Tutumlar, Kişilik Özellikleri, ve Ergenlerde Stres Yönetimi. Invited speaker, Izmir St. Joseph Lisesi, Izmir, Turkey. (In English: Dysfunctional attitudes, personality types and stress management in adolescents)

TEACHING EXPERIENCE

- 2017-2018 **Assist Prof.**, Department of Psychology, MEF University: Child and Adolescent Psychopathology, Research Methods, Adult Psychopathology, Clinical Psychology, Readings and Research
- 2009-2016 **Assist. Prof.** (2010-to date), **Adjunct Faculty** (2009-2010), Department of Psychology, Koc University: Abnormal Psychology, Personality Theories, Psychological Health and Stress, Introduction to Clinical Psychology, Advanced Clinical Psychology: Contemporary/Third-Wave (Mindfulness-Based) Cognitive-Behavioral Approaches in Therapy
School of Medicine, Koc University (2012, 2014): Depressive Disorders, Anxiety Disorders
- 2009-2010 **Assist. Prof.**, Department of Psychology, Dogus University: Clinical Psychology, Social Psychology, Basic Psychotherapeutic Skills, Applications of Cognitive Behavioral Therapy
- 2000-2005 **Graduate Teaching Assistant and Instructor**, Department of Psychology, Virginia Polytechnic Institute and State University: Psychological Disorders of Children, Abnormal Psychology, Social Psychology

MENTORING

Theses Committee Memberships

Master Thesis Committee Chair, as an adjunct at Bahcesehir University, Department of Psychology

Graduate Student: Esmâ Gülhan Çetin (2016-, proposed thesis, Clinical Psychology MA Program)

Master Thesis Committee Chair*, Koc University, Department of Psychology,

Graduate Students: Hannah Beckman (2014, completed MA Program in Developmental Psychology), Ceren Tekin (2013, completed MA Program in Social-Industrial Psychology)

Master Thesis Committee Chair, Dogus University, Department of Psychology

Graduate Students: Gaye Turgan Tasdan (2010, completed MA Program in Clinical Psychology), Esra Tasdelen (2010, completed MA Program in Clinical Psychology)

Master Thesis Committee Member* Ayşenur Yalınkılıç, (MA in Clinical Psychology, Bahcesehir University, 2017-2019), Koc University, Department of Psychology Graduate Students: Melis Yavuz Müren (2015, Ph.D. in Developmental Psychology), Duygu Biricik (2012, MA in Social-Industrial Psychology), Banu Acarlar (2011, MA in Developmental Psychology)

Current research lab members

Teaching and Research Assistant (MEF University) 2017-Present
Ozlem Yılmaz (MA, Clinical Psychology Graduate)

Undergraduate students (MEF University)

Ceylan Acar 2016 Fall
Ezgi Alemdar 2017 Spring
Şeyma Gumrukcu 2017 Spring
Gamze Boru 2017 Spring
Ayça Kurtuluş 2017 Spring

Research lab alumni

Graduate student coordinators and assistants (Koc University)*

Idil Franko (Developmental Psychology MA, student) 2015-2016
Ommay Aiman Safi (Social/I-O Psychology Ph.D., student) 2013-2015
Begüm Dora (Developmental Psychology Ph.D., student) 2013-2015
Hannah Beckman (Developmental Psychology MA, graduate) 2012-2014
Ceren Tekin (Social-Industrial Psychology MA, graduate) 2011-2013
Ceyla Erhan (Cognitive Psychology Ph.D., graduate) 2014-2015

Undergraduate students

Ilgınsu Akçiçek (currently MA student in Bilgi University) 2015-2016
Lara Kalafatoğlu 2015-2016
Umay Aksungur 2015-2016
Buse Naz Yılmaz 2015-2016
Ekin Kösegil (currently MA student in ODTU) 2015-2016
Ayşegül Yücel (currently MA student in Columbia University) 2014-2015
Nilüfer Tarım (currently MA student in Bilgi University) 2014-2015
Melda Ozturk 2014-2015
Seren Saltoglu (graduated from MA in Clinical Psychology, Bahcesehir University) 2013-2014
Selin Kitis (graduated from MA in Clinical Psychology, Bilgi University) 2013-2014
Nesli Guner 2013-2014
Eda Ozturk 2013-2014
Ayse Attaroglu (graduated from MA in Clinical Psychology, Southampton University) 2013-2014

Ezgi Aytürk (currently Ph.D. student in Psychometrics and Quantitative Psychology at Fordham University)	2012-2013 Spring 2012
Zeynep Şahin (currently Ph.D. student in Clinical Psychology at Adelphi University)	2011-2012
Cansu Çoşkun	

CLINICAL AND RELATED PROFESSIONAL EXPERIENCE

Clinical Interests

- Individual Psychotherapy
- Group Skills Training
- Cognitive-Behavioral Therapy
- Acceptance and Commitment Therapy
- Dialectical Behavior Therapy

2014-	Consultant and staff psychologist at Cinar Danismanlik Merkezi, Istanbul, providing individual therapy to adults and young adults and corporate workshops and consulting
May 2017- July 2017	Workshops for Price Waterhouse Coopers, Mindfulness and Emotion Regulation Skills based on Dialectical Behavior Therapy Approach
Feb-May 2017	Workshops for Hayat Varlik Company, ‘Stress management’
2015 - 2016	Dialectical Behavior Skills Training groups for students at Koc University, Mindfulness, Distress Tolerance, and Emotion Regulation modules
2015-2017	Team leader for Dialectical Behavior Therapy consultation group , Dialectical Behavior Therapy, Linehan Institute affiliated supervisors Anthony T. DuBois, PsyD (April 2016 to date) & Heidi L. Heard, Ph.D. (July 2015-March 2016) funded by LifeCo company and DBT Turkey, Istanbul
2015- 2016	Focus groups and Seminars , with Probation officers; project on ‘Participatory Action Research Project with Parole/Probation Officers and Professionals in Turkey, How to identify ‘risk’ and ‘protective’ factors related to common mental disorders
Nov-Dec 2014	Workshops for Turkasset Company, ‘Stress management’

- Sept 2009-
May 2010 **Clinical Supervisor** for Clinical Psychology graduate student interns,
Doguş University
- July 2005-
Dec 2005 **Psychology Trainee**, Lewis Gale Psychiatric Hospital, Salem, VA
Duties: Provided direct therapeutic services and psychological assessment
of adults, adolescents, and children in adult, intensive treatment, center for
recovery, and child/adolescent units; co-led adult groups including process
group, relaxation training, and depression education, and adolescent
groups addressing family issues, interpersonal relationships, coping skills.
- Aug 2003-
May 2004 **Psychology Trainee**, Cook Counseling Center
Virginia Polytechnic Institute and State University
Duties: Assisted interpersonal process groups as process observer, co-led p
psycho-educational group on cognitive restructuring.
- Aug 2003-
May 2004 **Peer Supervisor**, Psychological Services Center
Virginia Polytechnic Institute and State University
Duties: Supervised first and second year clinical psychology doctorate
students in developing interviewing and psychotherapy skills.
- Sept- Dec
2002 **Program Developer and Staff Therapist**, Pediatric Physical Therapy,
Outpatient Marmara University Medical School Hospital, Istanbul, Turkey
Duties: Administered interview schedules to caregivers of children with
physical disabilities; conducted problem-focused, short-term therapeutic
interventions with caregivers who are at high risk for psychiatric
problems; co-led family therapy sessions using family systems approach.
- Aug 2001-
May 2002 **Graduate Assistant in Testing**, Adult Assessment Clinic at Psychological
Services Center, Virginia Polytechnic Institute and State University
Duties: Conducted adult psycho-educational assessment of ADHD and
Learning Disability, scored and wrote reports.
- Aug 2000-
May 2005 **Psychology Trainee**, Psychological Services Center
Virginia Polytechnic Institute and State University
Duties: Provided individual psychotherapy for adults using cognitive-
behavioral, interpersonal, and problem-focused approaches; and
Peer Supervision (2004-2005)
- Oct 1999-
May 2000 **Psychology Trainee**, Training Program on Family Therapy
Psycho-Med, Private Psychological Services Center, Istanbul, Turkey
Duties: Received training in family systems, structural, strategic and
solution-focused family therapy.
- Jan 2003-
May 2004 **Graduate Assistant**, Administrative Work at Psychology Services Center
Virginia Polytechnic Institute and State University
Duties: Assisted the director of the clinic with work such as financial

reports, facilitated in the orientation of first year clinical psychology graduate students, did monthly chart reviews

CONTINUING EDUCATION FOR PROFESSIONAL DEVELOPMENT

- Feb 29- March 4 2016 **2nd Phase Dialectical Behavior Therapy Intensive Training**, Anthony T. DuBois, PsyD, & Andre Ivanoff, Ph.D., **Linehan's Institute**, Dialectical Behavior Therapy, Istanbul
- 2014- **Chris McConnell, Ph.D. Intervision** online peer supervision groups, for extending skills in **Acceptance and Commitment Therapy**
- July 2015- **Consultation and supervision** from Heidi L. Heard, Ph.D., **Linehan's Institute**, in preparation for the second phase DBT intensive training
- July 27-31, 2015 **1st Phase Dialectical Behavior Therapy 5 days Intensive Training**, Anthony T. DuBois, PsyD, & Heidi L. Heard, Ph.D., Linehan's Institute, Dialectical Behavior Therapy, Istanbul
- July 14-15, 2015 **Robyn Walser, Ph.D., Beyond the Basics: Enhancing your Skills and Building the Therapeutic Relationship in Acceptance and Commitment Therapy**, two days pre-conference workshop and in conference workshops at the 13th World Conference of Association for Contextual Behavioral Science (ACBS), Berlin, Germany
- June 17-22, 2014 **Russ Harris, Ph.D., Acceptance and Commitment Therapy Applications**, two days pre-conference workshop, and in conference workshops at the 12th World Conference of ACBS, Minneapolis, MN, USA
- Sept 24-28, 2014 **27th World Congress of the International Association for Suicide Prevention**, Oslo, Norway
- Nov 16, 2013 **Leslie Sokol, Ph.D., CBT with difficult cases 2**, Workshop, National Congress of Cognitive and Behavioral Psychotherapy, Istanbul, Turkey.
- Nov 16, 2013 **Kultegin Ogel, M.D., Mindfulness Practices in Psychotherapy**, Workshop, National Congress of Cognitive and Behavioral Psychotherapy, Istanbul, Turkey.
- Sept 25, 2013 **Eric D. Caine, M.D. (Chair), Challenges for Implementing Public Health Approaches to Suicide Prevention**, Workshop, World Congress of the International Association for Suicide Prevention, Oslo, Norway.
- June 1-2, 2013 **Kelly Wilson, Ph.D., Acceptance and Commitment Therapy in Practice**, Workshop, ACBS Turkish Chapter, Istanbul, Turkey.

- March 13-17, 2013 **Steven Hayes, Ph.D., Boot Camp in Acceptance and Commitment Therapy in Practice**, 4-Day Intensive Workshop in Reno, Nevada, US
- June 2, 2011 **Steven Hayes, Ph.D., Acceptance and Commitment Therapy in Practice: Creating Rapid Clinical Change**, Workshop at 7th International Congress of Cognitive Psychotherapy, Istanbul, Turkey
- June 2-5, 2011 **Mehmet Sungur, M.D. and Keith Dobson, Ph.D., Conceptualizing and Using Different Strategies for Different Types of Negative Thinking**, Workshop at 7th International Congress of Cognitive Psychotherapy, Istanbul, Turkey
- Dec 18-19, 2010 **Leslie Sokol, Ph.D., CBT with Difficult Cases**, CBTIstanbul Workshop Series, Istanbul, Turkey
- Sept 13, 2009 **Mary Ann Kraus, Psy.D., Gestalt therapy: Experiments**, Workshop, Istanbul, Turkey
- April 26-30, 2008 **Spring Research Institute, Community-Partner Suicide Prevention, Promoting mental health through community collaborations in research**, University of Rochester Medical Center for the Study and Prevention of Suicide supported by NIMH, Rochester, NY
- Sep-Dec, 2006 Courses at the Pre-doctoral Internship Program, **1. by Dialectical Behavior Therapy Certified Trainer, Individual Psychotherapy in Dialectical Behavior Therapy**, University of Rochester Medical Center, NY, **2. Interpersonal Psychotherapy (IPT)**, Course at the Pre-doctoral Internship Program, University of Rochester Medical Center, NY
- Nov 20, 2004 **James P. McCullough, Jr. Ph.D., Cognitive Behavioral Analysis System of Psychotherapy (CBASP): Treatment for Chronic Depression**, Master Clinician Seminars, 38th Annual AABT Convention, New Orleans, Louisiana
- Jeffrey Young, Ph.D., Schema Therapy Seminar**, 38th Annual AABT Convention, New Orleans, Louisiana

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 2012- Association for Contextual Behavioral Science (US and Turkish Chapter)
1999 – Turkish Psychological Association