

# **Sevcan Aktas**

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## **Personal Information**

Place of Birth: İstanbul  
Mail: aktassevcan@outlook.com

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## **Education**

2019 – 2025: Bahçeşehir University (BAU), İstanbul, Türkiye  
Faculty of Educational Sciences (Doctorate)  
Psychological Counseling and Guidance

2017 – 2019: Bahçeşehir University (BAU), İstanbul, Türkiye  
Institute of Social Science (Master Degree)  
Clinical Psychology (English)

2012 - 2017: Bahçeşehir University (BAU), İstanbul, Türkiye  
Faculty of Economics, Administrative and Social Sciences (Licence)  
Psychology (English)

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## **Work Experience**

January - February 2016: Hand in Hand Psychosocial Integration Center (Hamburg/Germany)  
Social Rehabilitation – Psychologist (Intern)

July - August 2016: Rickling Psychiatric Hospital (Hamburg/Germany)  
Clinical Psychologist- Intern

August - September 2017: Yedikule Surp Pırgıç Armenian Hospital  
Clinical Psychologist - Intern

2018 – September 2019: Bahçeşehir University – Brain and Cognition Laboratory  
Research Assistant

2018 –2019: French Lape Psychiatric Hospital  
Clinical Psychologist - Intern

2019 –2021: Beşiktaş Municipality  
Clinical Psychologist & Nursery Manager

2021- Continue: Bahçeşehir University – Faculty of Educational Sciences  
Part Time Lecturer

2022 –2025: Bahçeşehir University – Psychological Counseling and Guidance Center  
Center Coordinator

2023- 2025: Trauma and Disaster Mental Health Studies Association & UNICEF

Kahramanmaraş - Field Manager & Supervisor

2025- Continue: Memorial Hospital  
Clinical Psychologist

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### **Courses Given (2021-continue)**

Physiological Psychology  
Trauma and Crisis Intervention  
Introduction to Psychology  
Counseling Principles and Techniques

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### **Seminars, Conferences and Symposiums**

November 2012: Azize Gokmen "Positive Thinking and Motivation in the Workplace and Social Life"

April 2014: Bahçeşehir University "University in School Symposium"

July 2015: Turkish Psychological Counseling Association "12th National Psychological Counseling Congress"

July 2015: Prof. Dr. Binnur Yeşil Yaprak "Hope-Focused Career Counseling Model and Application"

April 2017: KAÇUV "Workshop on Working with Children with Cancer and Their Families"

July 2018: Dr. İdris Üre – Surp Pırgıç Armenian Hospital "Drug Addiction"

January 2019: Dr. Cuma Ülkü – Surp Pırgıç Armenian Hospital "Depression and Bipolar Disorder Treatment"

June 2019: Dr. İdris Üre - Surp Pırgıç Armenian Hospital "Drug Addiction 2"

September 2021: Trauma and Disaster Mental Health Studies Association "Traumatic Stress Congress-II"

June 2022: Turkish Psychological Counseling Association "23rd Psychological Counseling and Guidance Congress"

May 2023: EMDR Congress- II

September 2023: Trauma and Disaster Mental Health Studies Association "Traumatic Stress Congress-III"

August 2024: Turkish Psychological Counseling Association "25th Psychological Counseling and Guidance Congress"

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### **Trainings, Certificates, and Diplomas**

October 2016: YÖRET Association, "Creative Drama" (8 weeks )

October – December 2017: Psychologist Zeynep Selvili - Self-compassion Training (8 weeks - %100 scholarship)

July 2018: Dr. H. Alp Karaosmanoğlu – Schema Therapy Training: Models and Techniques & Schema Therapy Applications in Borderline and Narcissistic Personality Disorders (56 hours)

March 2019: Prof. Dr. Bilge Uzun – Mindfulness Basic Training

April 2019: Prof. Dr. Sedat Özkan – Psycho Oncology Education Level 1

May 2019: Prof. Dr. Sedat Özkan – Psycho Oncology Education Advanced Level

May 2020: Children's Yoga Specialization Program

September 2020: Dr. Nevin Dölek – Short-Term Solution Focused Therapy

July 2021: Institute of Behavioral Sciences - EMDR Level 1

September 2021: Prof. Dr. Medaim YANIK – Dissociative Identity Disorder Level 1

May 2022: Institute of Behavioral Sciences - EMDR Level 2

May 2022: Prof. Dr. Medaim YANIK – Dissociative Identity Disorder Level 2

October 2022: Dr. Ad de JOUNG and Dr. Suzy MATTHIJSEN – Advanced EMDR Techniques

December 2022: Expert Psychologist Asena Yurtseven - Attachment Training in Adults

April 2023: Psychologist İrem Polat - Body and Nervous System-Centered Applications in Child Psychotherapy

June 2023: Art Psychotherapies Association-Art Therapy Interventions for Use in Trauma and in the Field Training Program

October 2023-Continued: Polyvagal Institute: The Polyvagal Certificate Course Safety, Connection, and the Human Experience (%95 scholarship)

October 2023: Portland Institute: Prof. Dr. Robert Neimeyer - Training in Working with Loss and Grief

February 2024 – Continue: Dr. Jane Nelsen & Lynn Lott- Positive Discipline Parent Educator Training

Semtember 2024- Continue: Psychodrama Institute – Psychodrama Education

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### Tests

Istanbul University: Minnesota Multiphasic Personality Inventory (MMPI)  
Neurometrica – Neurological Tests  
Moxo Turkey- Moxo Attention Test

Child Psychology Education Association: Child Development Tests Training - Gessel Development Figures Test - Frostig Visual Perception -  
Metropolitan School Readiness Test - AGTE Ankara  
Development Screening Inventory – Peabody Picture  
Word Matching Test – Autism Screening Assessment

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### Projects, Publications & Presentations

- Aktaş S., Çetin, D., Öztürk, G. & Turhan, P. – (2015, April) Investigation of Forgiveness, Anger and Aggression Variables in Young Adults, Research Presentation, 12th National Psychological Counseling Congress
- Aktas S., Gulen M. & Mortan Sevi O. – (2019, September) *Mindfulness-Based Therapies for Medically Unexplained Somatic Symptoms: A Systematic Review*, Journal of Current Approaches in Psychiatry
- Aktas S., Yuksel S., Akbas O., Irak M., & Topcuoglu V. (2019, September) Investigation of Coding, Memory Bias and Metacognitive Processes in Obsessive Compulsive Disorder. Research Presentation. 5th Experimental-Cognitive Psychology Congress, Kadir Has University
- Karayımk Ö., & Aktas, S. (2021) Translation – Counseling with Children and Adolescents – Attachment, Trauma, and Recovery from Infancy to Adolescence: Implications for Counseling from the Field of Neurobiology
- Karayımk Ö., Aktas, S., & Karasu S. (2022) – Gender, Childhood Trauma, Psychological Resilience, and Self-Harm Tendency as Predictors of PTSD Symptom Severity in Adolescents - Research Presentation, 23rd International Congress of Psychological Counseling and Guidance
- Aktas S. & Owen- Korkut F. (2023) -The Use of Wellness Models in Psychological Counseling Services - Anı Publishing
- Karayımk Ö., & Aktaş, S. (2024) Effects of EMDR Intervention Combined with Art on Traumatic Symptoms, Depression and Affect after the February 6 Earthquake: A Pilot Study - Research Presentation, 23rd International Congress of Psychological Counseling and Guidance
- Erasmus project: European Union Erasmus+ Program Key Action 2 Cooperation Partnerships in School Education (SCH) - Call 2023- Empowering Teachers to Become Trauma-Sensitive Schools
- UNICEF & Türkiye Ministry of Family and Social Policies - 2024 Preparation of the guide to post-disaster and post-traumatic practices for children and adolescents for mental health workers.

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## **Languages**

Turkish: Main Tongue  
English: Advanced (C1)  
German: Intermediate (B1)

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## **Memberships & Activities**

Turkish Psychologists Association (TPD)  
EMDR Association  
Association for Trauma and Disaster Mental Health Studies

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