

Sevcan Aktas

Personal Information

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

Education

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

2017 – 2019: Bahcesehir University (BAU), Istanbul, Türkiye
Institute of Social Science (*Master Degree*)
Clinical Psychology (English)

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

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 Pirgiç 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

Courses Given (2021-continue)

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

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 Pirgiç Armenian Hospital "Drug Addiction"

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

June 2019: Dr. İdris Üre - Surp Pirgiç 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"

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 2022: 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 JONG 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

September 2024- Continue: Psychodrama Institute – Psychodrama Education

Tests

Istanbul University: Minnesota Multiphasic Personality Inventory (MMPI)

Neurometrica – Neurological Tests

Moxo Turkey- Moxo Attention Test

Child Psychology Education Association: Child Development Tests Training - Gesell Development

Figures Test - Frostig Visual Perception -

Metropolitan School Readiness Test - AGTE Ankara

Development Screening Inventory – Peabody Picture

Word Matching Test – Autism Screening Assessment

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
- Karairmak 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
- Karairmak 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
- Karairmak 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
- UNİCEF & 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.

Languages

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

Memberships & Activities

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