

Dr Ayşe Akan

Assistant Professor of Clinical Psychology

ayse.akan@bogazici.edu.tr · +90 212 359 70 54

Psychology Department, Room 217, Sloane Hall, South Campus, Boğaziçi University, 34342 Bebek, İstanbul, Turkey

CURRENT ROLE

Assistant Professor of Clinical Psychology

May 2023 – present

Psychology Department, Boğaziçi University, İstanbul, Turkey

I teach undergraduate and postgraduate courses in clinical psychology and supervise master's and doctoral research. I direct the Translational Clinical Psychology Lab, where I lead a research programme on adapted psychological interventions, including two registered clinical trials with university students. Alongside teaching and research, I coordinate the Clinical Psychology Master's programme, head the Clinical Psychology Division, serve as Business and Clinical Lead of the university's student psychological counselling centre (BÜREM), and provide clinical supervision to trainees and practitioners.

EDUCATION

DClinPsy, Doctorate in Clinical Psychology

2017 – 2021

University of Essex, UK

MSc Mental Health Studies

2016 – 2017

King's College London, UK

BSc Psychology

2010 – 2014

Istanbul Ticaret University, Turkey

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

BA History (with Honours)

2005 – 2008

Boğaziçi University, Turkey

PROFESSIONAL QUALIFICATIONS & MEMBERSHIPS

United Kingdom Health and Care Professions Council (HCPC)

Registered Practitioner Clinical Psychologist

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Accredited CBT Therapist

EMDR Europe

Accredited EMDR Practitioner

European Certificate in Psychology (EuroPsy), European Federation of Psychologists' Associations

Registered European Psychologist

ADOS-2 Training (certificate of reliability obtained)

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

Systemic Therapy Training (Foundation Level)

University of Essex in collaboration with the Association for Family Therapy and Systemic Practice, UK

International Association for Cross-Cultural Psychology

Member

RESEARCH

Interests: My research centres on adapting psychological interventions for groups that standard approaches often overlook, including culturally diverse communities, neurodivergent people (autistic people, people with ADHD and people with learning disabilities) and children, and on the effectiveness of psychotherapy. My clinical and research interests include anxiety, emotion regulation, depression, trauma, and suicide and self-harm. I am also interested in how migration and race shape mental health, and I approach this work through person-centred care, lived experience and participatory research, informed by mad studies, critical psychiatry and critical psychology.

Methods: mainly qualitative methods (e.g. thematic analysis, grounded theory, interpretative phenomenological analysis), systematic reviews and effectiveness studies

Publications

- 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.**, Pupat, 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. <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., Dervedde, 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>

Conference Presentations

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| Jul 2026 | Akan, A. <i>Beyond Translation: A Systematic Cultural Adaptation of Group CBT and DBT for University Students in the Global South</i> (oral presentation). BABCP Annual Conference & Workshops 2026, British Association for Behavioural and Cognitive Psychotherapies. |
| May 2026 | Kaya, F. N., & Akan, A. <i>Making Therapy Accessible for All: CBT Adaptations for People with Intellectual Disability</i> (oral presentation). International Congress on Early Intervention and Well-Being, Cyprus International University. |
| May 2026 | Kanbur, E., & Akan, A. <i>Culturally Adapted CBT: Framework, Evidence, and Clinical Implications</i> (oral presentation). International Congress on Early Intervention and Well-Being, Cyprus International University. |

May 2026	Özkan, C., & Akan, A. <i>CBT Adaptations from Early Childhood to Early Adolescence</i> (oral presentation). International Congress on Early Intervention and Well-Being, Cyprus International University.
May 2026	Taş, B. S., & Akan, A. <i>Religious/Spiritual Adaptations of Cognitive Behavioral Therapy</i> (oral presentation). International Congress on Early Intervention and Well-Being, Cyprus International University.
May 2026	Şahin, M., & Akan, A. <i>Meeting Adolescents Where They Are: Developmental Adaptations of Cognitive-Behavior Therapy</i> (oral presentation). International Congress on Early Intervention and Well-Being, Cyprus International University.
Mar 2026	Akan, A. , Güçlü, B., & Öztaş, E. <i>Preliminary Results from Twin Clinical Trials of Culturally Adapted CBT and DBT-Informed Group Interventions for Turkish University Students</i> (oral presentation). The 16th Asian Conference on Psychology & the Behavioral Sciences (ACP2026), International Academic Forum (IAFOR), in partnership with the IAFOR Research Centre at the Osaka School of International Public Policy (OSIPP), The University of Osaka, Japan.
Jan 2026	Akan, A. <i>"If Not Her, Then Who Should Go Mad?" Culture-Specific Understandings of Unusual Postpartum Experiences: A Grounded Theory Analysis Using Secondary Data</i> . 10th World Conference on Qualitative Research, International Institute for Qualitative Methodology.
Nov 2025	Akan, A. <i>Supervising Group Psychotherapies Across International Borders: Trials and Triumphs</i> (oral presentation). Annual Meeting of the BPS Psychotherapy Section, British Psychological Society.
Sep 2025	Polat, A., Çavuşoğlu, Z. D., Yanık, H. K., Kutluca, Z., & Akan, A. <i>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</i> (poster presentation). EABCT 2025, European Association for Behavioural and Cognitive Therapies.
Sep 2025	Akan, A. , Okumuş, O. G., & Kömürcü, B. E. <i>Effectiveness of Cognitive Behavioural Therapy (CBT) Based Group Interventions for Anxiety Management in University Students and Young Adults: A Narrative Systematic Review</i> (poster presentation). EABCT 2025, European Association for Behavioural and Cognitive Therapies.
Jun 2025	Akan, A. <i>Adapting Psychotherapies for People on the Autistic Spectrum and without Learning Disabilities in Clinical Psychology</i> (oral presentation). 3. Uluslararası Sosyal Bilimler Kongresi, İstanbul Üniversitesi.
Oct 2024	Akan, A. <i>Afet Sonrası Ortaya Çıkan Psikolojik Sıkıntılara Müdahalede Sıklıkla Kullanılan Üç Terapi Yönteminin Benzerlikleri, Farklılıkları ve Etkililiği</i> [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, Marmara Üniversitesi.
Sep 2024	Akan, A. <i>Improving Emotional Wellbeing of University Students Using Cognitive and Dialectical Behavioural Psychotherapeutic Approaches in Group Settings (UniWELL): A Protocol</i> (poster presentation). EABCT Congress 2024, European Association for Behavioural and Cognitive Therapies.
Jun 2024	Kaptan, S. K., & Akan, A. <i>Addressing Mental Health Needs after COVID-19: A Systematic Review of Remote EMDR Therapy Studies as an Emerging Option</i> (poster presentation). 25th EMDR Europe Workshop Conference 2024, EMDR Europe.
2021	Akan, A. , Green, G., & Blumenfeld, F. <i>Racism in Mental Health Research: An Example of Turkish-Speaking Diaspora's Experiences and Understandings of Common Mental Health Difficulties</i> (oral presentation). British Psychological Society Division of Clinical Psychology Annual Conference 2021 (virtual).
2020	Akan, A. , Green, G., & Blumenfeld, F. <i>Understandings and Experiences of Common Mental Health Difficulties of Turkish-Speaking People in the UK</i> (oral presentation). 10th Culture & International Mental Health Conference 2020: Turning the World Upside Down (virtual).

Lab Leadership

Director, Translational Clinical Psychology Lab

Feb 2024 – present

Psychology Department, Boğaziçi University

<https://t-clinpsy.bogazici.edu.tr/>

The lab develops and evaluates adapted psychological interventions for culturally diverse communities, neurodivergent people and children, using qualitative methods, systematic reviews and effectiveness studies.

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.gov NCT07096141 and NCT07096154. Boğaziçi University Scientific Research Projects Office, project code 20022. 473,723.42 TRY. Role: Project Lead
- 2024 **Addressing leprosy trauma using the traumatic stress relief programme: an exploratory trial with persons with lived experience in Addis Ababa, Ethiopia.** ISRCTN86825441. Leprosy Research Initiative. €136,780. Role: Qualitative Lead
- 2018 **University of Essex Student Facilitating Research Fund (£180),** for research participant incentives

Ongoing Research Projects

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

Role: Supervisor · DCLinPsy project of P. Adjovu, University of Hertfordshire

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

Role: Project Lead

Supervised Dissertations

Master’s, completed (primary or sole supervisor)

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

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

Master’s, ongoing: E. Kanbur (primary), M. Şahin (secondary), Boğaziçi University

Doctoral, ongoing: P. Adjovu (secondary), University of Hertfordshire

Peer Review

Ad hoc reviewer for journals: *Translational Behavioral Medicine; Pilot and Feasibility Studies; Psychology and Psychotherapy: Theory, Research and Practice*

Reviewer for conference papers: ACP2026, The International Academic Forum (IAFOR)

CLINICAL EXPERIENCE

Clinical Supervisor

Oct 2024 – present

Clinical Psychology Master’s Programme, Boğaziçi University, İstanbul

2 hours per week

- Weekly individual supervision to clinical psychology trainees

Clinical Supervisor

Sep 2023 – present

Boğaziçi University Student Guidance and Psychological Counselling Centre (BÜREM)

2 hours per week

- Weekly group supervision to psychological practitioners working at BÜREM

Clinical Psychologist

Oct 2020 – Apr 2023

Redbridge Emotional Wellbeing and Mental Health Service, North East London NHS Foundation Trust (NELFT), UK
Oct 2020 – Jul 2021, 20 hours per week; Aug 2021 – Apr 2023, 37.5 hours per week

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-2 assessments (Modules 3 and 4)
- Delivering psychological interventions
- Offering consultations to parents and conducting parent-involved interventions
- Co-coordinating and delivering workshops for parents with a child diagnosed with ASD
- Supervising trainee clinical psychologists, assistant psychologists, honorary assistant psychologists and other junior members of staff
- Co-delivering a 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

Trainee Clinical Psychologist

Nov 2019 – Sep 2020

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

22.5 hours per week

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

Trainee Clinical Psychologist

May 2019 – Sep 2019

Split post in Adult Community Learning Disability Psychology Service and Asperger's Service, Essex Partnership University NHS Foundation Trust (EPUT), UK

22.5 hours per week

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 diagnoses such as autism or physical illnesses who have emotional and/or behavioural difficulties (Adult LD Service); adults with a high-functioning autism or Asperger's diagnosis who have emotional and/or behavioural difficulties (Asperger's Service)

Models: Systemic, CBT, CFT, psychoeducation, psychodynamic concepts and 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 for adults with suspected LD
- Risk assessment
- Individual psychology interventions
- Group interventions
- Consultation to family members and carers
- Teaching staff members
- Liaising with other psychologists and MDT colleagues
- Monitoring change using various methods including verbal feedback and quantitative measures

Trainee Clinical Psychologist

Dec 2018 – May 2019

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

22.5 hours per week

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

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

Models: Systemic, CBT, attachment-based interventions, psychoeducation, group work and 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
- Delivering presentations to school teachers and Special Educational 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

Trainee Clinical Psychologist

Jun 2018 – Nov 2018

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), UK

22.5 hours per week

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

Client population: Older adults staying in the inpatient service as voluntary or sectioned patients due to high-risk emotional and/or behavioural difficulties, some with a diagnosis of dementia (Dementia and Frailty Service); neuropsychology assessments and post-diagnostic support for older adults with suspected dementia (MASS)

Models: CBT, CFT, psychoeducation, mindfulness and 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

Trainee Clinical Psychologist

Nov 2017 – Jun 2018

Split post in Adult Community Psychology (ACP) and Crisis Resolution Home Treatment (CRHT) Services, Essex Partnership University NHS Foundation Trust (EPUT), UK

22.5 hours per week

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

Client population: Adults with emotional and behavioural difficulties (ACP); adults with emotional and behavioural difficulties going through a mental health crisis, assessed as high risk but well enough to be treated at home rather than in an inpatient unit (CRHT)

Models: CBT, CBTp, DBT and 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

Psychology Placement Student

Feb 2017 – Jul 2017

Split post in community Neuropsychiatry and Memory Disorders Clinic (Scutari Clinic) and inpatient Psychiatry Liaison Service, Guy's and St Thomas' NHS Foundation Trust, UK

7.5 hours per week

Supervisors: Dr D Joyce (Psychiatry Registrar)

Client population: Adults with suspected neuropsychiatric conditions and/or memory problems (Scutari Clinic) and adults on physical health wards with suspected neuropsychiatric conditions and/or memory problems (Liaison)

- Shadowing the supervising psychiatrist in clinic and on wards
- Administering cognitive and psychiatric tests and instruments (ACE-III, Frontal Assessment Battery, Hamilton Rating Scale for Depression, Hamilton Anxiety Rating Scale)
- Documenting test results
- Contributing to formulations

Clinical Psychology Intern

Sep 2013 – Oct 2013

Split post in Substance Abuse and Psychosis Services, Erenköy Mental and Neurological Diseases Research and Training Hospital, Turkey

40 hours per week

Supervisors: Principal psychologist and junior psychiatrists

Client population: Adults diagnosed with substance use disorders and adults diagnosed with psychosis

- Attending psychiatry appointments
- Contributing to discussions

TEACHING

Undergraduate: Introduction to Psychology; Research Methods in Psychology; Abnormal Psychology; Child Psychopathology; Readings and Research in Clinical Psychology; Readings and Research in Clinical Mental Health; Readings and Research in Mental Health I and II; Readings and Research in Cultural Adaptations in Clinical Psychology

Postgraduate: Clinical Assessment; Advanced Clinical Psychology; Individual Approaches to Psychotherapy; Diagnostic Evaluation; Cognitive Behaviour Therapy; Supervision

OTHER RELEVANT WORK EXPERIENCE

Assistant Expert

Nov 2014 – Sep 2016

Republic of Turkey Ministry of Family and Social Policies

40 hours per week

- Research and writing
- Attending sessions with vulnerable individuals in need of psychological rehabilitation

AWARDS & HONOURS

Awards

Jul 2026 **Best Newcomer Award**, British Association for Behavioural and Cognitive Psychotherapies (BABCP) Annual Conference & Workshops 2026. <https://babcp.com/conference/2026-awards/>

Travel Grants

2019 **University of Essex Student Facilitating Research Fund** (£227.55), for travel costs during participant recruitment

Conference & Training Grants

2021 **Proficio Academic and Professional Development Fund, University of Essex** (£85), for attendance at “Compassion & Mentalization: Complementary, Overlapping or Opposed”, Anna Freud Centre, University College London

2021 **Proficio Academic and Professional Development Fund, University of Essex** (£35), for attendance at the BPS Division of Clinical Psychology Annual Conference 2021

2019 **Proficio Academic and Professional Development Fund, University of Essex** (£1,465.80), for EMDR Standard Training fees

2018 **Proficio Academic and Professional Development Fund, University of Essex** (£220), for a two-day NVivo training course

Scholarships

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

SERVICE & ADMINISTRATION

Mar 2026 – present **Member of Executive Board**, Boğaziçi University Psychology Application and Research Centre (BÜPAM)

Oct 2025 – present **Member of the Mobbing (Workplace Harassment) Prevention Commission** (Mobbing Önleme Komisyonu), Boğaziçi University

Sep 2023 – present **Head of the Clinical Psychology Division**, Psychology Department, Boğaziçi University

Sep 2023 – present **BÜREM Business and Clinical Lead**, Boğaziçi University Student Psychological Counselling Centre

Sep 2023 – present **Student Advisor** to Psychology undergraduate and Clinical Psychology Master’s students

Aug 2023 – present **Member of Advisory Board**, Ibn Haldun University Psychotherapy Application and Research Centre (IPAM)

Aug 2023 – Mar 2025 **Member of Social and Human Sciences Research Ethics Committee** (Sosyal ve Beşeri Bilimler İnsan Araştırmaları Etik Kurulu, SBİNAREK), Boğaziçi University. Attending monthly meetings to evaluate research applications

Jun 2023 – present	Coordinator of Clinical Psychology Master's Programme , Psychology Department, Boğaziçi University
Mar 2021	Minorities Group Mentoring Programme Mentor , BPS Division of Clinical Psychology 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 the university's outreach and recruitment efforts

KNOWLEDGE EXCHANGE ACTIVITIES

Dec 2024	Thematic Synthesis Workshop , Ibn Haldun University
Dec 2024	Thematic Analysis Workshop , Ibn Haldun University
Jul 2023	Navigating Clinical Psychology in the UK as an International Student: Experiences of a Qualified Clinical Psychologist (oral presentation and Q&A), Increasing Access Committee, IoPPN, King's College London
2021	Q&A with Ayse, a graduated international clinical psychologist (from University of Essex) , interview, blog post. https://www.dclinpsy-international.co.uk/post/q-a-with-ayse-a-graduated-international-clinical-psychologist-from-university-of-essex
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). https://busrakizik.wordpress.com/2020/09/12/ingilterede-klinik-psikoloji-doktorasi-ayse-akan/
2020	Books R Us , book reviews, BPS Clinical Psychology Forum, May 2020 issue
2020	Calculating Clinically Significant Change , virtual workshop, Thundersley EWMHS, Essex, UK
2020	Evaluating the Effectiveness of Anxiety Groups in a Clinic for Young People and their Families in the East of England , virtual oral presentation, Thundersley EWMHS, Essex, UK
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-IV 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

CONTINUING PROFESSIONAL DEVELOPMENT (ATTENDANCE)

May 2026	Trauma-Focused ACT (T-FACT): Working with Body, Mind and Emotion. Contextual Consulting. Trainer: Dr Russ Harris
Feb 2026	Constructivist Grounded Theory Methodology. WCQR2025. Trainer: Elaine Keane
Feb 2026	It's All About Me: Autoethnography. WCQR2025. Trainer: Anna Kimberley
Nov 2025	Annual Meeting of the BPS Psychotherapy Section. British Psychological Society
Nov 2025	Cognitive Therapy for PTSD in Children & Adolescents: DECRYPT Dissemination Event. University of East Anglia. Trainer: Richard Meiser-Stedman
Sep 2025	EABCT 2025: "People Make Glasgow: Connections Drive Change". European Association for Behavioural and Cognitive Therapies
Jun 2025	Introducing Qualitative Longitudinal Research: From Design to Analysis. University of Southampton. Trainers: Professor Anna Tarrant and Professor Kahryn Hughes
Nov 2024	Frame by Frame. Contextual Consulting. Trainer: Siri Ming
Oct 2024	World Schema Therapy Day. The International Society of Schema Therapy (ISST)
Sep 2024	EABCT Congress 2024: "New Age of CBT: Challenges and Perspectives". European Association for Behavioural and Cognitive Therapies
Jun 2024	ACT for Adult ADHD. Contextual Consulting. Trainer: Dr Russ Harris
Jun 2024	ACT in Focus: Navigating Processes, Procedures, and Future Directions. Contextual Consulting. Trainer: Richard Bennett
Jun 2024	25th EMDR Europe Workshop Conference 2024. EMDR Europe
May 2024	ACT for Depression and Anxiety Disorders. Contextual Consulting. Trainer: Dr Russ Harris
May 2024	An Introduction to the ACT Model. Contextual Consulting. Trainer: Joe Oliver
Feb 2024	Responding to Unexpected and Traumatic Death: A Cognitive Approach to Traumatic and Complex Grief. Trainer: Dr Michael Duffy
Feb 2024	Images in Social Anxiety. Trainer: Dr Lusia Stopa
May 2023	CBT and Motivational Interviewing with Children and Young People. Anna Freud National Centre for Children and Families. Trainers: Dr Dickon Bevington and Dr Vicki Curry
Mar 2023	Personalised Individual Parent Training (PIPT). King's College London IoPPN. Trainers: Dr Matt Woolgar and Ms Caroline Bengo
Mar 2023	CBT Supervision in Practice. King's College London IoPPN. Trainers: Dr Anna Moriarty and Dr Christy Wellings
Feb 2023	Trauma-Focused CBT for PTSD in Children & Adolescents. King's College London IoPPN. Trainer: Dr Jessica Richardson
Jun 2022	New Supervisors Workshop for Supervisors of North Thames' Trainee Clinical Psychologists. University College London, University of East London and Royal Holloway, University of London. Trainers: Dr Paula Corredor Lopez and Dr Camilla Rosan (UEL); Dr Kate Theodore and Dr Chris Marshall (RHUL); Dr Michelle Wilson (UCL)
Apr 2022	DBT-A (DBT for Adolescents), live online course, 18 hours. The Association for Psychological Therapies (APT). Trainer: Dr Lisa Hartley
Mar 2022	An Introduction to Positive Behaviour Support, one-day online training course. I Support Behaviour. Trainer: Mr Daniel Caprice
Jan 2022	The Autism Diagnostic Observation Schedule 2 (ADOS-2) Practitioner Training. Autism Spectrum Directions. Trainer: Dr Marianna Murin
May 2021	Compassion & Mentalization: Complementary, Overlapping or Opposed (conference on Compassion Focused Therapy and Mentalisation Based Therapy). Anna Freud Centre, UCL. Chaired by Prof Stephen Pilling. Speakers: Prof Peter Fonagy, Prof Paul Gilbert, Dr Deborah Lee, Assoc Prof Patrick Luyten

Apr 2021	Therapeutic Assessment for Adolescents with Self-Harm. The Association for Child and Adolescent Mental Health. Speaker: Dr Dennis Ougrin
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 (delivered by Dr James Barr, 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 (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. University of Essex (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 London IoPPN

LANGUAGES

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

TEST SCORES

Sep 2023 **YDS:** 96.25/100

Apr 2016 **IELTS:** 8.5/9

REFERENCES

Available on request