

A Meltem Üstündağ-Budak, CPsychol (BPS) & MBACP
PhD in Developmental Psychology, MS and BS in Psychological Counselling

CURRENT WORK
BREEZE COUNSELLING SERVICES UK

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Tel: 07905167050

EDUCATION

2018 December - 2019 April

Certificate on Teaching Online Pedagogies and Standard Course 2018-2019, The Chicago School of Professional Psychology, US.

2015 March - 2016 February

Completed Dialectical Behavioural Therapy (DBT) Intensive Training, provided by Linehan Institute, US. Part of this training run **DBT** skill groups for university students as a preventative intervention in order to improve wellbeing.

2014, July

Ph.D. Perinatal Trauma and the Aftermath: attachment, social support, parental rearing, meaning of loss & mental health. The University of Birmingham – School of Psychology.

2008, July

Adult Attachment Institute, University of Berkeley, US

Completed Adult Attachment Training Institute organised by VU- University Amsterdam and Netherlands Psychoanalytic Institute held at NIAS, Netherlands.

Become a **Reliable Adult Attachment Interview Coder**, University of Berkley (2010, July).

1998 September – 1999 July,

Transactional Analysis Foundation Certificate, Birmingham Counselling

1999, September

MSc in Psychological Guidance and Counselling, Middle East Technical University Turkey, (GPA 3.94 out of 4.00 High Honour). As part of this study, Graduate exchange student at the University of Manchester, School of Epidemiology and Health Sciences, UK, 1999.

1996, July

BSc in Psychological Guidance and Counselling at Middle East Technical University (METU) Turkey, (GPA 3.64 out of 4.00-High Honour/ ranked first).

1998 (Intensive Training) Certificate in Drama in Education, University of Central England, UK.

CHRONOLOGICAL SUMMARY OF WORK EXPERIENCE

2014-2022 Associate Professor at Bahçeşehir University, Istanbul Turkey Psychology Department

2013 -2014 Lecturer at Arel University, Istanbul, Turkey, postgraduate program (PhD in Clinical Psychology Program in Turkey (part time) and Işık University

2010 - 2012 Breeze Counselling Services UK (full time)

2019 - Breeze Counselling Services UK (part time)

- 2010 - 2011 Pool Tutor for higher education courses, Birmingham Council (casual), UK
- 2003 - 2010 Sense Research and Development Team Member, UK (part-time)
- 2000 - 2003 Sense Education Team Member, UK (full time)
- 1998 - 1999 Graduate Exchange Student at the University of Manchester, School of Medicine, UK (full time)
- 1996 - 1998 Middle East Technical University Research Assistant, Turkey (full time)

TEACHING EXPERIENCE

LECTURER, BAHCESEHIR UNIVERSITY, SCHOOL OF PSYCHOLOGY

- PSY 2001 and PSY 2002 Developmental Psychology course (Undergraduate, 2nd Year). The course familiarises students with patterns of development throughout life. It focuses on theories of development, foundations of development and development through infancy to the end of life. (*3 hours per week*)
- PSY 4069 Developmental Psychopathology. The objective of this integrative course is to provide a framework for understanding psychological disorders of childhood, adolescence and adulthood with a focus on the contexts; developmental processes; environmental, genetic, and neurobiological factors that have been found to be associated with the onset of these disorders. (*3 hours per week*)
- PSY 4070 Trauma Psychology. The objective of this course is to introduce both the theory and practice of the field of trauma psychology. Inform students regarding contemporary research and theory regarding trauma. (*3 hours per week*)
- PSY 4078 Psychology of Happiness and Wellbeing: The course provides theoretical psychological frameworks as well as current research in understanding happiness and wellbeing studies and practices. This course also aims to equip students with skills to improve their wellbeing. Students have a chance to practice skills such as mindfulness, gratitude self-compassion and improving interpersonal relationships and dealing with stress. (3 hours per week over 14 weeks)
- CPS 5112 Ethics in Clinical Psychology. The aim of the course is to provide students with principles, knowledge, and skills necessary to develop and maintain an ethical and effective professional relationship with clients. Students engage in interactive learning via interactive group discussions, casework sharing and theoretical presentations. (*3 hours per week*)

PART TIME LECTURING EXPERIENCE

LECTURER, ISIK UNIVERSITY, SCHOOL OF PSYCHOLOGY SEPTEMBER 2013 - JANUARY 2014

- PSY 431 Selected Topics in Developmental Psychology (Undergraduate, 4th Year) This course aims to inform students about the current debates in theoretical and empirical works in the field of developmental psychology. It also involves discussing current Attachment Theory focused research. This course also aims to engage students in empirical thinking and devise their own research proposal while implementing empirical strategies within the applied developmental psychology framework. (*3 hours per week*)

LECTURER, AREL UNIVERSITY, SCHOOL OF PSYCHOLOGY – CLINICAL DOCTORATE PROGRAM

Ph.D. in Clinical Psychology Program Psychotherapy & Clinical Supervision:

This course involved theory and practicum components. In the theory component, students were introduced to the basic and advanced skills of the therapeutic alliance (Micro and Macro skills; Intentional Interviewing Techniques); the process of the therapeutic alliance (e.g. boundaries, ethics, safety, etc.); The current debates in evidence-based therapies and the role of Clinical psychologist both as a researcher and as a therapist were discussed. (4 hours per week, over 14 weeks).

Attachment Theory and Clinical Implications Course:

This course equipped clinical doctorate students with the techniques of case formulation; and the use of case formulation in different modalities. As part of this course, current research in Attachment Theory and case formulation strategies were discussed and presented. At the end of this course, students implemented Attachment Theory's Framework in building case formulations of their therapeutic work within their modalities. (3 hours per week, over 14 weeks).

TEACHING ASSISTANT, UNIVERSITY OF BIRMINGHAM, FALL 2009, SPRING 2010

Theoretical Issues in Non-Verbal Behaviour Module:

Led various theoretical and research discussion sessions. (3rd year undergraduate course / 2 hours p/w)

Biological Bases Module:

Run practical class on movement and led short discussions at the end of each session. (2nd Year undergraduate course / 2 hours p/w)

POOL TUTOR, BIRMINGHAM CITY COUNCIL, ADULT EDUCATION, UK

FEBRUARY 2010 –SEPTEMBER 2011 (POST HOC)

- Pool tutor for the delivery of counselling courses e.g. *Self Confidence* and *Dealing with Anxiety*, at Adult Education Centres of the city council. Thought skills and theories to counselling program students, who were working towards a degree in counselling, recognised by British Association for Counselling and Psychotherapy (various hours)

EDUCATION TEAM MEMBER, SENSE, UK, 1999 TO 2003 (PART TIME)

- **Research and Development Team , Sense, UK** February 2003 -2010, Part time
Duties included witting up policies in relation to Sense's position on matters such as Deafblind adults' and children's communication needs; implications of Mental Capacity Act on care delivery; and safeguarding vulnerable adults
Setting up data bases and preparing quarterly reports on safeguarding issues.

EDUCATION TEAM MEMBER, SENSE, UK, 1999 TO 2003 (FULL TIME)

- Assessed the communication needs of deafblind people, prepared and delivered Person Centred session plans.
- Supported adult with learning difficulties and challenging behaviour to take initiative and control of their environment using total communication, and interactive approaches.

- Delivered in house training to Sense staff members entitled “Loss and Bereavement”, “24 Hours Learning”, “Total Communication”, and” Deaf and Blindness Awareness Training”. Also facilitated workshops and discussions, which were centered towards the implementation of the Person-Centred Approach in relation to organisation’s new service model.

PUBLICATIONS

Gao-Xian Lin, Amit Goldenberg, Gizem Arikan, Anna Brytek-Matera, Kamila Czepczor-Bernat, Denisse Manrique-Millones, Moira Mikolajczak, Hannah Overbye, Isabelle Roskam, Dorota Szczygieł, A. Meltem Ustundag-Budak, & James J. Gross (In press) Reappraisal, Social Support, and Parental Burnout. *Cognition and Emotion*

Roskam, I., Gallée, L., Aguiar, J., Akgun, E., Arena, A., Arikan, G., . . . Ustundag-Budak A., Mikolajczak, M. (2022). Gender equality and maternal burnout: A 40-country study. *Journal of Cross-Cultural Psychology*, 53(2), 157-178. doi:10.1177/00220221211072813

Ustundag-Budak, A. M. (2021). Individuation for adult replacement children: ways of coming into being: by Kristina E. Schellinski, Abingdon, Oxon & New York, Routledge, 2019, 228 pp., £ 29.99 (Pbk) ISSN 9781315733746, 1315733749.

Arikan, G., Acar, I. H. & Ustundag-Budak, A. M. (2021). A Two Generation Study: The Transmission of Attachment and Young Adults’ Depression, Anxiety, and Social Media Addiction

Arikan, G., Acar, I. H., & Ustundag-Budak, A. M. (2022). A two-generation study: The transmission of attachment and young adults’ depression, anxiety, and social media addiction. *Addictive Behaviors*, 124 doi:10.1016/j.addbeh.2021.107109.

Roskam, I., Aguiar, J., Akgun, E., Arikan, G., Artavia, M., Avalosse, H., ... & Mikolajczak, M. (2021). Parental burnout around the globe: A 42-country study. *Affective science*, 2(1), 58-79.

Töz, N., Arikan, G., & Üstündağ-Budak, A. M. (2021). The role of emotion regulation and maternal symptoms in Turkish mothers’ caregiving helplessness during toddlerhood. *Current Psychology*, 1-11.

Arikan, G., Üstündağ-Budak, A.M., Akgün E., Mikolaiczak M & Roskam, I. (2020) Validation of the Turkish Version of the Parental Burnout Assessment (PBA)., *New Directions for Child and Adolescent Development*. 2020, 15–32. <https://doi.org/10.1002/cad.20375>

Üstündağ-Budak, A.M., Özeke-Kocabaş, E. & Ivanoff, A. (2019) Dialectical Behaviour Therapy Skills Training to Improve Turkish College Students’ Psychological Well-Being: A Pilot Feasibility Study. *International Journal of Advancement of Counselling* 41, 580–597. Doi: 10.1007/s10447-019-09379-5.

Üstündağ-Budak, A.M., Özeke-Kocabaş, E. (2020) Dialectical Behavioral Therapy from the Lifespan Perspective *Current Approaches in Psychiatry* 12 (2), 287-298.

Üstündağ Budak, A.M., & Kocabaş, E.Ö. (2019). Dialectical Behavior Therapy and Skill Training: Areas of Use and Importance in Preventive Mental Health. *Current Approaches in Psychiatry* (2), 192-204.

Üstündağ-Budak A.M., Koydemir S., Schütz A. (2019) Attachment and Emotion Regulation. In: Zeigler-Hill V., Shackelford T. (Eds) Encyclopedia of Personality and Individual Differences. Springer, Cham

Üstündağ-Budak, A.M., Özeke-Kocabaş (2017) Validation Skills in Counselling and Psychotherapy. *International Journal of Scientific Study*, 5(8), 319-323., Doi: 10.17354/ijssNov/2017/44

Üstündağ-Budak., A.M., Harris, G., & Blissett J. (2016) Perinatal Trauma with and without Loss Experiences, *Journal of Reproductive and Infant Psychology* 34(4), 413-425.

Üstündağ-Budak., A.M. Larkin, M., Harris, G., & Blissett J. (2015) Mothers' accounts of their stillbirth experiences and of their subsequent relationships with their living infant: An interpretative phenomenological analysis, *BMC Pregnancy and Childbirth* (15)1-14 Doi:10.1186/s12884-015-0700-3

Üstündağ -Budak A.M. (2015). The replacement child syndrome following stillbirth: a reconsideration. *Enfance*, 351-364 Doi: 10.4074/S0013754515003079

Üstündağ-Budak, A.M. & Aydın-Mocan, G. (2005). The Role of Personality Variables in Predicting the Reported Physical Health Symptoms of Turkish College Students, *Adolescence*, 40 (159): 559-572.

Eryılmaz, E. & Üstündağ-Budak, A.M. (2019). Gender Bias in Early Recognition of ADHD. *Turkish Psychological Articles*, 22(43), 102-104 Doi: 10.31828/tpy1301996120180710m000007

Yanık Can, Z. & Üstündağ-Budak, A., M. (2019). Posttraumatic growth and posttraumatic stress disorder among breast cancer survivors. *The International Journal of Human and Behavioral Science*, 5(2), 44-72. Doi: 10.19148/ijhbs.653123

Aktaran, A., K. & Üstündağ-Budak, A., M. (2019). Attachment theory self-compassion and body image. *The International Journal of Human and Behavioral Science*, 5(2), 1-17. doi: 10.19148/ijhbs.651271

Book Chapters

Üstündağ-Budak A.M (2016). Pragmatic Case Studies: Stillbirth, 'State of Mind in Relation to Attachment' Experiences and Caregiving. In A. Columbus (Eds)Advances in Psychology Research, New York, Nova Publishers.

Book Chapters in Turkish

Üstündağ Budak, A & Özeke Kocabaş, E. (2020). 'Contemporary approaches in CBT: Dialectical Behavioural Therapy' - Modern BDT Yaklaşımlar Diyalektik Davranış Terapisi'. Geçmişten günümüze bilişsel davranışçı terapi Modern BDT Yaklaşımlar, Pegem Editörler: Prof. Dr. Zeynep Hamamcı Fulya Turk.

Eryılmaz E, & Üstündağ Budak, A.M. (2020) 'Effective ADHD management in school settings' - Dikkat Eksikliği ve Hiperaktivite Bozukluğu'nun Okulda Etkin Yönetimi' Dikkat Eksikliği Hiperaktivite Bozukluğu El Kitabı, Nobel kitabevi Editör: A. Şebnem Soysal Acar

Üstündağ-Budak A.M (2016). 'Attachment Theory Perspective and Preschool Education'- Okul Öncesinde Rehberlik ve Psikolojik Danışmanlık: Gelişim süreçleri ve Bağlanma Kuramı üzerinden bakış.Hakan Uşaklı (derl.) Hayat Boyu Kapsamlı Rehberlik ve Psikolojik Danışma Ankara, Pegem

Kadıoğlu-Polat, D. & Üstündağ-Budak A.M (2016). 'What is Sex Education and why it matters?' Cinsel Eğitimin Tanımı-Önemi- Türkiye'de ve Dünya'da Cinsel Eğitim Uygulamaları. Sevcan Yağan Güder, (derl.) Erken Dönem Cinsel eğitim ve Toplumsal Cinsiyet Kitabı, Ankara, Eğiten Kitap.

Clinical Psychology Master Program Dissertations

Idil Uzun (2021) Examining attachment and perceived parental rejection in emerging young adults' mental health and Covid-19 Pandemic Specific Current Difficulties and Anxiety.

Alkan Aysenur, (2020). The investigation of the preventive effectiveness of a Dialectical Behavior Therapy Skills Training Program adapted for Turkish college students.

Bilge Esra İrem, (2020). An interpretative phenomenological analysis of first-time mothers' experiences on raising twins with one child diagnosed with autism and the other one typically developing.

Naz Toz, (2019). Caregiving helplessness, emotion regulation strategies, mental health and adult attachment classifications of mothers of toddlers.

Apaydin Cagla, (2019). The mediating role of emotion regulation strategies in relation to attachment difficult patient and self-disclosure among psychotherapists.

Celebi Asu Hazan, (2019). The influence of parental reflective Functioning on caregiving helplessness among Parents: Mediating Effects of Attachment Dimensions and Parenting Styles.

Kalkisim Kubra, (2019). The relationships among children behavioural problems, parental burnout, emotion regulation strategies and mental health problems.

Fatma Senem Şahlar (2017) An Interpretative Phenomenological Analysis of the Mothering Experiences of Working Upper Middle-Class Women in Turkey

Feray Tarımtay (2017) Attachment and Marital Adjustment: The Mediating Role of Interpersonal Emotion Regulation

Elif Necmiye Can (2017) Effects of Mindfulness-Based Skills Program on Psychological and Metacognitive Process in Depressive Symptoms

Şeyma Serap Keçeli (2017) Effects of Mindfulness-Based Skills Program on Psychological and Metacognitive Process in Generalised Anxiety Symptoms

Eryılmaz Ece (2015) Gender Bias in recognition of ADHD: Important Factors for Teachers' Successful Management of ADHD.

CONFERENCES Presented

- Cure-Acer S, A Meltem Ustundag Budak, & Arikan G. (2019) Does Parental Alexithymia Predicts Parental Burnout and Child Psychological Problems? 1st International Conference on Parental Burnout UCLouvain in Belgium on 2019, December 6-7
- Üstündağ-Budak A. M., Eğeci S., & Cüre-Acer S. (2019, August). Attachment, parenting styles and novel situation experience- novel food acceptance. Caregiving of Turkish mothers and emotion regulation in early childhood symposium at the 19th European Conference on Developmental Psychology, Athens, Greece.
- Toz N., Üstündağ-Budak A. M., & Arikan G. (2019, August). The Role of Maternal Mental Health and Emotion Regulation Strategies in Caregiving Helplessness. Oral presentation presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.
- Kalkışım K., Üstündağ-Budak M. (2019, August) The role of parental burnout, mental health and emotion regulation strategies in children internalizing and externalizing behavioral problems (Poster Presentation) The 19th European Conference on Developmental Psychology, 29 August - 1 September 2019, Athens, Greece.
- Özeke Kocabaş, E., Üstündağ-Budak, A.M. (2019). Üniversite Öğrencilerine Yönelik Psikososyal Müdahaleler: Diyalektik Davranış Terapisi ve Beceri Eğitimi Uygulamaları. IX. Uluslararası Yükseköğretimde Psikolojik Danışmanlık ve Rehberlik Araştırmaları Kongresi (IX. International Congress on Psychological Counseling and Guidance in Higher Education). 15-17 Kasım 2019, İstanbul.
- Dubose, T., Abdelkarim, A., Sher, H. Ustundag-Budak, A.M &Henriquez, S. (2018) Adopting vs Adapting: Dialectics from Turkey. Oral presentation presented at the Panel of Adopting vs. Adapting DBT Across Cultures and Diagnoses, 52nd Annual Convention ABCT, November 15–18, 2018 Washington, DC, US.
- Özeke Kocabaş, E., Üstündağ-Budak, A.M. (2018). Dialectical Behavioral Therapy Skills Training For University Students: A Preventive Model. 27. Uluslararası Eğitim Bilimleri Kongresi (ICES-UEBK 2018), Antalya, 18-22 Nisan 2018.
- Üstündağ-Budak, A.M. & Özeke Kocabaş, E.(2018, Ekim). Diyalektik Davranış Terapisi Beceri Eğitimi'nin Psikolojik Danışma ve Rehberlik Alanında Kullanımı [Öz]. 20. Uluslararası Psikolojik Danışma ve Rehberlik Kongresinde sunulan bildiri, Samsun. (oral presentation)
- Çankaya, B., Özyeşil Z. & Üstündağ-Budak A.M (2017) Clinical Round Table. Cultural Considerations and Questions on Mindfulness-Based Psychotherapy Approaches. EABCT, Slovenia
- Üstündağ-Budak A.M & Özeke-Kocabaş, E. (2017) A Prevention Application: Dialectical Behavioral Therapy Skills Training for University Students (Oral Presentation), . EABCT, Slovenia (Oral Presentation)

- Özeke-Kocabaş & Üstündağ-Budak A.M. (2017) Validation Skills in Counselling and Psychotherapy (Oral Presentation) 8th World Conference on Psychology, Counseling and Guidance (WCPCG), Antalya Turkey
- Üstündağ-Budak, A.M., Gagliesi P., Ivanoff, A., & Swales, M. (2016) DBT Clinical Outcomes From Implementation Initiatives Across the Globe (Panel) Association for 51st Annual Conference of Cognitive and Behavioral Therapies (ABCT), New York, US
- Üstündağ-Budak, A.M; Özeke –Kocabaş E; D.F., Alcan & Andre Ivanoff (2016) Dialectical Behavioral Therapy Skills Training for Improving Quality of Life of University Students (Oral Presentation) 1st Eurasian Positive Psychology Congress, Istanbul
- Üstündağ-Budak, A.M. , Özer – Güçlü, İ. ve Özaşçılar, M. (2015). Üniversite Öğrencilerinin Riskli Cinsel Davranışları: Bağlanma ve Sosyal Görünüş Kaygısının önemi (Bildiri) 13. Ulusal Psikolojik Danışmanlık ve Rehberlik Kongresi, Mersin
- Üstündağ-Budak A.M. ve Kadioğlu-Polat, D. (2015). Dünya’da ve Türkiye’de Cinsel Eğitim Uygulamaları ve Psikolojik Servislerin Rolü (Bildiri) 13. Ulusal Psikolojik Danışmanlık ve Rehberlik Kongresi.
- Turkish University Students’ Online Risky Sexual Behaviours: Examining the Impact of Social Appearance Anxiety and Attachment Styles, 15th Annual Conference of the European Society of Criminology, 2015, Portugal.
- Attachment Theory and Emotion Regulation and its Implications for Eating Disorders”, Symposium on Developmental Approaches in Eating Disorders 20 -21 April 2015.
- “Self-Regulation Attachment and Early Learning”, The New Trends in Education International Conference, 2014, İstanbul
- Thematic Session Chair, FAMILIES FACING CHALLENGES, 16th European Conference on Developmental Psychology, Lausanne, Switzerland.
- Budak, A.M. (2013). The Predictors of Mental Health Problems of Mothers Who Experienced Perinatal Trauma, İstanbul 2013 World Congress of Psychological Counselling and Guidance. Istanbul Turkey. (*Paper presentation*)
- Budak, A.M. (2013). Mothers’ Experiences of Stillbirth and Their Relationship with Their Living Infant. The 16th European Conference on Developmental Psychology, Lausanne, Switzerland. (*Paper presentation*)
- Budak, A.M. ((2013) The Predictors Of Mental Health Problems Of Mothers Who Experienced Perinatal Trauma. The 16th European Conference on Developmental Psychology, Lausanne, Switzerland. (*Paper presentation*)
- Budak, A.M., Harris, G. & Blissett, G. (2012), September, Mother’s trauma experience. The 32nd Annual SRIP Conference, University of Oxford (*Poster Presentation*)
- Budak, A.M.Harris G. & Blissett, J. (2011)) Mother’s Trauma Experiences and Attachment Styles: potential implications for the mother-infant relationship. The 15th European Conference on Developmental Psychology, Bergen Norway. (*Poster Presentation*)
- Budak, A.M, Harris, G. & Blissett, J. (2011) Attachment and Trauma Experiences. Poster session presented at the 11th International Psychological Counselling Conference, Izmir Turkey. (*Poster Presentation*)

CONFERENCES Attended

- Perinatal Psychiatry in the 21st Century: The Legacy of Channi Kumar 19-20 May 2011. The Institute of Psychiatry, London.
- Regional Perinatal Mental Health Conference on 8th July 2011 at the Birmingham Medical Institute, UK.
- Reducing stillbirth and dealing with the aftermath, organised by the Birth Trauma Association West Midlands, May, 2010.
- Disturbances of the Perinatal Period: Implications for the Infant, November, 2010. British Psychological Society.
- Qualitative Research Methodology, University of Birmingham, July 2010.
- Psychosis Workshop, University of Birmingham, July 2009.

THERAPY EXPERIENCE

- Set up my own company - Breeze Counselling Services Ltd providing bilingual counselling services for individual and couples. Also provide consultation services for Adult Attachment Interview Coding, UK, April 2010- 2014
- Received regular professional supervision and completed continuing personal development trainings
- Currently working primarily clients with trauma, depression, anxiety, and attachment issues.
- I deliver adapted versions of Dialectical Behavioural Therapy Skills Training programs to emerging young adults and parents with parental burnout

PROFESSIONAL QUALIFICATIONS AND MEMBERSHIPS

BPS (British Psychological Society, Chartered Member)

BACP (British Association for Counselling and Psychotherapy, MBACP)

PDR Turkish Counselling and Guidance Association, Graduate Member

TPD Turkish Psychological Society

OTHER MEMBERSHIPS

ABCT Association for Behavioral and Cognitive Therapies

SKILLS

Computer	SPSS for Windows, MS Access, MS Word, MS Excel, MS Power Point.
Language	English, Turkish, British Sign Language Stage1 & 2.

TRAINING CLINICAL

- Issues and Impact of Loss and Bereavement, Birmingham Care Development Agency, UK
- Certificate in Transactional Analysis 101 Course, ITA, Birmingham Counselling Centre, UK

- Cognitive Behavioural Therapy, Skills Training, UK
- Teaching Clients Mindfulness Skills, Stanton, UK
- PTSD following Childbirth and Perinatal Loss, University of Reading, UK
- A Skill Based Approach to Treatment Resistant Depression, Stanton, UK
- Bereavement and Loss, Cruse Bereavement, UK.
- Anger Management, UK

TRAINING TEACHING RELATED

- Essay marking; how to manage small groups; participate in marking sample psychology essays, University of Birmingham (various 1/2 day workshops)
- Midlands PGwT Workshops: Getting published, Motivating students, Why Students Don't Talk in Seminars and Possible Escape Routes, University of Birmingham (talks and workshops)
- PGT012A Teaching Development for Postgraduates, University of Birmingham.

GRANTS & AWARDS

- Student Placement for Entrepreneurs in Education / Enterprise Fellowship Scheme - West Midlands (SPEED/EFS WM) February 2010 – November 2010.
- University of Birmingham Research Grand to attend an Adult Attachment Institute, 2008.
- International Conference Grand, University of Birmingham 2011.
- Exchange Scholar studentship, METU, Turkey, 1998

REFERENCES

Research

Professor Dr. Jackie Blissett
Aston University, School of Life & Health Sciences, Aston Triangle,
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Teaching

Professor Dr Metehan Irak
Bahcesehir University, Psychology Department
Director Brain & Cognition Research Lab.
Ciragan Cad. No 4 Besiktas
Istanbul, Turkey
e-mail: metehan.irak@eas.bau.edu.tr

Clinical

Sue Akehurst, Psychotherapist
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