

Fatma Nuray Sarp Kulkara, PhD

CONTACT:

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SUMMARY OF PROFESSIONAL QUALIFICATIONS

- 5 years of clinical experience as a psychologist
- EMDR International Association Certified EMDR Therapist
- Scientific Advanced knowledge in Forensic Psychology
- Ability to manage clinical processes; including client assessment, diagnosis, and treatment
- Experience working with psychiatric inpatient cases and collaborating with psychiatry
- Expertise in creating psychotherapy formulations tailored to each case
- Teaching experience, starting from a research assistant at the university
- Dominance in academic and administrative affairs at the university
- Proven ability to creatively renew course content and transfer knowledge
- Expertise in designing scientific research and writing articles
- Mastery of techniques and theories required for Scientific Analysis, including the use of SPSS and Biostatistics Medcalc
- Proven track record in project development and visibility
- Experience in psychotherapy skills, including online and telehealth processes
- Extensive experience working with national teams in trauma and clinical fields
- European accreditation in Post Traumatic Stress Disorder
- Experience in disaster response teams for earthquake, flood, fire, and pandemic situations (Disaster Psychosocial team, TPD, Kızılay, EMDR HAP)
- Conducting cases in clinical settings and European accreditation in Post Traumatic Stress Disorder
- Experience in giving seminars, webinars, and training on clinical psychology
- Management of a psychological consultancy company

- Oversight of training and supervision processes for other psychotherapists

EDUCATION

PhD in Forensic Science and Legal Medicine, June 2021

Istanbul University-Cerrahpaşa

Thesis: An investigation of individuals' personality traits, trauma history, attachment styles, and violent tendencies in their attitudes and behavior towards immigrants

Master of Arts degree in Clinical Psychology, March 2018

Istanbul Okan University

Article: *Cognitive and Autobiographical Memory Models that include Emotions: A review on the interaction between emotions and autobiographical memories. Current Approaches in Psychiatry*

Master of Arts degree in Psychology, July 2010

Istanbul Okan University

Bachelor's in Psychology, June 2007

Hacettepe University, ANKARA

PROFESSIONAL EXPERIENCE

Altınbaş University
Istanbul, Turkey

Supervisor, Master's Program in Clinical Psychology

October 2023 - 2024 Istanbul, Turkey

- Supervising case interviews of Clinical Psychology students and guiding them in clinical formulation

Arkedia Psychological Education & Counseling Center
Istanbul, Turkey
Co-Founder

August 2017 - June 2023, Istanbul, Turkey

- Increased the quality of psychotherapy support for clients
- Designed trainings to bring innovative vision in the field of psychology and psychotherapy (Job seminars, Arkedia Seminars)
- Created a safe environment adhering to ethical principles for people seeking psychological support
- Followed the psychotherapy processes of clients
- Provided internship experience to Psychology Students
- Organized events with National Psychology student unions and training in trainings
- Speaker at the Organizational events of the company
- Collaborated with universities
- Supported innovative congresses (Aerospace and Aviation Psychology Congress Sponsor company)
- Attended peer meetings as a manager and teacher
- Provided clinical support for the problems experienced by psychologists in the team

HALIC UNIVERSITY

Lecturer – Advanced Psychopathology and Case Analysis Course

October 2021 - January 2022, Istanbul, Turkey

- *Responsible for the training and evaluation of advanced psychopathology and case analysis courses for Clinical Psychology graduate students*

ISTANBUL AYDIN UNIVERSITY

Lecturer - Trauma and Trauma Intervention Course

February 2018 - June 2019, Istanbul, Turkey

- Enabled students to learn the latest developments in the field of Trauma Psychology
- Carried out course responsibilities

ACIBADEM UNIVERSITY

Medical School Psychiatry Internship Lecturer & Research Assistant

March 2013 - November 2014, Istanbul, Turkey

- Taught Psychology Laboratory, Grief Psychology, and Psychotherapy courses within the scope of psychiatry internship
- Fulfilled administrative duties in the establishment of the psychology department
- Assisted Faculty Members

ACIBADEM FULYA HOSPITAL**Clinical Psychologist & Psychotherapist**

April 2011 - April 2016, Istanbul, Turkey

- Carried out the responsibility of the psychology department at the A+ plus hospital in Turkey
- Followed up cases in cooperation with psychiatry
- Edited patient reports
- Instructed interns
- Gave regular pregnancy psychology training as a baby-friendly hospital
- Worked with athletes as the on-duty psychologist of the FIFA certified medical center
- Worked in relation to other parts of the hospital
- Participated in seminars and organizations related to the institution
- Organized training groups according to hospital needs

MAJOR ACCOMPLISHMENTS:

- Co-authored the book 'Youth Period and Its Problems: A guide book for families'
- Co-authored the book 'Emotional Eating Problems'
- Conducted anger control training courses called 'Pulling the Red Curtain' for nurses
- Created the patient relatives support project named “Understanding Patient Relatives”
- Provided regular pregnant training
- Graduated at least 1 intern each semester
- Conducted at least 120 sessions per week for 30 months

EU Project**Clinical Psychologist & Psychotherapist**

January 2011 - April 2011, Istanbul, Turkey

- Provided psychological support to mothers participating in the European Union project named 'Every house is a kindergarten'
- Conducted psychotherapy processes
- Provided training on Personality development in morning trainings every day

IGM Istanbul Gastroenterology Center
Clinical Psychologist as a Consultant
September 2009 - June 2010, Istanbul, Turkey

- Provided psychological support to clients with psychosomatic disorders during the medical treatment process

ATAKOY HOSPITAL
Psychologist

November 2007 - January 2011, Istanbul, Turkey

- Managed the treatment processes of patients with psychological disorders
- Conducted Psychological Measurement and Evaluation of Patients

BAKIRKOY MENTAL HEALTH DISORDER HOSPITAL
Psychiatry Internship

August 2006, Istanbul, Turkey

- Attended board meetings within the scope of psychiatry intern
- Assisted responsible psychiatrists and psychologists

Polimed Psychiatry Clinic
Psychiatry Internship

August 2006, Istanbul, Turkey

- Made session observations
- Assisted a psychiatrist

ANTALYA ATATURK STATE HOSPITAL
Psychiatry Internship

June 2005 - September 2005, Antalya, Turkey

- Attended board meetings within the scope of psychiatry intern
- Assisted responsible psychiatrists and psychologists

MEMBERSHIPS

- EMDR Association: Member since December 2018

PROFESSIONAL CERTIFICATES

- Trauma Psychology Theoretical Training (10.10.2006-21.19.2006)
- Trauma Psychology Post Traumatic Interventions Training (03.06.2007-05.15.2007)
- CBT Bootcamp Building Clinical Core Competencies (04.17-18.2010)
- Schema Therapy Applications in Borderline and Narcissistic Personality Disorders (03.25.2012)

- Family Consulting Certificate (06.06.2012)
- Psychobiological Approach to Couple Therapy (PACT) Certificate Level 1 (02.07-10.2013)
- Somatic Experiencing Therapy Basic Training (10.5-6.2013)
- MOXO ADHD Test Certificate (2014)
- Psychobiological Approach to Couple Therapy (PACT) Certificate Level 2 (03.16.2015)
- Applied Basic Biostatistics Training (10.24-25.2015)
- EMDR Therapy Training (08.9-12.2018)
- EMDR Therapy Training (12.13-16.2018)
- Anxiety and Borderline Disorders Treatment in EMDR (Robin Saphiro) Workshop (05.08.2021)

PROFESSIONAL CERTIFICATES OF ATTENDANCE

- X. National Psychology Student Congress, 07.04-07.2005
- EFPSA Congress, 04.30.2006-05.7.2006
- EFPSA Congress Poster Presentation, 04.30.2006-05.07.2006
- National Psychology Congress, 07.05-08.2006
- Clinical Psychology Symposium, 05.22-21.2009
- Genogram in Family Assessment Workshop, 05.22-24.2009
- Emotion Focused Therapy Seminar, 12.19.2009
- Grad Student Congress Oral Presentation, 09.15-19.2010
- Using Metaphors in Therapy Workshop, 09.15-19.2010
- Fatih University Health and Psychology Symposium Panelist, 12.06-07.2012
- Adult Psychotherapy Symposium, 03.08-09.2014
- International Psychological Trauma Symposium, 12.5-7.2014
- Working with Adults on Attachment Problems, 10.8.2020 + 10.11-12.2020
- EMDR Congress, 05.09-10.2021

VOLUNTEER EXPERIENCES

- Young Schema Validity Reliability Study Assistant (06.05.2006)
- Congress Assistant at 14. National Psychology Congress (09.06-08.2006)
- Speaker at Turkish Heart Foundation Heart Week (04.15.2014)
- Speaker at Metabolic Bariatric Surgery Course, Medipol University (03.06-07.2015)
- Speaker at Family Women Support and Disability Center (11.16.2016)
- Providing psychological support in collaboration with the KIZILAY in the flood-affected region.
- Psychotherapist in EMDR Humanitarian Assistance Programs Trauma Recovery Covid 19 (2020-2021)
- Psychotherapist in EMDR Humanitarian Assistance Programs Trauma Recovery at Forest Fire (2021)
- Psychotherapist in EMDR Humanitarian Assistance Programs Trauma Recovery at Izmir Earthquake (2021)

PROFESSIONAL PUBLICATIONS

Articles

- Sarp, N., & Tosun, A. (2011). Emotion and Autobiographical Memory/Duygu ve Otobiyoğrafik Bellek. *Psikiyatride Guncel Yaklasimlar/Current Approaches to Psychiatry*, 3(3), 446-466.
- Ogel, K., Sarp, N., Gurol, D. T., & Ermagan, E. (2014). Investigation of mindfulness and affecting factors of mindfulness among substance users and non users/Bagimli olan ve olmayan bireylerde farkindalik (mindfulness) ve farkindaligi etkileyen etkenlerin incelenmesi. *Anadolu Psikiyatri Dergisi*, 15(4), 282-289.
- Kivrıkoğlu, F., Güllü, D., & Kulkara, N. S. (2020) Investigation of Suicide From A Psychoanalytic Point of View As A Forensic Case. *Turkey Journal of Internal Psychotherapy* 3(6), 45-50.
- Sarp Kulkara, N. , Güllü, D. & Kivrıkoğlu, F. (2020). The Relationship Between Violence and Mood Disorder: A Review . *Turkey Journal of Internal Psychotherapy* 3 (6) , 51-66 . Retrieved from <https://dergipark.org.tr/en/pub/bpd/issue/55067/758939>
- Sarp N, Aksoy C. A & Ogel K. (2011). Anxiety and depressive symptom levels among adolescents with risk taking behaviour.. *Bulletin of Clinical Psychopharmacology* 2011;21(Suppl. 2):S153

BOOKS

- Sarp Kulkara N. & Tunç Burcu (2014). 'Emotional Eating Problems' Psyche Yayın, İstanbul.
- Ogel K, Önal A.& Sarp Kulkara N. (2014). 'Youth Period and Its Problems: A guide book for families' Psyche Yayın, Istanbul