



# EZGİ AYDOĞAN

[info@dansveharekterterapi.com](mailto:info@dansveharekterterapi.com) / [info@bedenzihinbesin.com](mailto:info@bedenzihinbesin.com)

## PROFILE

Dedicated, proactive and experienced Dance and Movement Psychotherapist with more than 8 years of clinical experience in different settings in UK, Turkey and Poland. Committed to provide emotional wellbeing and mental health support for young children, adolescents and adults who have various different psychological problems. I focus on eating disorders, depression, self-esteem, anxiety and stress related issues.

Experienced in identifying and using appropriate techniques to nurture emotional, social, cognitive aspect of individual. Adept in assessing the body movement profile of clients and suggesting effective therapeutic movement techniques in order to help clients experience body-mind integration.

## PROFESSIONAL EXPERIENCES

### **DANCE MOVEMENT PSYCHOTHERAPIST, 2015 - present**

- Founder of Beden.zihin.besin (BODY.MIND.FOOD), TURKEY

Provided 1:1 sessions with wide age range of clients. Created a team including dance movement psychotherapist, dietitian and clinical psychologist to provide holistic approach in treatment of eating disorders.

- Private French Lape Psychiatric Hospital, TURKEY

Conducted group therapy sessions with geriatric unit, open units and secure units. Worked with patients who are suffering: major depression, panic disorder, bipolar disorder, schizophrenia, psychosis.

- Dance Movement Psychotherapist, Fransız Fakirhanesi, TURKEY

Worked with elderly people to contribute their social, emotional, psychical and cognitive well-being. Focused on social interactions, group coherence, vitality, creative and spontaneous movement, synchronization, repetition and memorizing certain movement sequences.

- Dance Movement Psychotherapist, Institute of Emotional Development, POLAND

Provided sessions to develop emotional intelligence in adults, parents and children. Facilitated different workshops for directors, parents and employees.

- Dance Movement Psychotherapist, Land of Emotions Preschool (Collaboration with Yale Centre For Emotional Intelligence), POLAND

Provided parent-child sessions focusing on attachment issues. Conducted group sessions with children aged 2-7 to contribute emotional and social development of young children. Utilized techniques of RULER which is created by Yale Centre For Emotional Intelligence.

## **DANCE MOVEMENT PSYCHOTHERAPIST INTERN, 2015 DEC - 2017 JULY**

- **Chellaston Academy**, Derby DE73 5UB, UK

Worked with adolescents suffering from depression, anxiety disorder, fetal alcohol syndrome, attachment disorders.

- **University of Derby**, Derby DE22 1GB, UK

Worked as a co-therapist in a group session with Parkinson's.

- **St. James Centre**, Derby DE23 8LU, UK

Supported young disabled people aged 3-18 years with a wide range of disabilities: Autism, ADHD, physical and learning difficulties, mental health issues, Down-Syndrome, hearing loss.

- **Inspirative Arts | Arts Therapies and Wellbeing Programme**, Derby DE1 2GU, UK

Co-facilitated short-term groups sessions at Mickleover Junior School, sponsored by 'BBC Children in Need'. Provided creative art, drama and movement activities to children age 6-11 years who are facing difficulties through abuse, neglect, parental divorce and negative parenting.

- **Bodrum Healthy Foundation**, 48400 Bodrum, TURKEY

Conducted individual and group sessions with young people who have autism, down-syndrome and wide range of learning and physical disabilities. Provided creative movement and dance classes. Performed dance show with disabled people sponsored by 12th D-Marin Music Festival.

- **Gayton Junior School**, Derby DE23 1GA, UK

Conducted weekly individual sessions with children living with foster family, aged 7-11, who experienced PTSD due to prolonged neglect, emotional and sexual abuse. Documented child's progress towards treatment goals and shared with SENCO regularly. Awarded 'Excellent': recognizable difference in children's self-esteem, excellent in building trust and positive relationship with children as well as meeting children's needs.

- **Pear Tree Junior Community School**, Derby DE23 8PN, UK

Facilitated weekly group sessions with young carers and children who have difficulties through; domestic violence, neglect, parental divorce. Facilitated weekly 1:1 sessions with children who have ASD. Provided monthly reports to school and community support manager.

## EDUCATION

❖ University of Derby, United Kingdom .....Sept. 2015-July 2017

### **MA in Dance Movement Psychotherapy**

- *DMP is art psychotherapy which is founded on the principle that body and mind are interconnected and movement reflect an individual's pattern of thinking and feeling. DMP is psychotherapeutic use of dance movement which a person can engage creatively in a process to further emotional, cognitive, physical and social integration (ADMP, UK 2017)*
  - *Clinical Placement and Supervision*
  - *Clinical Supervision and Advanced Practice*
  - *DMP: Research, Theory, Skills*
  - *Experiential: Group Skills*
  - *Movement Observation and Analysis*
  - *Psycho Soma: The Body and Mind Relationship*
- *Recipient of Merit based Scholarship*
- *MA awarded Classification: **Distinction***
- *Arts Therapies Independent Scholarship (Thesis): **Distinction***
- *Clinical Placements: **Excellence Performance** (2 years in a row)*

❖ Koç University, İstanbul .....Sept. 2007-June 2012

### **Chemical and Biological Engineering**

- *Recipient of Merit based Scholarship (50%)*
- *The Best Senior Project*