



**PSK.DR. BEYZA ÜNAL**

**Psikoterapist / Aktivist**

Beyza Ünal, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü'nden 2010 yılında mezun olmuştur. Klinik psikoloji alanında yüksek lisansını 2012 yılında, doktorasını 2018 yılında aynı üniversitede tamamlamıştır. Doktora tez çalışması ile Boğazici Üniversitesi Sosyal Politika Forumu ve Raoul Wallenberg Enstitüsü Engellilik Çalışmaları Lisansüstü Tez Ödülü'nü almıştır.

Lisansüstü eğitimini sürdürdüğü yıllarda, Ayna Klinik Psikoloji Destek Ünitesi'nde süpervizyon altında psikoterapi hizmeti vermiş; ayrıca bu süreçte dört dönem boyunca yüksek lisans öğrencilerine süpervizyon vermiştir. 2012-2015 yılları arasında Hacettepe Üniversitesi Psikolojik Destek Birimi'nde klinik psikolog olarak görev yapmıştır. Bu süre boyunca, depresyon, bipolar bozukluk, kaygı bozuklukları, öfke kontrol sorunu, dürtü kontrol sorunları, ilişki sorunları, kayıp ve yas gibi birçok konuda çalışmıştır. 2015-2020 yılları arasında Ankara'da özel bir aile danışma merkezinde çalıştıktan sonra bir meslektaşıyla birlikte kendi ofisini kurmuştur. Şu anda, mesleki çalışmalarına bu ofiste psikoterapist olarak devam etmektedir. İlgili alanları arasında, psikodinamik yaklaşım, utanç, suçluluk ve gurur duyguları, erken çocukluk çağı travmaları, kişilik teorileri, kişilik bozuklukları, sakatlık çalışmaları, psikoterapi araştırmaları ve psikoterapi süpervizyonu bulunmaktadır. Psikoterapide psikodinamik terapi yaklaşımını kullanmakta ve bu alanda eğitimler almaya devam etmektedir.

Mesleki çalışmalarının yanı sıra, yüksek lisans ve doktora eğitimi boyunca ve sonrasında, akademik dergilerde yayınlar yapmış; çeşitli ulusal ve uluslararası kongrelerde sözel bildirimler sunmuştur.

Sakatlık alanındaki çalışmalarına, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü'nde öğrenciyken, aktif bir üyesi olduğu *Engelsiz ODTÜ Topluluğu*'nda başlamıştır ve iki sene süreyle topluluğun başkanlığını yürütmüştür. Türkiye'de sakatlık ve toplumsal cinsiyet alanında faaliyet gösteren Engelli Kadın Derneği'nde ve Avrupa çapında "Bağımsız Yaşama ve Topluma Dâhil Olma" hakkında ilgili çalışmalar yürüten European Network on Independent Living'de gönüllü olarak çalışmaktadır.

2019-2022 yılları arasında TED Üniversitesi Psikoloji Bölümü'nde lisans ve yüksek lisans düzeyinde yarı zamanlı olarak ders vermiştir.

## CURRICULUM VITAE

1. **Family name:** Ünal
2. **First names:** Beyza
3. **Date of birth:** 25. February. 1987
4. **Nationality:** Turkish
5. **Education:**

Institution [ Date from - Date to ]	Degree(s) or Diploma(s) obtained:
Middle East Technical University, 2012 – 2018	PhD in Clinical Psychology*
Middle East Technical University, 2010 – 2012	MSc. in Clinical Psychology
Middle East Technical University, 2005 – 2010	BSc. in Psychology

\*Bogazici University and Raoul Wallenberg Institute Graduate Thesis Award on Disability Research for PhD dissertation titled as “*The Development of Disability Pride Through Challenging Internalized Idealist and Ableist Norms in Turkish Society: A Grounded Theory Study.*”

6. **Present position:**

- March 2020 – present: Dipnot Danışmanlık, clinical psychologist, Ankara, Turkey

7. **Language skills:** Indicate competence on a scale of 1 to 5 (1 - excellent; 5 - basic)

Language	Reading	Speaking	Writing
Turkish		mother tongue	
English	1	1	1
French	2	2	2

8. **Membership of professional bodies:**

- European Association for International Education (2019-2021)
- European Network on Independent Living (2016-cont’ing)
- Engelli Kadın Derneği (Association of Women with Disabilities; ENKAD) (2015-cont’ing)
- Türk Psikologlar Derneği (Turkish Psychological Association; TPD) (2012-2015)

9. **Key qualifications:**

- 10 years of experience as a clinical psychologist; with professional interest in psychodynamic approach, self-conscious emotions, early childhood traumas, personality theories, personality disorders, body image, psychotherapy research, and psychotherapy supervision.
- 5+ years of experience in disability theory and activism
- Experience in designing and conducting quantitative research and qualitative research (in individual and group settings, i.e. focus groups).
- Experience in designing and facilitating task groups, online/face-to-face meetings and webinars on various topics.
- Good at networking, problem solving, multitasking, coping with stress, time management, and teamwork
- Strong interpersonal skills, willingness to learn, openness to feedback, cultural sensitivity, and adaptability

10. **Other skills:** Computer literacy in MS Office (Word, Excel, Power Point etc.), and in quantitative and qualitative data analysis software (SPSS, EQS, MaxQDA). Experienced in designing research, interviewing, data collecting in individual and group settings (i.e. focus groups), conducting quantitative and qualitative analysis, reporting, and presenting results.

**11. Professional experience:**

Date from - Date to	Location	Company and reference person (name and contact details)	Position	Description
<b>03/2020 - present</b>	Ankara / Turkey	Dipnot Danışmanlık	Founder / Clinical Psychologist	<p>Providing psychological evaluation and psychotherapy to the clients, using cognitive behavioral therapy, schema therapy and psychodynamic therapy approaches,</p> <p>Referring the clients to the services they need when appropriate.</p> <p>Organizing and executing the functioning of the office</p>
02/2019 – 06/2022	Ankara / Turkey	TED University Yağmur Ar Karıcı <a href="mailto:yagmur.ar@tedu.edu.tr">yagmur.ar@tedu.edu.tr</a>	Part-time lecturer	<p>Planning the course that is assigned by the Psychology Department at TEDU</p> <p>Conducting the course throughout the semester</p> <p>Assigning and grading homeworks, exams</p> <p>Supporting students' development</p>
09/2015 – 02/2020	Ankara / Turkey	Dönence Psikoterapi Nurgül Yılmaz <a href="mailto:nurguly1966@gmail.com">nurguly1966@gmail.com</a>	Clinical Psychologist	<p>Providing psychological evaluation and psychotherapy to the clients, using cognitive behavioral therapy, schema therapy and psychodynamic therapy approaches,</p> <p>Referring the clients to the services they need when appropriate.</p>
08/2012 – 08/2015	Ankara / Turkey	Hacettepe University Psychological Counseling Centre Orhan Derman <a href="mailto:oderman@hacettepe.edu.tr">oderman@hacettepe.edu.tr</a>	Clinical Psychologist	<p>Providing psychological evaluation and psychotherapy to the students and university personnel, using cognitive behavioral therapy and schema therapy approaches,</p> <p>Planning and implementing preventive studies for the university students and personnel,</p> <p>Conducting academic studies within the center,</p> <p>Supporting the administrative work within the counseling center,</p> <p>Planning and attending activities to promote the counseling center,</p> <p>Providing in-service training for the university personnel.</p>
02/2012 – 06/2016	Ankara / Turkey	AYNA Clinical Psychology Support Unit Tülin Gençöz, PhD <a href="mailto:tgencoz@metu.edu.tr">tgencoz@metu.edu.tr</a>	Clinical Psychologist / Supervisor	<p>Providing psychological evaluation and psychotherapy to the clients, under weekly group supervision, had supervision approximately 450 hours,</p> <p>Regularly attending to the case presentations and weekly meetings related to the supervision process, and presenting the psychotherapy process of two cases each semester,</p> <p>Supervising psychotherapy processes of master students in a group setting, after being successful in Ph.D. qualification exam, gave supervision approximately 150 hours</p>

## 12. Volunteer Experience

Date from - Date to	Location	Company and reference person (name and contact details)	Position	Description
09/2019 – 12/2021	International	European Association for International Education Marija Mitic <a href="mailto:marija.mitic@illplatform.eu">marija.mitic@illplatform.eu</a>	Associate Member	Working as an associate member of the Inclusion & Diversity Expert Community to promote the access of all students to international mobility programs regardless of their age, disability, gender, sexual orientation, race, belief and others.
03/2018 - present	Ankara / Turkey	Engelli Kadın Derneği (Association of Women with Disabilities) Fatma Köseoğlu Güldal President <a href="mailto:kg.fatos@gmail.com">kg.fatos@gmail.com</a>	Board Member / General Secretary	Representing women and girls with disabilities in various national and international events, advocating for disability rights with gender perspective, organizing activities to raise awareness on the multiple discrimination that women and girls face on a regular basis, developing and implementing projects to empower disabled people in the community, cooperating with other human rights organizations, especially those focusing on women, disabled people, and LGBTI+
09/2017 – present	International	European Network on Independent Living (ENIL) Ines Bulic Deputy Director <a href="mailto:ines.bulic@enil.eu">ines.bulic@enil.eu</a>	Youth Network Board Member	Representing young disabled people, and supporting their active citizenship, independent living and human rights at local, national and European levels, supporting disabled youth to take active part in advocacy, monitoring and implementation of UN CRPD, organizing online and face-to-face events and capacity building activities for peer support and sharing experiences, developing networks and partnership with other youth and human rights organizations, promoting diversity and multiple identities of young disabled people in our media channels, targeting approaches towards inclusion of underrepresented communities e.g. geographic, gender, cultural, age, ethnicity, impairment, facilitating task groups within ENIL Youth Network.

### 13. Courses Taught at University Level

- **Ethics in Psychology** (part-time lecturer), TED University, Department of Psychology, undergraduate course, Fall 2020/Fall 2021
- **Clinical Psychology** (part-time lecturer), TED University, Department of Psychology, undergraduate course, Spring 2020/Spring 2021.
- **Psychological, Social, and Cultural Aspects of Disability** (part-time lecturer), TED University, Department of Psychology, undergraduate course, Spring 2020/Spring 2021/Spring 2022
- **Clinical and Research Ethics** (part-time lecturer), TED University, Department of Psychology, Master's course, Spring 2019/Spring 2022

### 14. Delivered Trainings and Workshops (selected)

- European Network on Independent Living & AEGEE-Europe, study session entitled as “Colors of Human Diversity” on the topics of intersectionality, social inclusion and human rights, June 2020, online event
- **European Network on Independent Living & Euro Youth Mental Health**, study session entitled as “Mind the Gap – Supporting Young Disabled People’s Right to Live Independently and Be Included in the Community Through Exploring Mental Health as a Disability Issue”, June 2019, Strasbourg, France.
- Seminar entitled as “To Be or Not to Be Normal” (Hak Temelli Kariyer Danışmanlığı Eğitimi, April 2019, Ankara, Turkey)
- Seminar entitled as “Disability and Desexualization” (Engellilik ve Cinsiyetsizleştirme, Hacettepe University, May 2018, Ankara, Turkey)
- Presentation entitled as “Independent Living” at the Seminar on Deinstitutionalization (Bağımsız Yaşam, Kurumsuzlaştırma Semineri, RUSİHAK, December 2017, Ankara, Turkey).
- Presentation entitled as “Disability, Human Rights and Discrimination” (Engellilik, İnsan Hakları ve Ayrımcılık, STGM, December 2017, Ankara, Turkey).

## 15. Attended Trainings and Workshops (selected)

- **Supportive Psychotherapy**, Sep 2020-cont'ing, online training, Prof. Cem Kaptanoğlu (400 hours)
- **Mobility International USA**, Women's Institute on Leadership and Disability (WILD), July-August 2019, Eugene, OR, USA.
- **Council of Europe Youth Department**, training on non-formal education methods titled as "Training Course for Facilitators of Study Sessions Held by Youth Organisations in Cooperation with European Youth Centres", October 2018, Budapest, Hungary.
- **European Network on Independent Living**, the study session entitled as "Inclusion Culture – Promoting Leadership in Intercultural Understanding within Mixed-ability Groups", May 2017, Strasbourg, France
- **CREA**, "Disability, Sexuality and Rights Online Institute", Jul-Aug 2016, online workshop.
- **European Network on Independent Living**, the study session titled as "Supporting young disabled people to explore sexuality and relationships as integral to their social inclusion and independent living", Apr 2016, Strasbourg, France

## 16. Other relevant information (e.g., Publications)

### Book chapters

Ünal, B. (in press). Engelli bireylerle psikoterapi süreci. In D. Canel Çınarbaş (Ed.), Psikoterapide kültürel konular (pp. 165-196). Nobel Akademik Yayıncılık

Ünal, B. (2020). Anne ve çocuk arasında simbiyotik ilişki. In E. Bekaroğlu (Ed.), Anne babalığa psikolojik bakış (pp. 201-219). Nobel Akademik Yayıncılık.

### Articles in Academic Journals

Ünal, B. & Gençöz, T. (2018). Engellilerin bağımsız yaşayabilme ve topluma dâhil olma hakkı: Ayrışma-bireyleşme süreci ve psikolojik iyilik hali (The right for living independently and being included in the community of people with disabilities: The process of separation-individuation and psychological well-being). *Türkiye Klinikleri Journal of Psychology – Special Topics*, 3(1), 42-52.

Ünal, B., Ar, Y., & Gençöz, T. (2017). Etkin bir süpervizyon süreci neleri kapsamalıdır?: Türk klinik psikologların gözünden psikoterapi süpervizyonu (What are the components of an effective supervision process?: Turkish clinical psychologists' perspective). *AYNA Klinik Psikoloji Dergisi*, 4(2), 48-64.

Yalçın, Ç., Ünal, B., & Ülbe, S. (2017). Narsisistik kişilik örgütlenmesi ve narsisistik savunmaların nesne ilişkileri kuramı çerçevesinde incelenmesi: Vaka ve süpervizyon çalışması (The investigation of narcissistic personality pattern and narcissistic defenses within the framework of object relations theory: A case and supervision study). *AYNA Klinik Psikoloji Dergisi*, 4(2), 37-47.

Ünal, B. (2015). Depresif kişiliklerle psikoterapide olumlu duyguların nesne ilişkisel incelenmesi (The object-relational investigation of positive feelings in psychotherapy with depressive personalities). *AYNA Klinik Psikoloji Dergisi*, 2(3), 14-28.

Ünal, B. (2015). "Ölümlü Yaşam Arasında" filminin incelenmesi: Kurtarma fantezisi ve ahlaki mazoşizm (The analysis of the movie "the Life of David Gale": Rescue fantasies and moral masochism). *AYNA Klinik Psikoloji Dergisi*, 2(1), 49-56.

### Papers Presented at Conference and Seminars

Ünal, B. (2019). *Why understanding shame and pride is important for disability research?* (oral presentation). Nordic Network on Disability Research 15<sup>th</sup> Conference, Copenhagen, Denmark.

Ünal, B. & Gençöz, T. (2017). *Body-related shame, romantic relationships, sexuality, and physical disability: A case study* (oral presentation). Nordic Network on Disability Research 14<sup>th</sup> Conference, Örebro, Sweden.

Ünal, B., Ar, Y., & Gençöz, T. (2015). *Conceptualizations of Clinical Psychologists on Effective Supervisory Process* (oral presentation). 14<sup>th</sup> European Congress of Psychology, Milan, Italy.

Ar, Y., Ünal, B., & Gençöz, T. (2014). *Components of Effective Supervision Process: Effects of Clinical Experience and Supervision on Insight of the Psychotherapists* (oral presentation). 28<sup>th</sup> International Congress of Applied Psychology, Paris, France.

Ünal, B. (2014). *The Effects of Early Maladaptive Schemas on Problematic Internet Use* (oral presentation). 4<sup>th</sup> Conference of International Society of Schema Therapy, Istanbul, Turkey.

Yılmaz, T., Ar, Y., Ünal, B., Avcı, H., & Koçak, Ö. (2014). *Farklı Kuramsal Bakış Açılarında Terapötik İlişkinin Kavramsallaştırılması: Ortaklıklar ve Farklılıklar* (panel presentation). 18. Ulusal Psikoloji Kongresi, Bursa.

Ünal, B., Yıldız, F., & Avcı, S. (2013). *Associates of Domestic Violence in Turkey: A Review* (oral presentation). 13<sup>th</sup> European Congress of Psychology, Stockholm, Sweden.

Ünal, B., & Gençöz, T. (2013). *Early Maladaptive Schemas and Well-Being: Importance of Parenting Styles and Psychological Resources* (oral presentation). 13<sup>th</sup> European Congress of Psychology, Stockholm, Sweden.

Yakın, D. & Ünal, B. (2012). *Terör Eylemlerinin Psikolojik Etkileri: Kumrular Sokak'ta Yaşanan Patlama Üzerine Bir İnceleme* (poster presentation). 17. Ulusal Psikoloji Kongresi, İstanbul.