

Deniz Okan
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Istanbul

Education

University Of Sussex, United Kingdom

Master of Science, Foundations of Clinical Psychology and Mental Health 2023 - 2024
Dissertation Topic: Parenting Styles and the Development of Narcissistic Traits in Turkish Context

Koç University, Turkey

Bachelor of Arts, Psychology and Sociology (Double Major) 2018 - 2023
Gender Studies Track Program 2020 - 2023

Kadıköy Anadolu High School, Turkey

High School Diploma 2013 - 2018

Work Experience

Terapi Londra, London, United Kingdom

Psychologist & Cognitive Behavioral Therapist Oct 2024 - Sep 2025
Conducted CBT-based individual sessions with adults, including case formulation and intervention planning.
Provided psychoeducation and maintained clinical documentation.

Psi Consultancy, Istanbul, Turkey

Clinical Psychology Intern Oct 2022 - May 2023
Assisted with literature reviews, translations, and research archiving. Participated in clinical reading groups and supported home-based services for children with special needs.

Başakşehir Çam & Sakura City Hospital, Istanbul, Turkey

Clinical Psychology Intern Jul 2022 - Aug 2022
Completed a one-month voluntary internship in various departments related to mental health, observing mental health test applications and reporting processes.

Mother Child Education Foundation (AÇEV), Istanbul, Turkey

Volunteer Intern Mar 2022 - Jul 2022
Contributed to studies related to child development, science-based parenting programs, and gender equality by reviewing literature, building databases, and practicing qualitative research methods.

Istanbul Foundation for Culture and Arts, Istanbul, Turkey

Artist Assistant Jun 2019 - Jul 2022
Assisting artists participating in festivals organized by the Istanbul Foundation for Culture and Arts.

Kalumni App, Istanbul, Turkey

HR Manager Apr 2020 - Jun 2021
Managed Kadıköy Anadolu High School alumni network, organized events, and supported app development.

Trainings & Workshops

Planning For End-Of-Life in Terminal Cancer Workshop

April 2025

2-day online workshop by Turkish Psycho-Oncology Association (POD) on psychological approaches and practical support for terminally ill cancer patients and their families.

Cognitive Behavioral Therapy Skills and Practice Program

Feb - Mar 2025

30-hour training provided by Mehmet Hakan Türkçapar, MD., PhD., Cognitive Behavioral Psychotherapy Association

Topics: Structure Of CBT Process, Problem Identification, Psychoeducation, Case Formulation, Intervention on Cognitions, Identifying Key Thoughts, Agenda Setting, Role-Playing, Behavioral Experiments, Exposure Techniques, And Schema-Focused Methods.

Clinical Observation and Interviewing Skills Training

September 2024

10-hour training by Turkish Psychologists Association on advanced clinical observation and interviewing techniques, including assessment, intervention, and termination interviews.

Cognitive Behavioral Therapy Theoretical Training Program

Jan - Mar 2024

50-hour training provided by Mehmet Hakan Türkçapar, MD., PhD., Cognitive Behavioral Psychotherapy Association

Topics: Cognitive Therapy Approach, Cognitive Behavioral Therapy for Depression, Panic Disorder, Specific Phobias, OCD, Social Anxiety, Test Anxiety, Generalized Anxiety Disorder, Somatoform Disorder, Personality Disorders, Cognitive Behavioral Psychotherapies and Approaches.

Clinical Supervision

Regular supervision received from Berat Arifoğlu Zaimoğlu (Sep 2024 - Jun 2025), focusing on CBT case formulation, intervention planning, and professional development.

Professional Memberships

British Psychological Society

June 2025 - Present

Graduate Member (GMBPsS), includes Graduate Basis for Chartered Membership (GBC)

Skills

Clinical and Research Skills

- Clinical interviewing and assessment
- CBT case formulation and interventions
- Psychoeducation and workshop delivery
- Literature review, qualitative and quantitative research
- Psychological report writing and record keeping

Technical Skills

- SPSS (data analysis)
- Microsoft Office (Word, PowerPoint, Excel)

Languages

- Turkish (Native)
- English (Fully proficient)

Hobbies & Interests

Theatre & Dance

Kadıköy Anadolu Theatre Club, President & Actress	2013–2017
Koç University Dance Club, Dancer & Media Director	2018–2020
Turkish Dance Sports Federation, 3rd Place, E Classification	2019