

## 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