



# DERİN KUBİLAY

Clinical Psychologist &  
Accredited EMDR Therapist

✉ pskderinkubilay@gmail.com

🌐 www.derinkubilay.com

📍 İstanbul, Türkiye

## EDUCATION

Master's Degrees of  
Clinical Psychology  
**Bahçeşehir University**

2020-2022 GPA:3.55

Bachelor's Degrees of  
Psychology  
**Özyeğin University**

2015-2020 GPA:3.90

Erasmus  
**Tilburg University (NL)**  
2018-2019

## MEMBERSHIP

Psychology Mentorship, Founder  
Turkish Psychologists Association  
(TPD), Member (No: 221617)  
EMDR Trauma Healing Group,  
Member  
TARDE, Volunteer

## ADDITIONAL QUALIFICATIONS

English (Advanced)  
EU Citizenship (Portuguese)  
Degree Credential  
Evaluation by Nuffic (the  
Netherlands)

## PROFILE

Enthusiastic and self-motivated clinical psychologist with extensive experience in psychodynamic and EMDR therapy for national and international clients. Skilled researcher focusing on innovative EMDR applications and self-therapy app development. Experienced project coordinator, managing large-scale mental health initiatives, including earthquake survivor support. Dedicated author and editor, contributing to AI development, psychological textbooks, and academic journals. Active volunteer and founder of organizations promoting mental health awareness and support for underserved communities. Dual citizen of Türkiye and Portugal, with a strong commitment to multicultural collaboration and mental health accessibility.

## WORK EXPERIENCE

September 2020- Present

Logos Psychotherapy, İstanbul

- Interviewing with clients using EMDR - Psychodynamic Orientation

September 2022- Present

Academy of Therapeutic Sciences, İstanbul

- Coordinating teams and 15 projects, contributing to scientific literature and developing innovative early intervention protocols.
- Organizing international training sessions and facilitating collaborations to enhance research and mental health care practices.

May 2023- Present

Spring Health, New York

- Implementing online EMDR therapy for American clients

March 2024- Present

Mindgram (Warsaw) & Nuna (Barcelona)

- Conducting online EMDR therapy for European clients

## ORGANIZATIONAL ACTIVITIES

EMDR Trauma Healing Group (EMDR TİG)

- Achieved effective management of psychosocial field studies in Kilis and Gaziantep following the February 6 Kahramanmaraş Earthquake
- Led the İstanbul online therapists group

Psikoloji Ağı (Psychology Network)

- Administered voluntary psychological support project
- Provided psychological support based on pre-exam stress of middle-school students

BAMBU Voluntary Training Platform

- Decreased inequality of opportunity in education through providing online tutoring and seminars to children who have low socioeconomic status

# COURSES & CERTIFICATES

- EMDR Therapy Level 1 and Level 2 by Institute of Behavioral Sciences, (2022)
- EMDR R-TEP and G-TEP Training by Institute of Behavioral Sciences, (2023)
- Certificate of Research Internship (Tilburg University, 2019)
- Healing the Fragmented Selves of Trauma Survivors (Janina Fisher, 2023)
- Unresolved Trauma and Addictive Disorders (Janina Fisher, 2024)
- EMDR: Case Conceptualization (Ad de Jongh & Suzy Matthijssen, 2023)
- Trauma Course: Theory & Cases (Didem Doğan, 2021 – 2022)
- Art Therapy Certificate Program (İstanbul University, 2022)
- EMDR 2.0: An Enhanced Version of EMDR Therapy? (Ad de Jongh & Suzy Matthijssen, 2022)
- EMDR 2.0: Advanced Techniques (Academy of Therapeutic Sciences, Ad de Jongh & Suzy Matthijssen, 2022)
- EMDR for Anxiety Disorders (Ad de Jongh & Suzy Matthijssen, 2022)
- Psychodrama Level 1 (Istanbul Psychodrama Association, 2024)
- Trauma Volunteer Training (Turkish Psychologists Association, 2021)
- Creativity in Psychotherapy: Applied Training (Psychodramatist Psy. Ezgi Başaran)
- Psychological First Aid (DBE: Hayal Demirci and Zeynep Özmeydan, 2023)
- Dialectical Behavior Therapy: Application of Strategies to Clinical Practice (Jamie Bodenlos, PhD, 2023)

# INTERNSHIPS

- **French Lape Hospital** (Sep 2021-May 2022)  
Joined in weekly patient visits placed in inpatient services where a group of psychiatrists evaluate the status of patient
- **Karanfil Psychiatric Care Center** (June-Sep 2019)  
Managed Good Morning Meetings; Wrote, reported and presented the detailed case studies
- **AÇEV (Mother – Child Education Foundation)** (June-Sep 2019)  
Organized several projects & Prepared reports
- **Satir Couple and Family Therapy Institute** (Jan 2018-June 2020)  
Provided support by making documentations, decoding of the sessions and preparing presentations of the trainings
- **Yorum Psychotherapy Clinic** (April-Sept 2018)  
Assisted therapist on play therapy in sessions & made translations of psychological articles and therapy notes

# ACADEMIC PROJECTS

- **Social Interactions Study (the Netherlands)**  
As being confederate, I experienced in working with international people on prosocial behavior
- **TÜBİTAK Project (Türkiye)**  
Project assistant in the project of The Attachment Q set and Strengthen the Attachment Bond between Mother and Child
- **EMDR Therapy Guide by ZENmix (Germany)**  
As the editor and author, Prepared EMDR Therapy Guide in collaboration with a German team
- **CBT Conversation Artificial Intelligence Design (UK)**  
As Consultant & Scriptwriter, prepared scripts based on various pathologies, CBT interventions in dialogues, and documents for therapeutic processes

# SEMINARS

- Learning From One Another Webinar (*Psi Chi, 2021*)
- Career Pathway in Academy (*PsikologlarTR Akademi, 2021*)
- Psychology Guidance: Interesting Topics (*Take Me in Tow. 2021*)
- Master's in Psychology: Graduate & Student Meeting (*Psychology Mentorship, 2022*)
- Psychodynamic & Psychoanalytical Therapies (*Psychology Mentorship, 2022*)
- Psychotherapy Approaches 101: 4 Seminars (2023)
- My Decision on Master's Training (*Psychology Mentorship, 2022*)
- An Extraordinary Treatment for Schizophrenia (*Psychology Mentorship, 2022*)
- What's Happening in Therapy Room? (*GİPDER, 2023*)
- Psychoeducation Week: Depression (*Supervision Academy, 2023*)
- Schizophrenia (*Misa Psychology, 2023*)
- Trauma and Scars (*Farkına Var Association, 2024*)
- Psychopathology (*Online tutor, 2021*)

# PUBLICATIONS

- **Editor & Chapter Author**
  - Life Span Development (Eğiten Kitap Yayınevi, 2023)
- **Content Writer**
  - Psikeart (2023)
  - Bilim ve Ütopya (2021)
  - Psikoloji Ağı (2020)
  - Entel Aylak (2017-2018)
  - Genç Yazı (2020)
  - Bambu (2020)
  - Psikoloji Mentorluk (2021-Devam)
  - Çocuklu Dünya (2023)
  - Doktortakvimi (2023)
- **Reviewer**
  - Frontiers (3)
  - Current Psychology (1)
  - Cureus (1)
- **Thesis:** Resilience as The Bright Side of Trauma: Roles of Social Support, Emotion Regulation and Coping Styles
- **Article:** The Effectiveness of Online EMDR 2.0 Group Protocol on Posttraumatic Stress Disorder Symptoms, Depression, Anxiety, and Stress in Individuals Who Have Experienced a Traffic Accident: A Preliminary Study.
- **Article:** Effect of the Early Mental Health Intervention on Traumatic Stress, Anxiety, and Depressive Symptoms of Individuals with Earthquake Trauma: Randomized-Controlled Design