



# DERİN KUBİLAY

PhD Candidate &  
European Accredited EMDR Therapist

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- 🌐 www.derinkubilay.com
- 📍 Utrecht, the Netherlands

## 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*  
Gelism University Psychology  
Practice and Research Center,  
*Consultant*

Turkish Psychologists Association  
(TPD), *Member* (No: 221617)  
EMDR Association Scientific  
Research Committee, *Member*  
EMDR Trauma Healing Group,  
*Member*

## ADDITIONAL QUALIFICATIONS

English (C1; IELTS: 7.5)  
EU Citizenship (Portuguese)  
Degree Credential Evaluation  
by Nuffic (NL)  
SPSS

## PROFILE

Enthusiastic clinical psychologist and PhD candidate at the Clinical Psychology Department of Utrecht University, with extensive experience in psychodynamic and EMDR therapy for diverse clients. Skilled researcher focusing on innovative EMDR applications, psychotrauma, cultural psychology, and self-therapy app. Experienced project coordinator, managing large-scale mental health initiatives, including earthquake survivor support. Dedicated author and editor, contributing to intervention development, psychological textbooks, and academic journals. Active volunteer and founder of organizations promoting mental health awareness and support for vulnerable groups. Dual citizen of Türkiye and Portugal, with a strong commitment to multicultural collaboration and mental health accessibility.

## WORK EXPERIENCE

**Utrecht University, Department of Clinical Psychology, the Netherlands**

PhD Candidate  
*June 2025 - Present*

- Supervised by Dr. Marjolein Missler (Co-Promotor), and Prof. Dr. Trudy Mooren - Prof. Dr. Paul Boelen (Promotors)
- Project Title: Culturally Adapted EMDR for Migrants: Addressing Mental Health and Acculturation Stress – A Mixed-Methods Study

**Logos Psychotherapy, Türkiye**

Clinical Psychologist  
*September 2020- June 2025*

- Interviewing with clients using EMDR - Psychodynamic Orientation

**Academy of Therapeutic Sciences, Türkiye**

Co-Founder & General Coordinator  
*September 2022- Present*

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

**Spring Health, USA**

Clinical Psychologist  
*May 2023- Present*

- Providing online therapy sessions to the national and international clients

**Mindgram (Poland) & Nuna (Spain)**

Clinical Psychologist  
*March 2024- December 2024*

- Conducting online EMDR therapy sessions to European clients

## COURSES & CERTIFICATES

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- Certificate of European Accredited EMDR Practitioner (EMDR Europe & Institute of Behavioral Sciences, 2024)
- 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 Acceptance and Commitment Therapy (TURBAD, 2024)
- Certificate of Presentation (European Psychiatry Association, 2025)
- Certificate of Research Internship (Tilburg University, 2019)
- Healing the Fragmented Selves of Trauma Survivors & Unresolved Trauma and Addictive Disorders (Dr. Janina Fisher, 2023)
- Trauma Course: Theory & Cases (Clinical Psy. Didem Doğan, 2021 – 2022)
- Art Therapy Certificate Program (İstanbul University, 2022)
- EMDR: Case Conceptualization (Prof. Ad de Jongh & Prof. Suzy Matthijssen, 2023)
- EMDR 2.0: An Enhanced Version of EMDR Therapy? & Advanced Techniques (Prof. Ad de Jongh & Prof. Suzy Matthijssen, 2022)
- EMDR for Anxiety Disorders (Prof. Ad de Jongh & Prof. Suzy Matthijssen, 2022)
- Psychodrama Basic Level (Istanbul Psychodrama Association, 2024)
- Trauma Volunteer Training (Turkish Psychologists Association, 2021)
- Creativity in Psychotherapy: Applied Training (Psychodramatist Psy. Ezgi Başaran)
- Psychological First Aid (DBE: Clinical Psy. Hayal Demirci and Clinical Psy. Zeynep Özmeydan, 2023)
- Dialectical Behavior Therapy: Application of Strategies to Clinical Practice (Dr. Jamie Bodenlos, 2023)
- French Lape Psychiatry Hospital Internship Certificate (2021-2022)

## ORGANIZATIONAL ACTIVITIES

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### 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 Istanbul Online Therapists Group

### Psikoloji Ağı (Psychology Network)

- Administered voluntary psychological support project for youngsters and provided psychological support

### BAMBU Voluntary Training Platform

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

### Türkiye Ministry of Youth and Sports

- Organized a training program & participated as a trainer for mental health professionals under the Ministry, focusing on EMDR, ACT, MCT, and PFA.

## INVITED TALKS & SEMINARS

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- 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)
- Inside the 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)
- Scars of the Trauma (*Interdisciplinary Psychology Summit*, 2024)
- EMDR 101: Mysterious World of the Mind (Psychology Conference of PA Academy, 2024)

# PUBLICATIONS

## Articles

1. Yasar, A. B., Gündoğmuş, İ., **Kubilay**, D., Tunca, G. A., Uygun, E., Zat Çiftçi, Z., & Kavakçı, Ö. (2025). The effectiveness of online Eye Movement Desensitization and Reprocessing (EMDR) 2.0 Group Protocol (EMDR 2.0 GP) on post-traumatic stress disorder symptoms, depression, anxiety, and stress in individuals who have experienced a traffic accident: A randomized-controlled study. *Frontiers in Psychiatry*, 16. <https://doi.org/10.3389/fpsyt.2025.1452206>
2. **Kubilay**, D. (2025). Transforming Trauma: The Role of EMDR in Treating Borderline Personality Disorder: The Role of EMDR in Treating Borderline Personality Disorder. *Turkish Journal of Traumatic Stress*, 1(1), 46–54. <https://doi.org/10.63175/tjts.7>
3. Yaşar, A. B., Kavakçı, Ö., Çiftçi, Z. Z., Tunca, G. A., Uygun, E., Gündoğmuş, İ., **Kubilay**, D., Aksöz, Y., Deveci, H., & Konuk, E. (2023). 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. *Journal of EMDR Practice and Research*, 17(3), 171–184. <https://doi.org/10.1891/EMDR-2023-0003>
4. Yılmaz, S., Kabadayı, M., & **Kubilay**, D. (2025). A review of panic disorder and cognitive behavioral therapy. *Journal of Cognitive Behavioral Psychotherapy Research*, 14(1), 61–72.
5. Yaşar, A. B., Gündoğmuş, İbrahim, Yılmaz, S., **Kubilay**, D., Uygun, E., & Kavakçı, Önder. (2025). Impact of Group Flash Technique on Reducing Exam Anxiety in Students: Exam Anxiety and Group Flash Technique. *Turkish Journal of Traumatic Stress*, 1(1), 29–36. <https://doi.org/10.63175/tjts.12>

## Presenter

EMDR Group Therapies for Anxiety, Depression and Traumatic Stress: A Systematic Meta-Analysis, EMDR EUROPE (2025)

## Thesis

Resilience as The Bright Side of Trauma: Roles of Social Support, Emotion Regulation and Coping Styles

## Editor & Book Chapter

- Kubilay, D. (2023). Life Span Development (Psikoloji serisi). *Eğiten Kitap*. ISBN 9786256480452 (Editor & Chapter Author)
- Dana, D. (2024). Anchored: How to befriend your nervous system using polyvagal theory. Random House. (Translation Editor)
- Yaşar, A.B. & Kubilay, D. (2025). Eye Movement Desensitization and Reprocessing in Cancer. Springer Nature. (Chapter Author)
- Belsky, J. (2021). Experiencing the lifespan (6th ed.). Worth Publishers- Translation Editor

## Reviewer

1. Molero-Zafra, M., Fernández-García, O., Mitjans-Lafont, M. T., Pérez-Marín, M., & Hernández-Jiménez, M. J. (2024). Psychological intervention in women victims of childhood sexual abuse: a randomized controlled clinical trial comparing EMDR psychotherapy and trauma-focused cognitive behavioral therapy. *Frontiers in Psychiatry*, 15, 1360388.
2. Rydberg, J. A., Virgitti, L., & Tarquinio, C. (2024). Bolstering the adaptive information processing model: a narrative review. *Frontiers in Psychiatry*, 15, 1374274.
3. Shao, H., Ren, G., Li, Y., Wang, M., Shen, Y., Li, R., & Ding, X. (2024). The effects of one-session mindfulness meditation on mind wandering. *Current Psychology*, 43(47), 35811-35820.
4. Ünsal, C., Yalın, E., Gündoğmuş, I., & Gündoğmuş, İ. (2024). The Determinants of COVID-19-Related Stress Among Caregivers of Individuals at High Risk During the Pandemic. *Cureus*, 16(2).

## Content Writer

Gazetebilim (2025)

Psikeart (2023)

Bilim ve Ütopya (2021)

Psikoloji Ağı (2020)

Entel Aylak (2017-2018)

Genç Yazı (2020)

Bambu (2020)

Psikoloji Mentorluk (2021-2024)

Çocuklu Dünya (2023)

Doktortakvimi (2023)

Lacivert Öykü ve Şiir Dergisi (2025)

# RESEARCH PROJECTS

- AI-Driven Psychotherapy Tool (June, 2024 - Present)
- Self-Therapy Mobile App (May 2023 - Present)
- Effect of EMDR Group Flash Tech. on Earthquake Survivors (March 2023 - July 2023)
- Effect of EMDR Group Flash Tech. on Students (33rd European Congress of Psychiatry - Madrid, April 5-8, 2025)
- Social Interactions Study (the Netherlands, 2018)

- HORIZON Project (Spain, 2024)
- TÜBİTAK Project (Türkiye, 2017)
- EMDR Therapy Guide by ZENmix (Germany, 2022)
- CBT Conversation Artificial Intelligence Design (UK, 2022)
- Effect of EMDR 2.0 on Traffic Accident Trauma (Feb 2022- Dec, 2022)