

DENİZ OKAY



Personal Information

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Educational Background

Degree	Department/Programme	University	Year
Bachelor's Degree	Psychology	Middle East Technical University	2015
Master	Clinical Psychology	Middle East Technical University	2017
PhD	Clinical Psychology	Middle East Technical University	2023

Master Thesis: The Psychological Impacts of Indirect Exposure to Ongoing Terrorist Attacks on a Group of Turkish University Students: A Qualitative Analysis

Supervisor: Prof.Dr. A.Nuray KARANCI

Doctorate Dissertation: The Unbearable Heaviness of Nonbeing: The Path from Crisis of Meaning to Meaningfulness during Bereavement

Supervisor: Prof. Dr. Özlem Bozo

Professional Experience

2022 - Present	Lecturer , TED University, Department of Psychology
2016 – 2022	Research Assistant , TED University, Department of Psychology
2016 – 2020	Psychotherapist , Ayna Clinical Psychology Unit, METU

Sertified Professional Trainings

2021	Trauma Psychology Training Turkish Psychological Association
2019 – 2020	Family and Marriage Training Prof. Dr. Hürol Fıfılođlu
2018 – 2020	Supportive Psychotherapy Training Prof. Dr. Cem Kaptanođlu
2018	Trauma Psychology Training Carpe Diem (Assoc. Prof. Dr. Sedat Iřıklı & ađay Dürü, PhD)
2016 – 2017	ISST Approved Schema Therapy Training Prof. Dr. Gonca Soygüt Pekak

Publications

Articles Published in International referred Journals (SCI, SSCI, Arts and

Humanities)

Türkarıslan, K. K., **Okay, D.**, evrim, M., & Bozo, Ö. (2020). Life is short, stay awake: Death anxiety and bedtime procrastination. *The Journal of General Psychology*, 147(1), 43-61. <https://doi.org/10.1080/00221309.2019.1633994>

Okay, D., & Karanci, A. N. (2020). Voice of the indirect victims: Qualitative analysis of the impact of terrorism on Turkish young adults. *Journal of Aggression, Maltreatment & Trauma*, 29(5), 537-556. <https://doi.org/10.1080/10926771.2019.1572402>

Articles Published in National Refereed Journals

- Okay, D.,** Türkarşlan, K. K., Çevrim, M., & Bozo, Ö. (2022). Sleep go away, I don't have much time left to live: Is bedtime procrastination related to perceived time left in life? *Journal of Turkish Sleep Medicine*, 9(1), 57-63. <https://doi.org/10.4274/jtsm.galenos.2021.24119>
- Okay, D.,** & Canel-Çınarbaş, D. (2021). A case formulation of avoidant personality based on self psychology approach [Kendilik psikolojisi yaklaşımı üzerinden bir çekingen kişilik olgusunun incelenmesi]. *Nesne Psikoloji Dergisi*, 9(19), 204-220. <https://doi.org/10.7816/nesne-09-19-15>
- Gökler Danışman, I., Tarhan, C., & **Okay, D.** (2018). Posttraumatic stress and posttraumatic growth in women residing in shelters due to spousal violence [Eş şiddeti nedeniyle kadın konukevlerinde kalmakta olan kadınlarda travma sonrası stres ve travma sonrası gelişimin incelenmesi]. *Anatolian Journal of Psychiatry [Anadolu Psikiyatri Dergisi]*, 19(6), 537-544. <https://doi.org/10.5455/apd.295318>

Book Chapters

- Okay, D.** (2021). Yas ve anlamı yeniden yapılandırma [Grief and meaning reconstruction]. E. Keser (Ed.). In E. Keser (Ed.), *Kayıp ve Yas Psikolojisi [Loss and Grief Psychology]* (pp. 99–146). Nobel Yayıncılık.
- Gökler Danışman, I., & **Okay, D.** (2019). Afetlerin çocuk ve ergenler üzerindeki etkileri ve müdahale yaklaşımları [Disasters, children and adolescents: The impacts and psychological interventions]. In Z. S. Taşdemir (Ed.), *Afet Psikolojisi ve Sosyolojisi [Disaster Psychology and Sociology]* (pp. 65-99). Eskişehir: Anadolu Üniversitesi Yayınları.

Presentations

International Presentations published in an abstract book

- Okay, D.,** & Bozo, Ö. (2022, 23-27 August). Predicting situational and global meaning through meaning-making processes following bereavement [Poster presentation]. 36th Annual Conference of the European Health Psychology Society, Bratislava, Slovakia.
- Okay, D.,** Şimşek, C., & Bürümlü Kısa, E. (2021, 18-23 July). The effects of childhood milieu in the development of narcissistic psychopathologies [Paper presentation]. 32nd International Congress of Psychology, Prag, Czech Republic.
- Okay, D.,** Türkarşlan, K. K., Çevrim, M., & Bozo, Ö. (2019, 2-5 July). Does future time perspective affect bedtime procrastination?: The mediator role of meaning in life [Paper presentation]. XVI. European Congress of Psychology, Moscow, Russia.
- Okay, D.,** & Karancı, A. N. (2019, 2-5 July). Observing from a distance and feeling inside: The affective processes of indirect victimization to ongoing terrorist attacks [Poster Presentation]. XVI. European Congress of Psychology, Moscow, Russia.

National Presentations published in an abstract book

- Okay, D.** (2022, 13-16 October). Büyüklenmeci ve kırılğan narsisizmi çocukluk deneyimleri aracılığıyla ayırtırmak: Anne ve baba kabul ve kontrolünün yordayıcı etkilerinin incelenmesi [Paper presentation]. 21. Ulusal Psikoloji Kongresi, İstanbul.
- Okay, D.**, Gökler Danışman, I., Camgöz, M., & Bağış, N. (2021, 5-6 November). Pandemi döneminde dış hekimliği öğrencilerinin psikolojik iyilik hallerinin çeşitli psikososyal değişkenler yönünden incelenmesi [Paper presentation]. Türk Periodontoloji Derneği 50.Uluslararası Bilimsel Çevrim İçi Kongresi (Çevrimiçi).
- Okay, D.**, Karancı, A. N. (2018, 15-17 November). The psychological impacts of indirect exposure to ongoing terrorism on university students: A qualitative analysis [Süreğen terör olaylarını dolaylı deneyimlemenin üniversite öğrencileri üzerindeki psikolojik etkileri: Nitel analiz] [Paper presentation]. 20th National Congress of Psychology, Ankara, Turkey.
- Türkarıslan, K. K., **Okay, D.**, Çevrim, M., & Bozo, Ö. (2018, 15-17 November). Life is short: Stay awake! [Hayat Kısa: Uyanık Kal!] [Paper presentation]. 20th National Congress of Psychology, Ankara, Turkey.

Awards and Scholarships

2019	METU Graduate School of Social Sciences, Doctoral Programs Performance Award
2017	METU Graduate School of Social Sciences, Master's Programs Performance Award
2015	METU Psychology B.S. Program, Highest Ranked Student of the Department
2015	METU Faculty of Arts and Sciences, Highest Ranked Student of the Faculty
2015 – 2017	Scientific and Technological Research Council of Turkey (TÜBİTAK), Scholar Support Program, 2210-A Master's Scholarship

Psychosocial Field Work

2023 – Present	DEPSDA Project (Psychosocial Intervention Project - Kahramanmaraş Earthquakes) Supervisor
2021 – Present	The Foundation for Women's Solidarity Psychosocial intervention team
2016 – Present	Turkish Psychological Association Member of psychosocial intervention team (terrorist attacks, earthquakes)

Contribution to Professional Organizations and Commissions within or outside the University

2020 – Present	International Association for Psychoanalytic Self Psychology (IAPSP) Member
2016 - Present	Anatolia Association for the Psychoanalytic Psychotherapies (AAPP) Member
2016 – Present	The Foundation for Women’s Solidarity Member
2010 - Present	Turkish Psychological Association Member

Congress and Symposium Organisation

November 2018	20th National Congress of Psychology [20. Ulusal Psikoloji Kongresi: Bilimlerin Kesişme Noktasında Psikoloji], TED University, Ankara Scientific Secretary
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Editorial Experience

2021 – Present	Ayna Clinical Psychology Journal
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Courses Offered

Undergraduate Level

PSY 242 Stress and Coping
PSY 448 Trauma Psychology
PSY 460 Ethics in Psychology

Graduate Level

PSY 560 Clinical and Research Ethics
