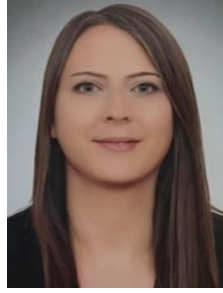


DENİZ OKAY, PhD



Personal Information

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Address : TED University, Department of Psychology, 06420, Çankaya/ANKARA/TURKEY

Educational Background

2017 – 2023	PhD, Clinical Psychology Middle East Technical University, Ankara, Turkey CGPA: 4.00
2015 – 2017	MSc, Clinical Psychology Middle East Technical University, Ankara, Turkey CGPA: 4.00
2010 – 2015	BSc, Psychology Middle East Technical University, Ankara, Turkey CGPA: 3.97 (Highest Ranked Student of the Department & Faculty)
2005 – 2010	High School, Sankt Georg Austrian High School, İstanbul, Turkey

Thesis and Dissertation Information

Doctoral Dissertation Title*: The Unbearable Heaviness of Nonbeing: The Path from Crisis of Meaning to Meaningfulness during Bereavement

Supervisor: Prof. Dr. Özlem Bozo

***Award**: METU Graduate School of Social Sciences, Thesis Award (2024)

Master's Thesis Title: 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

Professional Experience

- 2026 – ... **Assistant Professor**, TED University, Department of Psychology, Ankara / Turkey
- 2022 – 2026 **Lecturer**, TED University, Department of Psychology, Ankara / Turkey
- 2023 – 2024 **Part-Time Lecturer** (Advanced Placement Exam – Psychology), TED Ankara College Foundation, Ankara / Turkey
- 2016 – 2022 **Research Assistant**, TED University, Department of Psychology, Ankara / Turkey

Publications

Articles Published in International Refereed Journals (SCI, SSCI)

- Okay, D.**, & Bozo, Ö. (2026). From crisis to meaning: A structural equation model of adjustment to bereavement. *Omega – Journal of Death and Dying*. H <https://doi.org/10.1177/00302228261424572>
- Türkarslan, K. K., **Okay, D.**, Çevrim, 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> (Q1, SCImago 2024)
- 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> (Q1, SCImago 2024)

Articles Published in National Refereed Journals

- Okay, D.**, Türkarslan, 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> (Indexed in Web of Science ESCI)
- 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> (Indexed in TR Dizin, CEEOL, DOAJ, ERIH PLUS)
- 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*, 19(6), 537-544. <https://doi.org/10.5455/apd.295318> (Q3, SCImago 2024)

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.

Other Publications

Gökler Danışman, I., & Okay, D. (2017). Afetlerin çocuk ve ergenler üzerindeki etkileri ve müdahale yaklaşımları [Disasters, children and adolescents: The impacts and psychological interventions]. *Türkiye Klinikleri J Psychol-Special Topics*, 2(3), 189-197.

Conference 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., Türkarslan, 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.

Ünal, B., Çoban, İ., **Okay, D., & Atasoy, D.** (2018, 7-11 July). *Investigation of the causal role of striatal TH+ interneurons in L-DOPA induced dyskinesia*. 11th Federation of Neuroscience Societies Forum. Berlin: Poster Presentation.

National Presentations Published in an Abstract Book

Okay, D., & Bozo, Ö. (2025, 3-5 October). *Yas sürecinde anlam krizinden anlam oluşturmaya giden yol: Yapısal eşitlik modellemesiyle bir inceleme [From crisis of meaning to meaning-making during bereavement: A structural equation model]* [Paper presentation]. 22. Ulusal Psikoloji Kongresi, Bursa.

- Doyar, G., Tuna, İ., & **Okay, D.** (2025, 3-5 October). *Kadın cinayetlerine medya yoluyla maruziyetin psikolojik etkileri: Travma sonrası stres tepkileri ve koruyucu faktörler* [The psychological impact of media exposure to femicides: Posttraumatic stress reactions and protective factors] [Paper presentation]. 22. Ulusal Psikoloji Kongresi, Bursa.
- Özalp, A., Ceylan, B., Şener, C., Bulut, C. S., Gayretli, D. Ş., Bayrak, E. N., Erenler, E., Özçırpan, E. E., Üçüncü, M., & **Okay, D.** (2025, 3-5 October). *Ateist bireylerin İslami cenaze ritüellerine katılım deneyimleri: Yas ve anlamlandırma süreçlerine fenomenolojik bir bakış* [A phenomenological exploration of atheist individuals' participation in Islamic funeral rituals: Grief and meaning-making] [Paper presentation]. 22. Ulusal Psikoloji Kongresi, Bursa.
- Şahin, B. D., Ertaç, E., Bayrak, E. N., Balcı, M. A., Yumuşak, Z., & **Okay, D.** (2025, 3-5 October). *Başvuru kaygısı: Staj, iş ve akademik başvuru süreçlerinde yaşanan kaygının ölçülmesi* [Application anxiety: Assessment of anxiety experienced in internship, employment, and academic application processes] [Poster presentation]. 22. Ulusal Psikoloji Kongresi, Bursa.
- Okay, D.** (2022, 13-16 October). *Büyükleme ve kırılgan narsisizmi çocukluk deneyimleri aracılığıyla ayırtmak: Anne ve baba kabul ve kontrolünün yordayıcı etkilerinin incelenmesi* [Distinguishing grandiose and vulnerable narcissism through childhood experiences: Examining the predictive effects of maternal and paternal acceptance and control] [Paper presentation]. 21. Ulusal Psikoloji Kongresi, İstanbul.
- Okay, D.**, Gökler Danışman, İ., Camgöz, M., & Bağış, N. (2021, 5-6 November). *Pandemi döneminde diş hekimliği öğrencilerinin psikolojik iyilik hallerinin çeşitli psikososyal değişkenler yönünden incelenmesi* [Investigation of the psychological wellbeing of dental students during the pandemic in terms of various psychosocial variables] [Paper presentation]. The Turkish Society of Periodontology 50. International Scientific Congress (Online).
- Okay, D.**, Karancı, A. N. (2018, 15-17 November). *Süreçten terör olaylarını dolaylı deneyimlemenin üniversite öğrencileri üzerindeki psikolojik etkileri: Nitel analiz* [The psychological impacts of indirect exposure to ongoing terrorism on university students: A qualitative analysis] [Paper presentation]. 20th National Congress of Psychology, Ankara, Turkey.
- Türkarlan, K. K., **Okay, D.**, Çevrim, M., & Bozo, Ö. (2018, 15-17 November). *Hayat kısa: uyanık kal!* [Life is short: Stay awake!] [Paper presentation]. 20th National Congress of Psychology, Ankara, Turkey.

Research and Community Projects

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|------------|--|
| 2025 – ... | TED University Undergraduate Student Scientific Research Fund (TEDU-LAD)

Project Title: Investigation of the Psychological Impact of Femicides on Indirectly Affected Women in Turkey

Role: Advisor |
| 2025 – ... | Strong Civic Space for Equality and Women's Empowerment – Phase II Project (Purple Response to Gender-Based Violence)

Coordinators: Women's Solidarity Foundation & UN Women

Role: Supervisor (Providing clinical supervision to psychologists working at the Ankara Metropolitan Municipality, Çankaya Municipality, and Yenimahalle Municipality) |

Social Responsibility Projects and Psychosocial Field Work

- 2021 – ... **The Foundation for Women’s Solidarity**
The Foundation for Women’s Solidarity is an independent women’s organization that aims to combat all kinds of violence against women through women’s solidarity.
Supervisor & Member of the Psychosocial Intervention Team
- 2016 – ... **Turkish Psychological Association, Trauma, Disaster and Crisis Unit**
Member of the Psychosocial Intervention Team
- 2023 – 2025 **DEPSDA Project (Psychosocial Intervention Project: Kahramanmaraş Earthquakes)**
A trauma-focused psychosocial support project conducted in 10 disaster areas with the permission of the Ministry of Family, Labor and Social Services, in which Turkish Psychological Association participated with the DEPSDA Project
Supervisor & Member of the Psychosocial Intervention Team
- 2020 – 2022 **TED University Coronavirus Psychosocial Support (TEDU COPeS) Project**
A trauma-focused psychosocial support project conducted in TED University to provide psychosocial support services to students and staff during the COVID-19 pandemic.
Mentor
- 2016 – 2020 **Ayna Clinical Psychology Unit, Middle East Technical University**
Psychotherapist

Invited Talks, Trainings, and Workshops

- Okay, D.** (2026, February 27). *Grief, death anxiety, and search for meaning [Yas, ölüm kaygısı ve anlam arayışı]* [Invited talk]. Event organized by the Psychology Society of Ankara Social Sciences University, Ankara
- Okay, D.** (2025, December 16). *Depression and emptiness: A self deprived of vitality [Depresyon ve boşluk: Canlılığını yitirmiş kendilik]* [Invited training]. Anatolia Association for the Psychoanalytic Psychotherapies, Ankara.
- Okay, D.** (2025, October 17). *Types of violence, the cycle of violence, and coping [Şiddet türleri, şiddet döngüsü ve baş etme]* [Invited training]. Delivered within the Women and Gender Studies Unit Training Program organized by the Turkish Psychological Association, Ankara.
- Okay, D.** (2025, August 20). *The role of justice in post-traumatic repair [Travma sonrası onarımda adaletin rolü]* [Invited talk]. 29th National Congress of Psychology Students, Nişantaşı University, İstanbul.
- Okay, D.** (2025, July 9). *Stress management practies [Stres yönetimi uygulamaları]* [Invited

- training]. Delivered within the “Professional Preparation Academy” (Mesleğe Hazırlık Akademisi) program organized by the Turkish Psychological Association, Ankara.
- Okay, D.** (2025, May 30). *Types of violence, the cycle of violence, and coping* [Şiddet türleri, şiddet döngüsü ve baş etme] [Invited training]. Delivered within the Women and Gender Studies Unit Training Program organized by the Turkish Psychological Association, Ankara.
- Okay, D.** (2025, February 23). *Emotion regulation interventions in trauma* [Travmada duyu düzenleme müdahaleleri] [Invited training]. Delivered within the “The Psychologist’s Toolbox: Trauma” (Psikoloğun Alet Çantası: Travma) training program organized by the Turkish Psychological Association, Ankara.
- Okay, D., Akgün, C. N., Duman, E.** (2024, December 7). *Root causes of violence and ways to address it* [Şiddetin temel nedenleri ve mücadele etme yöntemleri] [Invited panelist]. Middle East Technical University Alumni Association, Ankara.
- Okay, D., & Kınacı, M.** (2024, November 23). *On the road to November 25: International Day for the Elimination of Violence against Women* [25 kasım’a giderken: Kadına Yönelik Şiddete Karşı Uluslararası Mücadele Günü] [Invited panelist]. Event organized by the Turkish Psychology Students Working Group (TPÖÇG), Ankara .
- Okay, D.** (2024, October 26). *Psychosocial support intervention methods and field practices* [Psikososyal destek müdahale yöntemleri ve saha uygulamaları] [Panel moderation]. Afet Yönetiminde Sivil Toplum Kuruluşları Çalıştayı, Anadolu Dayanışma ve Arama Kurtarma Derneği (ANDAK), Ankara.
- Okay, D.** (2024, October 15). *Psychological effects of violence against women* [Kadına yönelik şiddetin psikolojik etkileri] [Invited panelist]. Keçiören Municipality, Ankara.
- Okay, D.** (2024, May 15). *Reconstruction of meaning after loss* [Kayıp sonrası anlamın yeniden inşası] [Invited talk] Çankaya University Psychology Society - VIII Psychology Days: Trauma and Healing, Çankaya University, Ankara.
- Okay, D.** (2024, April 7). *Reconstruction of meaning after loss* [Kayıp sonrası anlamın yeniden inşası] [Invited lecture]. MEF University, Istanbul.
- Okay, D.** (2024, April 3). *Carrying the wounds of our ancestors: Transgenerational transmission of cultural traumas* [Invited talk]. Bilkent Psychology Society, Bilkent University, Ankara.
- Gökler Danışman, I., Keser, E., & **Okay, D.** (2023, June 21). *Depremin ardından nasıl baş ediyoruz?* [How do we cope after the earthquake?] [Invited panelist]. TED University, Ankara.
- Okay, D.** (2023, February 13). *Psikolojik ilkyardım* [Psychological first aid] [Invited training]. Ankara Metropolitan Municipality Post-Disaster Psychosocial Support Interventions. Ankara Metropolitan Municipality Conference Hall, Ankara.
- Okay, D.** (2022, November 22). *Ekonomik şiddetin psikolojik farkındalığı* [The psychological awareness of economic violence] [Invited panelist]. 25 November International Day for the Elimination of Violence against Women Panel. Ankara Bar Association Women’s Rights Center and Ankara Bar Association Gelincik Center, Ankara.
- Okay, D.** (2021, May 30). *Kendilik psikolojisi temelli vaka sunumu* [Case study presentation from the perspective of self psychology] [Invited talk]. Anatolia Association for the Psychoanalytic Psychotherapies Clinical Case Discussions.

Professional Trainings

2019 - ...	Self Psychology Training Dr. Neslihan Rugancı, Dr. Sergil Vargel, Dr. Zeynep Atbaşıoğlu
2023	Teaching Recovery Techniques Children and War Foundation UK
2021	Trauma Psychology Training Turkish Psychological Association
2019 – 2020	Family and Marriage Training Prof. Dr. Hürol Fıfıloğlu
2018 – 2020	Supportive Psychotherapy Training Prof. Dr. Cem Kaptanoğlu
2018 – 2019	Group Psychotherapy Training Prof. Dr. Deniz Canel Çınarbaş
2018	Trauma Psychology Training Assoc. Prof. Dr. Sedat Işıkli & Çağay Dürü, PhD
2016 – 2017	ISST Approved Schema Therapy Training Prof. Dr. Gonca Soygüt Pekak
2015 – 2016	Cognitive Behavioral Therapy Prof. Dr. A. Nuray Karancı

Awards

2024	METU Graduate School of Social Sciences, Thesis Award
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

Editorial Experience

2022 – ...	Stress & Health Journal Journal Managing Assistant
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2021 – ... **Ayna Clinical Psychology Journal**

Reviewer

June 2021 **Turkish Journal of Psychology** (June 2021, Volume: 36, Number: 87)

Technical Coordination

Ad hoc Reviewer: *Journal of Clinical Psychology Research* (2026); *Death Studies* (2025); *Depression and Anxiety* (2025); *Psychology of Sexual Orientation and Gender Diversity* (2024)

Conference and Congress Organisation

2025 **III. Psychology Days – Traces of the Soul: Trauma, Meaning, and Healing** [III. Psikoloji Günleri – Ruhun İzleri: Travma, Anlam ve İyileşme], TED University, Ankara

Faculty Advisor, TEDU Psychology Society

2025 **Trauma, Disaster, and Crisis Workshop** [Travma, Afet ve Kriz Çalıştayı]

Organizing Committee Member, Turkish Psychological Association

2023 **II. Psychology Days – External Ties in the Inner World: Individual and Society** [II. Psikoloji Günleri – İçsel Dünyada Dışsal Bağlar: Birey ve Toplum], TED University, Ankara

Faculty Advisor, TEDU Psychology Society

2018 **20th National Congress of Psychology** [20. Ulusal Psikoloji Kongresi: Bilimlerin Kesişme Noktasında Psikoloji], TED University, Ankara

Scientific Secretary

Contribution to Professional Organizations

2025 – ... **Turkish Psychological Association, Women and Gender Studies Unit**

Executive Board Member

2016 – ... **Turkish Psychological Association, Trauma, Disaster and Crisis Unit**

Executive Board Member & Supervisor

2020 – ... **International Association for Psychoanalytic Self Psychology (IAPSP)**

Member

2016 – ... **Anatolia Association for the Psychoanalytic Psychotherapies (AAPP)**

Member

2016 – ... **The Foundation for Women's Solidarity**

Member & Supervisor

2010 – ... **Turkish Psychological Association**

Member

Courses Offered

Undergraduate Level

PSY 200 Selected Topics in Psychology*
PSY 242 Stress and Coping
PSY 308 Testing and Measurement in Psychology
PSY 402 Graduation Paper and Seminar
PSY 440 Theories of Psychotherapy
PSY 448 Trauma Psychology
PSY 460 Ethics in Psychology

Graduate Level

PSY 560 Clinical and Research Ethics

*This course is given jointly with all faculty members in the Department.