

## CURRICULUM VITAE

### Personal Information

**Fatma Zehra Ünlü Kaynakçı**

**Time of Birth:** 24.01.1987

**Title:** PhD, Assistant Professor

**E-mail:** zehra.unlu@tedu.edu.tr



### Education

#### Philosophy of Doctorate (Integrated)

Middle East Technical University, Psychological Counseling and Guidance, 2017

#### Undergraduate

Hacettepe University, Psychological Counseling and Guidance, 2008

### Teaching and Professional Experience

2022 – Present: TED University – Assistant Professor

2019- Present: Zonguldak Bülent Ecevit University – Assistant Professor

2017-2018: Zonguldak Bülent Ecevit University - Dr. Research Assistant

2010 - 2017: Middle East Technical University -Research Assistant

2008 - 2010: Turkish Ministry of Education-School Counselor

### Related to Professional Experience

2014 September – 2015 February: Kent State University, Department of Psychology, Kent, OH - Visiting Scholar

### Memberships in Professional Organizations

Turkish Psychological Counseling and Guidance Association

## **Publications in International Peer-Reviewed Journals (SCI & SSCI & ERIC & ESCI & Arts and Humanities)**

Aydın, G., & **Ünlü Kaynakçı, F. Z. (in publication process)**. Mindfulness, valuing, and emotion regulation in the prediction of psychological distress. *Psycho-Educational Research Reviews*.

**Ünlü Kaynakçı, F. Z., & Yerin Güneri, O. (2022)**. Psychological distress among university students: the role of mindfulness, decentering, reappraisal, and emotion regulation. *Current Psychology, Online First*, doi: 10.1007/s12144-021-02682-8

Demirdağ, S., & **Ünlü Kaynakçı, F. Z. (2019)**. Review of Research on Multiculturalism and Multicultural Education in Turkey: 2000-2018. *International Online Journal of Educational Sciences, 11(5)*, 146-158. doi: 10.15345/ijoes.2019.05.005

**Ünlü Kaynakçı, F. Z. (2018)**. Measuring Decentering: Psychometric properties of the Turkish Version of Experiences Questionnaire. *Journal of Measurement and Evaluation in Education and Psychology, 9 (2)*, 150-160. doi: 10.21031/epod.367560

## **Publications in National Peer-Reviewed Journals (TRDIZIN, DOAJ, Index Copernicus)**

Yerin Güneri, O., Owen, D., Korkut Owen, F., Sun Selışık, E., Çağ, P., Aydın, G., & **Ünlü Kaynakçı, F. Z. (2018)**. Video modellemenin psikolojik danışma tekniklerinin öğretilmesinde kullanılması: Bir pilot uygulama [Use of video modeling in teaching counseling techniques: A pilot study]. *Turkish Psychological Counseling and Guidance Journal, 8(50)*, 29-57.

**Ünlü Kaynakçı, F. Z., & Mesutoğlu, C. (2018)**. Göçebe mevsimlik tarım işçiliğinde çocuklar: Ekolojik sistem yaklaşımına dayalı bir değerlendirme [Migrant and Seasonal Farm Worker Children: An Ecological Systems Analysis]. *Karaelmas Eğitim Bilimleri Dergisi, 6(1)*, 116-126.

Yerin Güneri, O., Skovholt, T. M., **Ünlü Kaynakçı, F. Z., & Aydın, G. (2017)**. Skovholt Profesyonel Sağlık ve Öz Bakım Envanterinin geçerlik ve güvenirlik çalışması [Reliability and Validity Study of Skovholt Practitioner Professional Resiliency and Self-Care Inventory]. *YILDIZ Journal of Educational Research, 2(2)*, 88-105.

## **Book Chapters**

**Ünlü Kaynakçı, F. Z., & Aydın, G. (2020)**. Yetişkinlik-geç yetişkinlik (orta yaş) dönemi uyum ve davranış sorunları (30-60 yaş). In O. Bilgin & S. Akçıl (Eds.), *Yaşam dönemleri ve uyum sorunları* (pp. 219-248). Nobel Akademik Yayıncılık.

**Ünlü Kaynakçı, F. Z. (2020)**. Aile içi şiddet mağduru yetişkinlere yaklaşım. In N. Koçtürk & B. Ulukol (Eds.), *Aile içi şiddet* (173-196). Nobel Akademik Yayıncılık.

Akçabozan-Kayabol N. B., & **Ünlü-Kaynakçı, F. Z. (2019)**. İkincil Travma, travma sonrası büyüme ve öz bakım. In Firdevs Savi Çakar (Ed.), *Travma psikolojik danışmanlığı* (pp. 368-398). Pegem Akademik Yayıncılık.

Akçabozan Kayabol, N. B., & **Ünlü Kaynakçı, F. Z. (2019)**. Secondary trauma, post-traumatic growth, and self-care among trauma helpers. In F. Savi-Çakar (Ed.), *Trauma counseling* (pp.326-351). Pegem Akademi

**Ünlü Kaynakçı, F. Z., & Ulu-Yalçinkaya, A. (2017)**. Yas danışmanlığında örnek etkinlikler. In Ö. Erdur-Baker & İ. Aksöz –Efe (Ed.), *Yas danışmanlığı* (pp. 309-374). Anı Yayıncılık

## Translation of Book Chapters

Scott, B. (2020). Mahkeme salonunda sözsüz davranış\Nonverbal behavior in the courtroom. (**Ünlü Kaynakçı, F. Z.**, Translator). Matsumoto, D., Frank, M. G., & Hwang, H. S. (Eds.), Sözsüz iletişim - Bilim ve uygulamaları / Nonverbal communication - Science and applications içinde (pp.183-190). (Eds. Tuzgöl Dost, M., & Metin. A.). Nobel Akademik Yayıncılık. (Original work published 2013)

Freshman C. (2020). İkna, müzakere ve hukuk\ Persuasion, negotiation, and the law. (**Ünlü Kaynakçı, F. Z.**, Translator). Matsumoto, D., Frank, M. G., & Hwang, H. S. (Ed.), Sözsüz iletişim - Bilim ve uygulamaları / Nonverbal communication - Science and applications içinde (pp.183-190). (Eds. Tuzgöl Dost, M., & Metin. A.). Nobel Akademik Yayıncılık. (Original work published 2013)

## Paper Presentations in International Conferences

Erdur-Baker, Ö. Serim Yıldız, B., **Ünlü Kaynakçı F. Z.**, Koçtürk, N., Şensoy, G., & Sarıcı, H. (2022). Trauma Sensitive School Models After Earthquakes: A Systematic Review. Paper presented at the International EJER Congress, İstanbul, Turkey.

Demirdağ S., **Ünlü Kaynakçı F. Z.** (2018). The Content Analysis of Articles Published on Multiculturalism in Turkey: 2000-2017. 13th International Congress on Educational Administration, Sivas, Turkey.

Mesutoğlu, C., Akçabozan, N.B., Muyan, M., Aydın, G., **Ünlü Kaynakçı, F. Z.**, & Sancak Aydın, G. (2014). Değişen Kıyafet Uygulamasına Yönelik Öğretmen, Öğrenci ve Veli Görüşleri. [Teacher, Student and Parent's Opinions Regarding the Change in Application of Clothing In Schools]. Paper presented at the 1st Eurasian Educational Research Congress, İstanbul, Turkey.

Yerin Güneri, O., **Ünlü Kaynakçı, F. Z.**, Mesutoglu C. (2013). Emotional and Behavioral Problems of Middle School Students: The Role of Being Seasonal Agricultural Worker and Some Demographic Variables. Paper presented at World Congress of Psychological Counseling and Guidance, İstanbul, Turkey.

## Paper and Poster Presentations in National Conferences

Yerin Güneri, O., **Ünlü Kaynakçı, F. Z.**, & Aydın, G. (2015). Adaptation of the Turkish version of the Skovholt Practitioner Professional Resiliency and Self-Care Inventory. Paper presented at the 13th National Congress of Psychological Counseling and Guidance, Mersin, Turkey.

**Ünlü Kaynakçı, F. Z.** (2015). Assessing Decentering: Psychometric properties of the Turkish version of the Experiences Questionnaire. Paper presented at the 8th Psychological Counseling and Guidance Symposium, Eskişehir, Turkey.

**Ünlü Kaynakçı F. Z.**, (2012). Resilience among Children from Divorced Parents. Poster presented at the Applied Education Congress, Ankara, Turkey.

Yerin Güneri, O., **Ünlü Kaynakçı, F. Z.**, Mesutoglu C. (2012). Children of Migrant farm work families: An Ecological Perspective. Paper presented at the Applied Education Congress, Ankara, Turkey.

**Ünlü Kaynakçı, F. Z.**, Sancak-Aydın, G., Mutlu, T., Duru, N., Çabuk, S., Bahçekapılı T. (2012). Web Assisted Psychological First Aid Training for Preservice Counselor. Paper presented at the Applied Education Congress, Ankara, Turkey.

### **Projects**

**Ünlü Kaynakçı, F. Z. (Researcher).** Project Supported by the TÜBİTAK 1001, Developing A Need Based, Inclusive, and Trauma Sensitive School Resilience Model to Respond to Earthquakes, 2021 – Ongoing.

**Ünlü Kaynakçı, F. Z. (Researcher),** Project Supported by the Özel Eğitim ve Rehberlik Hizmetleri Genel Müdürlüğü and UNICEF, Zorlayıcı Yaşam Olaylarında Psikoeğitim Projesi (ZOYOP), 08.19.2020-11.10.2021.

**Ünlü Kaynakçı, F. Z. (Researcher),** Project Supported by Higher Education Institutions, Ailesi Mevsimlik Tarım İşçisi Olan ilköğretim Öğrencilerinin Duygusal ve Davranışsal Problemleri: Urfa İli Örneği, 2011-2012.

### **Offered Courses**

- Psychology of Learning
- Behavioral Disorders I
- Post-Trauma Counseling
- Non-Test Techniques in Counseling
- Career Psychological Counseling
- Practice in School Counseling
- Social Psychology
- New Psychological Counseling Approaches and Models
- Guidance in Schools
- Practicum in Individual Counseling I
- Practicum in Individual Counseling II
- Practicum in School Counseling
- Practicum in Career Counseling and Guidance

### **Courses/Seminars Attended**

Trauma Sensitive Mindfulness with Dr. David Treleaven – Mindfultalks, January 30, 2021

Self-compassion with Dr. Kristin Neff – CompassionTalks, March 9, 2021

Supervisor Training in the Field of Psychological Counseling, 40 hours of Supervisor Training in the Field of Psychological Counseling, within the scope of TUBITAK 2237-A Scientific Education Activities Support Program, Ankara, Certificate, 08.24.2020 -08.28.2020

Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Stress Reduction Program, ANKARA, Certificate, 02.07.2020 -03.14.2020

The Development and Use of Video Modeling in Counselor Education Project within the scope of TUBITAK 4005 No. 218B494. Ankara, Certificate, 06.24.2019 -06.28.2019

Kent State University Counseling and Human Development Center and the Counseling and Human Development Services Program, Kent State University (2015) DSM V...Making use of the new assessments. January 30, 2015

ICASSI 2013, 46th Annual Rudolf Dreikurs Summer Institute, Wageningen, 07.28.2013 – 08.03.2013

Family and Marriage Counseling, Middle East Technical University Continuing Education Center, 09.27.2011- 02.07.2012

Project Education in Social Sciences and Humanities, Tubitak-Bidep, Akçakoca, 12.27.2013-12.29.201

## Received Citations

Demirdağ, S., & **Ünlü Kaynakçı, F. Z.** (2019). Review of Research on Multiculturalism and Multicultural Education in Turkey: 2000-2018. *International Online Journal of Educational Sciences*, 11(5), 146-158. doi: 10.15345/iojes.2019.05.005

- Ada, E. N., Ahmad, H., Uzun, N. B., Jowett, S., & Kazak, Z. (2021). Cross-cultural adaptation of the Turkish and Kuwaiti teacher–student relationship questionnaire in physical education (TSRQ-PE Teacher Version): Testing for measurement invariance. *Sustainability*, 13(3), 1-11. <https://doi.org/10.3390/su13031387>
- Tünkler, V. (2020). Sosyal Bilgiler Öğretmenlerinin Küresel, Çokkültürlü Eğitime ve Küresel Vatandaşlık Eğitimine Yönelik Bakış Açıları. *Milli Eğitim Dergisi*, 49(226), 255-290. <https://dergipark.org.tr/en/pub/milliegitim/issue/54184/732950>

**Ünlü Kaynakçı, F. Z.**, & Mesutoğlu, C. (2018). Göçebe mevsimlik tarım işçiliğinde çocuklar: Ekolojik sistem yaklaşımına dayalı bir değerlendirme [Migrant and Seasonal Farm Worker Children: An Ecological Systems Analysis]. *Karaelmas Eğitim Bilimleri Dergisi*, 6(1), 116-126. cited in:

- Tarhan, A., Karaman, M. A., & Nalbant, A. (2020). The effect of counseling on anxiety level from the perspective of ecological systems theory: A quasi-experimental pre-test-post-test control group study. *International Journal of Psychology and Educational Studies*, 7(3), 58-69. <https://dergipark.org.tr/en/pub/pes/issue/56971/802083>
- Çiftçi, M. (2019). Suriyeli Sığınmacıların Yerleşim Yeri Seçiminde İl İstihdam Olanaklarına ve Öncül Sığınmacılara Duyarlılık Mukayesesi 1. *Third Sector Social Economic Review*, 54(1), 122-141. <http://dx.doi.org/10.15659/3.sektor-sosyal-ekonomi.19.02.1037>
- Erdoğan, E., & Uyan Semerci, P. (2019). Türkiye'de 2000 Sonrası Akademik Yazında Çocuk İşçiliği Çalışmalarının Değerlendirilmesi. *Çalışma ve Toplum*, 63(4), 2503-2538.
- Kubilay, S. (2020). *Geçici koruma altındaki öğrencilerin uyum sürecinde okul ikliminin rolü: Holistik bir yaklaşım*. (Unpublished doctoral dissertation, Hacettepe University, Turkey). <http://hdl.handle.net/11655/22506>

Yerin Güneri, O., Owen, D., Korkut Owen, F., Sun Selışık, E., Çağ, P., Aydın, G., & **Ünlü Kaynakçı, F. Z.** (2018). Video modellemenin psikolojik danışma tekniklerinin öğretilmesinde kullanılması: Bir pilot uygulama [Use of video modeling in teaching counseling techniques: A pilot study]. *Turkish Psychological Counseling and Guidance Journal*, 8(50), 29-57. cited in

- Akçabozan-Kayabol, N.B., Özdemir, N.K., Yerin Güneri, O., & Korkut-Owen F. (2021). Integrating video-modeling into counseling skills and techniques course and its impact on counseling self-efficacy. *Current Psychology, Online First*. <https://doi.org/10.1007/s12144-021-02434-8>

Yerin Güneri, O., Skovholt, T. M., **Ünlü Kaynakçı, F. Z.**, & Aydın, G. (2017). Skovholt Profesyonel Sağlık ve Öz Bakım Envanterinin geçerlik ve güvenilirlik çalışması [Reliability and Validity Study of Skovholt Practitioner Professional Resiliency and Self-Care Inventory]. *YILDIZ Journal of Educational Research*, 2(2), 88-105. cited in

- Tunç Aksan, A., Gündüz, B., & Yıldız, M. C. (2022). Effect of Self-Efficacy on Vicarious Trauma and Resiliency in School Counsellors in Turkey. *International Journal for the Advancement of Counselling*, 44(1), 145-163. <https://doi.org/10.1007/s10447-021-09459-5>

## **Personal Capabilities**

Foreign Languages: English / Proficiency (YÖKDİL 88.75)

Computer Capabilities: SPSS, LISREL, Microsoft Word, Excel, Powerpoint, İnternet

Social Interests: Effective Communiation, Motivation, Effective Listening, Emotion Awareness, Helping Others, Sharing, Pscyhological Counseling Skills, Scientific Projects, Interpersonal Communication, Preparing Activities and Seminars