



VITA

Yağmur Ar, Ph.D.

Clinical Psychology

Name-Surname : Yağmur Ar

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Education:

Degree	Department	University	Year
Bachelor	Psychology (High Honour)	METU	2010
Post-Bachelor Ph.D.	Clinical Psychology	METU	2017

Ph.D. Thesis Title and Name of the Thesis Advisor:

Predictors of Depression, Anxiety, Grief and Growth in Turkish Offspring as Caregivers of Parents with Alzheimer's Disease: A Multi-Method Study

Thesis Advisor: Prof. Dr. A. Nuray Karancı (METU, Psychology Department)

Professional Experience:

Research Assistant : METU, Psychology Department (2011-2017)

Psychotherapist : AYNA Clinical Psychology Unit (2011-2017)

Supervisor : METU, Psychology Department (2013-2016)

Internships:

September 2013 – September 2014	:Orta Doğu Teknik Üniversitesi AYNA Klinik Psikoloji Destek Ünitesi, Süpervisor
September 2011 – July 2017	:Orta Doğu Teknik Üniversitesi AYNA Klinik Psikoloji Destek Ünitesi, Clinical Psychologist/Psychotherapist
February 2012 – June 2012	:Hacettepe Üniversitesi Tıp Fakültesi Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları Ana Bilim Dalı
January 2010 – February 2010	:Hacettepe Üniversitesi Tıp Fakültesi Ruh Sağlığı ve Hastalıkları Ana Bilim Dalı
July 2009 – August 2009	:Hacettepe Üniversitesi Tıp Fakültesi Ruh Sağlığı ve Hastalıkları Ana Bilim Dalı
August 2009 – September 2009	:Nazilli Devlet Hastanesi, Psikiyatri Polikliniği
July 2008 – August 2008	:Nazilli İlk Yorum Özel Eğitim ve Rehabilitasyon Merkezi

Projects:

September 2014 – June 2016	Turkish Muslim Religious Healers: A Qualitative Investigation of Hocas and Their Methods, Associate Professor. Dr. Deniz Canel Çınarbaş, METU Psychology Department, BAP Project (Researcher)
February 2012 – May 2012	Building Resilience Amongst Communities in Europe (emBRACE), Prof. Dr. Nuray Karancı (Researcher)
March 2010 – June 2010	ODTÜ Psikoloji Bölümü ve TÜBİTAK Yetişkinlerde Olumsuz Yaşam Olayları Araştırması—Boylamsal Bir Çalışma, Prof. Dr. Nuray Karancı, Ankara (Data Collection)

Publications:

International Publications (Indexed in SCI, SSCI, Arts and Humanities):

Ar, Y. & Karanci, N. (2017). Turkish adult children as caregivers of parents with Alzheimer's disease. *Dementia: The International Journal of Social Research and Practice*, Online First, 15 Feb, 2017. doi: 10.1177/1471301217693400 [SSCI] (Cited 1 time)

Bozo, Ö., **Ar, Y.**, & Eldoğan, D (2017). Does Marital Adjustment Mediate Type C Personality-Depressive Symptoms Relation?: A Comparison between Breast Cancer Patients and Cancer-Free Women. *Current Psychology*, Online First, 17 Sep, 2017. doi: 10.1007/s12144-017-9693-6. [SSCI]

National Publications (Indexed in ULAKBİM, Türk Psikiyatri Dizini):

Ünal, B., **Ar, Y.**, & Gençöz, T. (2017). Etkin Bir Süpervizyon Süreci Neleri Kapsamalıdır? Türk Klinik Psikologların Gözünden Psikoterapi Süpervizyonu. *AYNA Klinik Psikoloji Dergisi*, 4(2), 48–64.

Ar, Y. (2014). Büyüklenmecilik ya da incinebilirlik: Narsisistik kişilik örgütlenmesinin Şema Terapi yaklaşımı çerçevesinde ele alınması, *AYNA Klinik Psikoloji Dergisi*, 1(3), p. 29–43.

Ar, Y. (2013). Fallus ve kastrasyon kavramları çerçevesinde bir anne-oğul ilişkisi: “Kevin Hakkında Konuşmalıyız”, *AYNA Klinik Psikoloji Dergisi*, 1(1), p. 62–69.

Research in Progress:

Ar, Y. & Karanci, N. (in progress). The reliability and validity study of the Turkish version of Meuser-Marwit Caregiver Grief Inventory Short Form.

Canel-Çınarbaş, D., Tuna, E. & **Ar, Y.** (Submitted). Turkish Muslim Religious Healers: A Qualitative Investigation of Hocas and Their Methods.

Oral and Poster Presentations:

Ar, Y. & Bekaroğlu, E. (2016). Grandiosity or Vulnerability: Schema Therapy Approach for Narcissistic Personality Functioning and Implications on the Therapeutic Relationship. International Society of Schema Therapy Conference 2016, Vienna, Avustria: Poster Presentation.

Ar., Y., Ünal, B. & Gençöz, T. (2014). Components of Effective Supervision Process: Effects of Clinical Experience and Supervision on Insight of the Psychotherapists, 28th International Congress of Applied Psychology, France, Paris: Poster Presentation.

Ar, Y. (2014). Integration of Religion and Its Basic Assumptions into Cognitive-Behavioral Therapy. 28th International Congress of Applied Psychology, France, Paris: Poster Presentation.

Öner-Özkan, B., **Ar, Y.** & Solmazer, G. (2015). Suicide as a Dignified or Undignified Act: Social Representations of Suicide in a Predominantly Muslim Country. 14th European Congress of Psychology, Italy: Milan: Oral Presentation.

Bozo, Ö., Kıdıköğlü, E., Karanfil, D. & **Ar, Y.** (2014). The Moderator Roles of Illness Related Variables on the Relationship between Social Inhibition and Quality of Life among Breast Cancer Patients. 28th International Congress of Applied Psychology, France, Paris: Poster Presentation.

Karanci, A. N., İkizer, G., Dogulu, C., & **Ar, Y.** (July, 2013). How do Turkish earthquake survivors perceive psychosocial impacts and psychological resilience? 13th European Congress of Psychology, Stockholm, Sweden: Poster Presentation.

Bozo, Ö., **Ar, Y.** , & Eldoğan D. (2012). Meme Kanserli Hastalarda Duygularını İfade Edememe ve Depresif Belirtiler Arasındaki İlişkide Evlilik Uyumunun Biçimleyici Rolü. 17. Ulusal Psikoloji Kongresi, İstanbul: Oral Presentation.

Karancı, N., **Ar, Y.**, Eldoğan D. & Ateş, G. (2010).Şizofreni Bilgisi, Hastalıkla ilgili Bilgi Sahibi Olmanın Olumsuz Tanımlamalar Üzerindeki Etkisi. 16 Ulusal Psikoloji Kongresi, Mersin: Oral Presentation.

Panels:

Yılmaz, T., **Ar, Y.**, Ünal, B., Avcı, H., & Koçak, Ö. (2014). Farklı Kuramsal Bakış Açılarında Terapötik İlişkinin Kavramsallaştırılması: Ortaklıklar ve Farklılıklar. 18. Ulusal Psikoloji Kongresi, Bursa.

Translations:

Ar, Y. (2014). *Şizofreni*. Şahin, M. (Çev. Ed.) *Anormal psikolojisi/psikopatoloji* (12. Baskı) Nobel Akademik Yayıncılık: Ankara.

Honors and Awards:

Türkiye Bilimsel ve Teknolojik Araştırma Kurulu, Bilim İnsanı Destekleme Programı, Post-Becholar Ph.D., 2010–2017.

Middle East Technical University, Psychology Department, High Honour Student/Top Scoring Student in the Department, 2006-2010.

Ar, Y. & Eldođan, D. (2012). Meme kanseri hastalarında duygularını ifade edememe ve depresyon ilişkisi üzerinde evlilik uyumunun etkisi. Türk Psikologlar Derneđi İstanbul Şubesi, Genç Psikologlar Araştırma Yarışması, 2012, Ranked 1st.

Research Interests:

- Grief and Breavement
- Ambiguous Loss in Chronically Ill Patients and Their Families
- Factors impacting on therapist-patient and therapist-supervisor relationship
- Personality Disorders
- Growth and Resilience in Caregiving Context
- Cultural Factors in Psychotherapy and Psychopatology
- Psycho-social Factors Impacting on Chronically Ill Patients and Their Families
- Qualitative Research Methods in Clinical Psychology

Memberships:

October 2014 - Ongoing : AYNA Klinik Psikoloji Dergisi (Editorial Board Membership/Reviewer)

2011-Ongoing : Türk Psikologlar Derneđi

Regulatory Board Memberships:

October 2014 : Psikoloji ve Sanat Sempozyumu – 3, ODTÜ

Other Professional Trainings:

October 2013 - March 2014 **Grup Terapisi Eđitimi**, Martı Psikoterapi, Ankara
Educator: Associate Prof.. Dr. Çiđdem Soykan

May 2013 Dışavurumcu Sanat Terapisi Eđitimi, Orta Dođu Teknik Üniversitesi, Ankara
Educator: Suzi Amado (Ms)

January 2013 **Nitel Veri Analizi ve Maxqda Kullanımı Çalıştayı**, Orta Dođu Teknik Üniversitesi, Ankara
Educator: Associate Prof. Dr. Elif Kuş Saillard

October 2011 - May 2014

**International Society for Schema Therapy-
ISST Onaylı Şema Terapi Sertifikasyonu Eğitimi,**
Compos Mentis, Ankara
Educator: Prof. Dr. Gonca Soygüt Pekak

December 2011 - January 2012

**Minnesota Çok Yönlü Kişilik Envanteri (MMPI)
Uygulama ve Yorumlama Eğitimi,** Türk Psikoloji
Derneği, Ankara
Educator: Associate Prof. Dr. Sedat Işıklı

February 2010

**Şizofreni Hastaları ve Yakınlarına Yönelik Sosyal
Beceri Eğitimi,** Orta Doğu Teknik Üniversitesi, Ankara
Educator: Assistant Prof. Dr. Öznur Öncül

Teaching Experience:

Course	Job Description	Date
Cognitive Behavioral Therapies I-II (Prof. Dr. A. Nuray Karancı, METU Psychology Department)	Conducting biweekly lab sessions in which clinical applications were performed from CBT and Schema Therapy approaches	September 2014 – January 2017
Introduction to Psychology I-II (Prof. Dr. Özlem Bozo, METU Psychology Department)	Giving lectures of Psychological Disorders and Psychotherapy; and providing communication between the lecturers and students	February 2012 – July 2017
Qualitative Research Methods (Dr. Sevda Sarı Demir, METU Psychology Department)	Conducting biweekly lab sessions in which qualitative methodology applications were performed	September 2016 – January 2017
Cultural Issues in Psychotherapy (Associate Prof. Dr. Deniz Canel Çınarbaş, METU Psychology Department)	Establishing communication between the lecturer and students; grading reaction papers and presentations	September 2013 – January 2014
Clinical Psychology (Associate Prof. Dr. Deniz Canel Çınarbaş, METU Psychology Department)	Giving lectures approved by the lecturer; grading exams	September 2013 – January 2014
Psychology of Disasters (Prof. Dr. A. Nuray Karancı, METU Psychology Department)	Organizing field visits in advance; providing communication between the	February 2012 – June 2012

	lecturer and students; grading exams	
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References:

Prof. Dr. A. Nuray Karancı METU, Psychology Department, e-mail: karanci@metu.edu.tr
Prof. Dr. Tülin Gençöz METU, Psychology Department, e-mail: tgencoz@metu.edu.tr
Prof. Dr. Özlem Bozo METU, Psychology Department, e-mail: bozo@metu.edu.tr