

GÜLİZ ALTINBAŞAK

Neuroscientist, Clinical Psychologist



EDUCATION

Neuroscience, M.H.
Uskudar University

Clinical Psychology, M.S.
Uskudar University

Psychology, B.A.
Bahcesehir University
English, Scholarship (%100)

SKILLS

TEACHING

EMDR THERAPY

COGNITIVE BEHAVIORAL THERAPY

GOTTMAN COUPLE THERAPY

PROJECT MANAGEMENT

ARTIFICIAL INTELLIGENCE

EXPERTISE

GROUP TRAINING

PSYCHOTHERAPY

TRAUMA

COMPUTATIONAL NEUROSCIENCE

CLINICAL RESEARCH

DATA ANALYSIS

EXPERIENCE

BRAINTAB

Founder

- Online Psychological Consulting
- Online Training
- Research

ISTANBUL

TURKEY

ONGOING

ZI&ON PSYCHIATRY ACADEMY

Psychotherapist

- Adult and family therapy
- Clinical research

ISTANBUL

TURKEY

ONGOING

RIKEN CENTER FOR BRAIN SCIENCE

Researcher

- Advance Training on Neuroscience Program
- Summer program internship
- Poster Presentation of Master Thesis: Artificial Intelligence Approach for Classification of Bipolar and Unipolar Disorders by Using Biomarkers

JAPAN

TOKYO

JUNE-JULY
2019

EXPERIENCE

DIALECTICAL BEHAVIORAL THERAPY

Program Manager

- Cooperate with Linehan Institute in United States to bring DBT psychological approach in Turkey.
- Structure four department in DBT Turkey as corporation with business sector, training for psychologists and counselors, comprehensive wellness for non-clinical communities, clinic for pathological clients.
- Train 100 psychologists as DBT Clinicians to generalize among therapists.
- Organize symposium and events for raising awareness and information sharing.
- Research on gambling, addiction, personality disorders, eating disorders, attention deficit hyperactivity (ADHD) disorders.
- Trainings on Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness skills for employees, employers, teachers and students.

ISTANBUL
TURKEY
2018-
PRESENT

THE LIFEKO WELLBEING CENTER

Mental Wellness Program Manager

- Prepare of four weeks experienced based "Mental Wellness Retreat Program" includes mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.
- Prepare of five weeks experience based "Comprehensive Mental Wellness Program for Cancer Patients" includes stress, coping with cancer, acceptance, side effects management, body awareness, "new life" habit building.
- Combine physical and mental wellness programs to create 360 holistic approaches in the company.

PHUKET &
ISTANBUL
THAILAND &
TURKEY
2016-2018

DBE INSTITUTE FOR BEHAVIORAL STUDIES

Research Coordinator

- Carry out research projects about adult and family psychotherapy, social trauma, torture and medical illness.
- Implementation of Eye Movement Desensitization Therapy (EMDR) trauma therapy with, adults, families, and couples.
- Statistical analysis of clinical researches.

ISTANBUL
TURKEY
2012-2015

FUNZI TURKEY

- Manager of Support Program for Syrian Refugees
- Analyze needs and current status of Syrians in Turkey.
- Role to found Funzi Turkey for comprehensive projects for migrants including mental and physical wellness support, up skilling of their existing skills.
- Include among and cooperate with Turkish Governmental Offices.
- Write and report concept notes, project plan, roadmap and strategies.

ISTANBUL
TURKEY
2016-2018

EXPERIENCE

EAGER TO READ CHILDREN'S EDUCATION FOUNDATION

- Train parents and children for peace building, and awareness rising.
- Collect data pre and post training process for assessment of the effects of training process.
- Analyze the data and write report for cities separately.
- Cooperate with different NGO and company to fix special needs in the area.

ISTANBUL
TURKEY
2013-2015

AVRUPA SAFAK HOSPITAL

Intern, Addiction Department

- Carry out smoking cessation treatment program.
- Manage of the treatment preparation process smoking cessation and prevention of restart smoking.
- Applying treatment plan which consists of three parts: deciding whether people were ready to start to the program or not, breaking addiction in terms of psychological and biological aspects, understanding the reason of using smoke, discovering and emplacement to new technique for overcoming to stress with clients.

ISTANBUL
TURKEY
2016-2018

YEDI70 WELL-AGING COMPANY

Supervisor

- Preparation of informative instructions for online platforms
- Supervise mental health contents and programs for well aging and longevity.
- Prepare guidance, tasks, and events for old people to help their aging process, improve living conditions and enhance their effectiveness.

ISTANBUL
TURKEY
2016-2018

TRAININGS

SKILL TRAINING
MINDFULNESS & MEDITATION TRAINING
EMDR THERAPY TRAINING
GOTTMAN COUPLE THERAPY TRAINING
PROFESSIONAL PSYCHOLOGY PREPAREDNESS PROGRAM: ENTER TO THERAPY
PSYCHOLOGICAL TRAUMA AND TRAUMA INTERVENTION METHODS
DEVELOPMENTAL FEARS
PSYCHIC EMBRYO
ANXIETY DISORDERS IN CHILDREN AND EFFECTIVE TREATMENT METHODS
16PF PERSONALITY INVENTORY INTERPRETATION TRAINING

RESEARCH PROJECTS

ONGOING EFFECTS OF MARMARA EARTHQUAKE
EMDR TREATMENT OF FIBROMYALGIA
EMDR TREATMENT OF CHRONIC MIGRAINE
MINDFULNESS BASED HEALING PROGRAM FOR CANCER PATIENTS
EFFECT OF EMDR TREATMENT ON MINE ACCIDENT VICTIMS IN SOMA, TURKEY
EARLY EMDR INTERVENTIONS WITH SYRIAN REFUGEES IN KILIS MIGRANT CAMP IN TURKEY
PERFORMANCE DEVELOPMENT OF ATHLETES

INVITED CONGRESS

American Congress on Clinical and Health Psychology, Puerto Rico/USA
"Mindfulness Based Cognitive Behavioral Therapy for Cancer Patients"
15th European Congress of EMDR, Edinburgh/Scotland
"EMDR Treatment of Fibromyalgia", "Early EMDR Interventions with Syrian Refugees in Kilis Migrant Camp in Turkey", "EMDR and Treatment of Chronic Migraine"
Multidisciplinary Neuroscience Congress, Istanbul/Turkey
"Mindfulness and Brain"

SOCIAL RESPONSIBILITY

INTERNATIONAL

Encouragement to education: School age children in villages
Project owner and manager
Dominican Republic, 2018

Intercultural Exchange Program:
Awareness raising of disadvantages youths
Project Manager
Slovenia 2013, Azerbaijan 2014, Norway 2015, Georgia 2016

European Citizens in Action: Empower youth workers, youth leaders and multipliers with competences on integration and citizenship
Spain, 2013

NATIONAL

Maltepe High Security Prison for Children and Youth
Group Consulting/ Sexual and Durg Criminals
Istanbul 2012

Women's Shelter Foundation
Group supporter
Istanbul, 2013

Youth Re-autonomy Foundation of Turkey
Peace Building Team Coordinator
Istanbul, 2013

LEISURE

Painting: Mind, Brain, Emotions
Music: Piano, Ukulele, Kalimba
Handcraft

HAVE BEEN

UNITED STATES
AUSTRIA
BELGIUM
BULGARIA
CZECH REPUBLIC
NORWAY
ROMANIA
SLOVAKIA
SLOVENIA
SPAIN
NETHERLANDS
AZERBAIJAN

CAMBODIA
GEORGIA
INDONESIA
JAPAN
LAOS
SINGAPORE
THAILAND
PANAMA
PUERTO RICO
COLOMBIA
TANZANIA
DOMINICAN REPUBLIC

BOOK

Neuropolitics: Free will vs. Brain
Draft completed