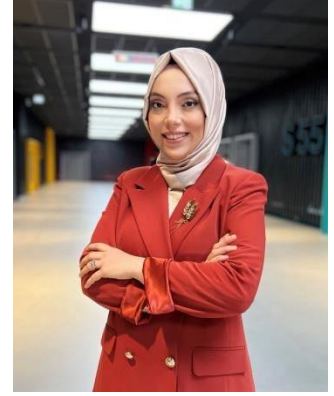




# Ayşe KAYA GÖKTEPE

## PERSONAL INFORMATION

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Title : Dr. Clinical Psychologist  
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Driver Licence : B Class  
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[www.enduluspsikoloji.com](http://www.enduluspsikoloji.com)  
Social Media : **Instagram:** @draysekayagoktepe; @enduluspsikoloji  
**LinkedIN:** [www.linkedin.com/in/ayse-kaya-goktepe-03549ba0](https://www.linkedin.com/in/ayse-kaya-goktepe-03549ba0)

## EDUCATION

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2023-2024 Cambridge University – **Islamic Psychology (Higher Education Diploma)**  
2015-2018 Marmara University – **Psychology of Religion (PhD)**  
2020- 2025 Istanbul Technical Univesity (ITU) – **Musicology (MA)**  
2013-2014 Uskudar University – **Clinical Psychology (MA)**  
2007-2011 International University of Sarajevo (IUS) - **Psychology (BA), Minor, Economics**

## WORK EXPERIENCE

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### TEACHING EXPERIENCE

01.2024- 08.2024 **Research Consultant** – Stanford University, Faculty of Medicine, Muslim Mental Health & Islamic Psychology Lab, Stanford University, USA  
09.2024- 01.2025 **Adjunct Professor** – Ibn Haldun University (IHU) – İstanbul, TR  
04.2023- ... **Assistant Professor** - Istanbul Sabahattin Zaim University (İZU) – İstanbul, TR  
01.2020- 05.2020 **Adjunct Professor** – Istanbul Sabahattin Zaim University (İZU) – İstanbul, TR  
09.2018-... **Dr. Teaching Assistant** – Istanbul Şehir Üniversitesi – VS, Social Services Program, İstanbul, TR  
03.2017- 09.2018 **Teaching Assistant**

03.2013 - 03.2016 **Research Assistant** – Uskudar University, FHS, Occupational Therapy Department, Istanbul, TR

2008 – 2011 **Freelance Tutor** – English and Economics Tutorials, Sarajevo, BIH.

2010 – Fall **Student Assistant** – Intro to Educational Psychology, International University of Sarajevo IUS, Sarajevo, BIH.

2010 – Spring **Student Assistant**- Adults & Adolescent Psychology, International University of Sarajevo IUS, Sarajevo, BIH.

2009 – Fall **Tutor** – Introduction to Micro & Macro Economics, International University of Sarajevo IUS, Sarajevo, BIH.

## CLINICAL EXPERIENCE

04.2021-12.2022 **TV Program Presenter** – Vav TV- Turkuvaz Media – Istanbul, TR – part-time

01.2021-... **Founder & Psychotherapist** – Endulus Counseling and Education Center - Istanbul, TR – hybrid

04.2012 -01.2021 **Dr. Clinical Psychologist** – free lance psychotherapist at different clinical centers.

2010 – Summer **Intern** - Koşevo Hospital, Sarajevo University, Faculty of Medicine, BIH.

2010 - Summer **Intern** - Bursa State Hospital, Bursa, TR.

2009 – Summer **Intern**- Bursa Hayat Private Hospital, Bursa, TR.

## PRIZES

- Come in **first** of the participants of scholarship exam of International University of Sarajevo, got 75% Scholarship and, 2007
- Being **high honor student** among the students of FASS at International University of Sarajevo between 2007 and 2011.
- Get a **second-prize** among the graduates of FASS at International University of Sarajevo with high GPA, 2011.
- **Best TV show about the mental health of the family, RTUK**, presented by President Recep Tayyip ERDOGAN, 2022.

## CLINICAL TRAINING & WORKSHOPS

### ➤ CLINICAL TRAINING

#### EMDR:

- **EMDR Therapy Ist Level Emre Konuk & Asena Yurtsever**, workshop, EMDR Association, 14-17 December 2017, Istanbul, TR
- **Memory Reconsolidation, the Flash Technique & EMDR, (Dr. Philip Manfield), webinar workshop**, UK EMDR Association, 23 April 2020.
- **Hearing Unsaid (Söylenmeyi Duymak), (Dr. Sümer Öztanrıöver)**, workshop, EMDR EMDR Association, 13 January 2019, Istanbul, TR.
- **EMDR ve Cognitive Interventions, (Psy. Şirin Atçeken, MA)**, workshop, EMDR Association, 4 December 2018, İstanbul, TR.
- **EMDR for Pregnancy and Related Situations (Gebelik ve İlişkili Durumlar İçin EMDR) Assoc. Prof. Dr. Önder Kavakçı**, workshop, EMDR associaton, 25 February 2018, Istanbul, TR.

## COGNITIVE THERAPY

- **Cognitive Therapy Oriented Skills of Interviewing** (Dr. Cl. Psy. Emel Stroup), workshop, CBTistanbul, 20-21 September 2014, Istanbul, TR.
- **The Principles of Cognitive Therapy and Treatment of Depression** (Dr. Cl. Psy. Emel Stroup), workshop, CBTistanbul, 8-9 December 2014, Istanbul, TR.
- **The Principles of Cognitive Therapy and Treatment of Anxiety** (Dr. Cl. Psy. Emel Stroup), workshop, CBTistanbul, 17-18 January 2015, Istanbul, TR.
- **The Principles of Cognitive Therapy and Treatment of OCD** (Dr. Cl. Psy. Emel Stroup), workshop, CBTistanbul, 21-22 February 2015, Istanbul, TR.
- **Short Term Solution Focused Therapy**, (Psy. Nevin DÖLEK, MA), Kim Psychology, 15-16 May 2015, Istanbul, TR.

## SCHEMA THERAPY: (Schema Therapist, ISST certified)

- **PART I (Schema Therapy: Basic Techniques-1)**, (Dr. Alp KARAOSMANOĞLU), Psikonet Center of Psychotherapy and Education, 27-28 February 2016, Istanbul, TR.
- **PART II (Introduction to the Application of Schema Therapy and Detailed Treatment Technuqies)** (Dr. Alp KARAOSMANOĞLU), Psikonet Center of Psychotherapy and Education, 26-27 March 2016, Istanbul, TR.
- **PART III (Application of Schema Therapy for Borderline and Narcissistic Personality Disorder)** (Dr. Alp KARAOSMANOĞLU), Psikonet Center of Psychotherapy and Education, 16-17 April 2016, Istanbul, TR.
- **Schema Therapy Supervision, (17 sessions - 51 hours)**, (Dr. Alp KARAOSMANOĞLU), Psikonet Psychotherapy and Training Center, October 2021 - July 2023.

## FAMILY & COUPLE THERAPY:

- **Family CARS Training, Competency Addressing Religion and Spirituality in Couple and Family Therapy**, Jennifer Ripley, Ph.D., James Sells, Ph.D., Charis Institute at Regent University, April 29, 2023.
- **Gottman Couples Therapy Level II**, (Özge Altan & Filiz Kaya), workshop, Gottman Institute, December 2-4, 9-11, 2022, Istanbul.
- **Gottman Couple Therapy Level I** (Özge Altan & Filiz Kaya), workshop, Gottman Institute, 5-6 December, Istanbul.
- **Family Counseling**, CİSEAD, 4 -14 February 2012, Ankara, TR (120 hrs).

## GROUP THERAPY:

- **Co-Psychodramatist**, (Leader: Psychodramatist Ayça ATASOY), Istanbul Psychodrama Instiute (IPI), April 2017, May 2021, Istanbul, TR.(290 hrs).- FEPTO certified (Federation of European Psychodrama Training Organisations)

## ISLAMIC COUNSELING:

- **Principles of Islamic Psychology in Practice (PIPP), Cambridge Muslim College (CMC)**, Oct 23 -June 24, UK (2 week intensive hands-on workshop).
- **Counselling from Islamical Theoretical Orientation**, International Association of Islamic Psychology, 26-30 July 2019, workshop, Istanbul, TR. (40 hrs)

## ART THERAPY AND MUSIC THERAPY:

- **Art therapy II, 30 hrs, (Banu Muratlı)**, Uskudar University Faculty of Health Sciences, 2014-2015 Spring, Istanbul, TR.
- **Music Therapy – II, 30 hrs, (Assist. Prof. Dr. Oruç Güvenc)**, Uskudar University Faculty of Health Sciences, 2014-2015 Spring, Istanbul, TR.
- **Art Therapy- I, 28 hrs, (Banu Muratlı)**, Uskudar University Faculty of Health Sciences, 2014-2015 Fall, Istanbul, TR.
- **Music Therapy – I, hrs, (Assist. Prof. Dr.. Oruç Güvenc)**, Uskudar University Faculty of Health Sciences, 2014-2015 Fall, Istanbul, TR.

- **Analysis and Interpretation of Art Works - I, (Assist. Prof. Şenay İ. Kayır),** Uskudar University Faculty of Health Sciences, 2013-2014 Fall, Istanbul, TR.
- **Analysis and Interpretation of Art Works- II, (Assist. Prof. Şenay İ. Kayır),** Uskudar University Faculty of Health Sciences, 2013-2014 Spring, Istanbul, TR..
- VII. Psychiatry Workshops, **Music Therapy workshop** (Danny LUNDMARK) Istanbul University Çapa Faculty of Medicine, 13-14 December 2014, Istanbul, TR.
- **Creative Art Therapies: Music Therapy, Yaratıcı Sanatlar Terapisi: Müzik Terapisi,** (Psy. Nilgün TÜRKCAN) Turkish Foundation of Spastic Children (TSCV), 9 – 10 May 2014, Istanbul, TR.

## ➤ OTHER WORKSHOPS:

- **The Effects of Trauma on Personality and Mourning (Kişilik Örüntülerinde Travmanın Etkileri, Travma ve Yas),** BAÇTE, 20 August 2016, Istanbul, TR.
- **Psychological First Aid and PTSD (Psikolojik İlk Yardım ve TSSB Eğitimi),** (Dr. Mert AKCANBAŞ), KimPsychology, 30-31 July 2016, Istanbul, TR.
- **Öyküsel (Narrative) Terapi, (David Denborough),** Research and Education Group of Psychology (PSIART), September 2016, Istanbul, TR.
- **Strees and Test Anxiety (Sınav Kaygısı ve Stres) workshop,**(Psy. Orhan GÜMÜŞEL, MA), Uskudar University, Istanbul, 10 June 2013, Istanbul, TR.
- And many other sociocultural reading groups, workshops, and colloquims.

## ➤ PSYCHOLOGICAL TEST TRAININGS:

- MMPI (Minnesota Multiphasic Personality Inventory): Adolescent and Adult Personality Test.
- TAT (Thematic Apperception Test): Adolescent and Adult Personality and Perception Test.
- CAT and Louisa Düss Personality Test.
- WAIS (Wechsler Adult Intelligence Scale): Adolescent & Adult Intelligence Test.
- Mavi Martı Counseling Center, Istanbul, 2012.

## ➤ WORKSHOPS ATTENDED OUTSIDE CLINICAL EDUCATION:

- **Ottoman Studies: Language and Sources, 30th** Period Ottoman Language Seminars, October 18, 2017 - January 10, 2018, Science and Art Foundation (BISAV), Istanbul. (Rik'a Level 1)
- **Ottoman Studies: Language and Sources, 29th** Period Ottoman Language Seminars, October 17, 2016 - January 6, 2017, Science and Art Foundation (BISAV), Istanbul. (Matbu Level 2)
- **Art and Civilization Workshop** (Ismail ERDOĞAN), Istanbul Design Center, October 2016 - February 2017, Istanbul.
- **Contributions to Psychology: Islamic Psychology Workshop** (Assoc. Prof. Dr. Ali AYTEN), Values Education Center, Spring Semester 2014-2015, Istanbul.
- **"Working on Ottoman Women's History"** (Betül İpşirli Argit), Science and Art Foundation (BISAV), 3x1, Istanbul, November 2016.
- **BISAV 2017-2018 Autumn Semester Seminars, Classical Social Theory-I,** Introduction to Art and Civilization Thought, Classical Ottoman History, Literary Economy, Science and Art Foundation (BISAV), Istanbul, October - November 2017.
- **BISAV 2016-2017 Spring Semester Seminars, Introduction to Art Philosophy** (Prof. Dr. Oğuz Haşlakoğlu), 3x1, Science and Art Foundation (BISAV), Istanbul, March - April 2017.
- **BISAV 2016-2017 Autumn Semester Seminars, Islamic History: Andalusia** (Assist. Prof. Dr. Cumhuri Ersin Adıgüzel), 3x1, Science and Art Foundation (BISAV), Istanbul, October - November 2016.
- **Narrative Therapy (David Denborough),** Psychology Students Research and Education Community (PSIART), Istanbul, September 2016 (as a listener).
- **"Positive Psychology and Religion"** workshop (Assist. Prof. Dr. Ali AYTEN), Values Education Center, 2012-2013 Academic Year, Istanbul.
- **"Values and Education"** workshop (Prof. Dr. Hayati HÖKELEKLİ), Values Education Center, 2012-2013 Academic Year, Istanbul.
- **"Islamic Psychology"** workshop (Prof. Dr. Hayati HÖKELEKLİ), Values Education Center, 2012-2013 Academic Year, Istanbul.
- **Basic Quantum Thought Techniques,** Association of Psychologists and Psychiatrists, Online Certificate Program, 2012.
- **Basic Turkish Music Education,** Bursa Metropolitan Municipality Conservatory, Turkish Classical Music Department, Bursa, 2011 - 2013.
- **Public Speaking and Diction Course,** BUSMEK, 2007.
- **Calligraphy Course,** 2005 - 2007, Bursa.
- **English Course,** Dilmer Language School, Bursa, 2007.
- **Violin Course,** Sarajevo, BIH, 2010.
- **Bosnian Course**

## PROJECTS

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- **Exploring The Rythms of Life (Ergoterapi içinde Hayatın Ritimlerini Öğrenmek)**, Youth Projects, The Turkish Ministry of Youth and Sports, Music Therapy Module, ***Instructor***, -2015, Istanbul.
- **Evidence-based Mentoring Projects (Kanıt-Dayalı Mentörlük Eğitimi Projesi)**, Youth Projects, The Turkish Ministry of Youth and Sports, Music Therapy Module, ***Interactive Group Coordinator***, 2014-2015, Istanbul.
- **Religious and Spiritual Counseling and Guidance in Turkey, (Türkiye’de Dinî & Manevî Danışmanlık ve Rehberlik)**, Center of Values Education (DEM), ***Module Author***, 2016-2018, Istanbul.

## ACADEMIC PUBLICATIONS

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### BOOKS:

- Kaya-Göktepe, A. (2021). *Müzik terapi ve din, Music therapy and religion*. Nesil.
- Kaya-Göktepe, A. (2023). *Tükenmişlik sendromu, Burn-out (2nd ed.)*. Nobel.
- Kaya-Göktepe, A. (2024). *Sanat terapi, art therapy (2nd ed.)*. Nobel
- Kaya-Göktepe, A. (2015). *Sanat terapi, art therapy*. Nesil.
- Kaya-Göktepe, A. (2016). *Tükenmişlik sendromu, burn-out*. Nesil.
- Kaya-Göktepe, A. ve Coşkunsever-Arıç A. (2020). *Çocuk Evi, Çocuk Evleri Sitesi Ve Çocuk Destek Merkezlerinde (ÇODEM) Manevi Danışmanlık ve Rehberlik Hizmetleri Kılavuzu, Guideline for Spiritual Counseling and Guidance Services in Children's Homes, Children's Homes Site, and Child Support Centers (ÇODEM)*. DİB.

### BOOK CHAPTERS:

- Kaya- Göktepe, A. (2025). Gençlik merkezlerinde manevi danışmanlık ve rehberlik Spiritual counseling and guidance in youth Centers M. Koç (Ed.), *Manevi Danışmanlık ve rehberlik Uygulama alanları*. Nobel (in press)
- Kaya-Göktepe, A. (2019). Çocuklarla manevî danışmanlık ve çocukların manevî ihtiyaçlarına yönelik bir araştırma: Türkiye örneği - Spiritual Counseling with Children and a Study on the Spiritual Needs of Children: The Turkish Example. A. Ayten (Ed.), *Manevî danışmanlık ve rehberlik: farklı alanlardan araştırma bulguları ve değerlendirme*. DEM.
- Kaya-Göktepe, A. (2017). Yaşlılara yönelik manevî danışmanlık ve rehberlikte yeni bir model önerisi: "hayat ağacı modeli"- A New Model Proposal for Spiritual Counseling and Guidance for the Elderly: The "Tree of Life Model"., A. Ayten (Ed.) *Manevî danışmanlık ve rehberlik teori ve uygulama alanları*. DEM.

### ARTICLES:

- Kaya-Göktepe, A. (2018). The Effects of Religion-Based Music Therapy on Emotional State, Anxiety, Perceived Stress Levels of University Students. *International Journal of Researches of Religion and Philosophy*. 1(1), 52-72.
- Kaya-Göktepe, A. & Düzgüner, S. (2021). The effect of religious music therapy on mood. *Mecmua* (12), 213-237.
- Kaya Göktepe, A. (2021). The Role of Popular Music in the Construction of Social Identity – The Example of Local 45's Songs. *Hitit Theology Journal* 20(2), 547-588.
- Kaya- Göktepe, A. (2023). Elimination of Violence Against Women: A Discourse Analysis of the Movie Bergen. *KADEM Journal of Women's Studies* 9(2), 321-366.
- Kaya- Göktepe, A. (2024). Mediating Role of Religious Attitude on The Relationship Between Personality and Music Preferences, *darulfunun ilahiyat* 35(2), 353–386.
- Kaya- Göktepe, A. (2025). Moderating Role of Religious Attitude on The Relationship between Social Stigmatization and Music Preferences, *Archive for the Psychology of Religion*, (in press)
- Uysal V., Kaya-Göktepe, A., Karagöz S. and İlerisoy M. (2017). A Research about the Relationships and Interactions between Religious Coping, Hope, Life Satisfaction and Psychological Resilience, *International Journal of Theological and Islamic Studies (JIIST)* 52, 139-160. [doi:10.15370/maruifd.333535](https://doi.org/10.15370/maruifd.333535)
- Metin B., Kaya-Göktepe, A., Sütçübaşı K. B., Serin E., Taş C and Tarhan N. (2017). EEG Findings During Flow State. *The Journal of Neurobehavioral Sciences*. 4(2), 42-57. doi:10.5455/JNBS.1496152464.

#### POSTERS & ORAL PRESENTATIONS:

- **Kaya-Göktepe, A.** (2023). A Perspective on the Historical Journey of the Psychology of Religion from Göbeklitepe, *7th International Göbeklitepe Scientific Research Congress*, 11-12 November 2023, Şanlıurfa/Türkiye (oral presentation).
- **Kaya-Göktepe, A.** (2023). Emotions and Spirituality in Musical Experience. *7th International Symposium on Current Developments in Science, Technology and Social Sciences*, 26-27 May 2023, Ankara, Türkiye. (oral presentation)
- **Kaya-Göktepe, A.** and Balci, S. (2019). Promoting Forgiveness among Turkish Women: A pilot study, *XVI European Congress of Psychology 2-5 July, 2019*, Moscow, Russia (oral presentation)
- **Kaya-Göktepe A.,** Karagöz, S. and, Balci, S. (2016). An Empirical Research about the Relationship Between Psychological Resilience, Religious Coping, and Health Behaviours. *1st EuroAsia Positive Psychology Conference*. 28-29-30 April, 2016. 62-63. (oral presentation)
- **Kaya-Göktepe A.,** Yıldız, N. G. (2016). An Empirical Research on the Turkish College Students: The Effect of the Music therapy on Alexithymia. *The 19th National Psychology Congress*, 5-7 September 2016, İzmir, Turkey (Poster)
- **Kaya-Göktepe A.,** Yıldız, N. G., Metin, B. (2015). The Effect of Task Engagement on Flow State with QEEG. *Munich Neurophysiology Conference. sept 9-13, 2015*. Annual Joint Meeting of ECNS / ISNIP / ISBET, 102-102. (oral presentation)
- **Kaya-Göktepe A.,** Yıldız, N. G. (2015). The Effect of Expressive Art Therapy on Flow State and Psychological Well-Being. *The 14th European Congress of Psychology*, 1736-1738. (Poster)
- **Kaya, A.** (2012). "The Islamic Element of Human Nature: Fitrah" *Center of Values Education (DEM) Student Symposium*, İstanbul, Ensar Foundation (oral presentation).

#### TRANSLATED PUBLICATIONS:

- Bedri, M. (2025). *Ebû Zeyd El-Belhî'nin Ruh Sağlığının Korunması Risalesi: 9. yüzyılda Bilim adamının Kognitif Davranışçı Terapi Manueli - Abu Zayd al-Balkhi's Treatise on the Preservation of Mental Health: The 9th Century Scientist's Cognitive Behavioral Therapy Manual*. Mahya (in press)

#### RESEARCH AREAS

##### ➤ Academic Research Areas

- Islamic psychology, religious music therapy, relationship between social identity & music, spirituality & musical preferences, spiritual and psychological well-being & music, flow & musical preferences, music therapy and religious identity, culture and religious coping.

##### ➤ Clinical Specialization Areas

- Anxiety disorders, mood disorders, alexithymia, PTSD, tokophobia (fear of labor), burn-out syndrome, Obsessive Compulsive Disorder, communication problems, panic attack, couple conflicts, premarital counseling, personality disorders, self-esteem.

#### OFFERED COURSES IN LAST 2 YEARS

| Year      | degree    | Semester | Title of the Course                    | Hours |   | Number of Students |
|-----------|-----------|----------|----------------------------------------|-------|---|--------------------|
|           |           |          |                                        | T     | P |                    |
| 2023-2024 | Undergrad | Fall     | ISF335- Psychology of Religion - I     | 2     |   | 48                 |
|           | Grad      |          | MDR508-Mental Health and Religion      | 3     |   | 20                 |
|           |           |          | MDR514- Clinical Assessment Techniques | 3     |   | 20                 |

|           |            |        |                                                                       |   |   |    |
|-----------|------------|--------|-----------------------------------------------------------------------|---|---|----|
| 2024-2025 | Undergrad  | Spring | FDB505- Primary Sources and Approaches in the Psychology of Religion  | 3 | - | 4  |
|           |            |        | ISF335- Psychology of Religion - II                                   | 2 |   | 47 |
|           |            |        | FRM018- Internship for Teaching                                       | 2 | 8 | 10 |
|           |            |        | FDB506-Islamic Psychology                                             | 3 |   | 8  |
|           |            |        | MDR508-Mental Health and Religion                                     | 3 |   | 3  |
|           |            |        | RPD 526 – Personality Theories                                        | 3 |   | 3  |
|           | Grad       | Fall   | ISF335 - Psychology of Religion - I                                   | 2 |   | 48 |
|           |            |        | FDB507-Positive Psychology and Spirituality                           | 3 |   | 3  |
|           |            |        | MDR536 - Positive Psychology                                          | 3 |   | 2  |
|           |            |        | MDR524- Abnormal Psychology                                           | 3 | - | 12 |
|           |            |        | PSY625E- Clinical Positive Psychotherapy                              | 3 |   | 8  |
|           | PhD Course | Spring | ISF335- Psychology of Religion - II                                   | 2 |   | 47 |
|           |            |        | FRM018- Internship for Teaching                                       | 2 | 8 | 12 |
|           |            |        | FDB506-Islamic Psychology                                             | 3 |   | 8  |
|           |            |        | MDR535- Guidance and Psychological Counseling in Islamic Civilization | 3 |   | 3  |
|           |            |        |                                                                       | 3 |   | 3  |

## OFFERED SEMINARS, WORKSHOPS & EVENTS

### ➤ WORKSHOPS

- **Healing Myself (4 sessions)**, October 2022 - November 2022, Endülüs Psychology, Istanbul.
- **Stress Management**, Friday Meetings, Hayat Foundation, 24/12/2021, Istanbul.
- **10-week Psychodrama Experience Group**, Zeytinburnu Family Women's Health Center (AKDEM), 09/2021, Istanbul.
- **Emotion Awareness and Expression Psychoeducation Group**, Uskudar University, March-June, 2015, Istanbul (group therapy).
- **Psychology Club Read and Comment Workshop**, Uskudar University, February-April, 2015, Istanbul (reading workshop).
- **"Music Therapy is Calling You!** (Müzik Terapi Seni Çağırıyor)", 31 March-17 May 2017, 56 hours, Sadece Psychological Center, Istanbul, TR (music therapy group).
- **"Depression within Women, Aggression within men & Family Counseling for Families with Chronic Diseases** (Kadınlarda Depresyon & Erkeklerde Agresyon, Kronik Hastalıklarda Aile Danışmanlığı)" 4th semester Family Counseling Certificate Program, 15 December 2014, Üsküdar University, Istanbul, TR (*course*).
- **Getting to Know Himself: Knowing Emotions, Feelings and Values** (Bireyin Kendini Tanıması: Hisleri ve Duyguları Tanıması Değerlerini Tanıması), 4. Dönem Aile Danışmanlığı Sertifika Programı, Üsküdar Üniversitesi, 4th semester Family Counseling Certificate Program, 2 December 2014, Üsküdar University, Istanbul, TR (*course*).
- **Exploring The Rhythms of Life** (Ergoterapi içinde Hayatın Ritimlerini Öğrenmek), Music Therapy (12 sessions) Youth Projects, The Turkish Ministry of Youth and Sports, Music Therapy Module, ***Instructor***, 2014-2015, İstanbul, TR. (Music therapy group)
- **Awareness of Emotions and Skills of Expressing Emotions**, Üsküdar University, March-June, 2015, Istanbul, TR., Mart-Haziran (group counseling).

### ➤ SEMINAR & WEBINAR

- **Post-Earthquake Mental Health Protection, Wednesday Seminars**, Zeytinburnu Municipality, AKDEM, 15/03/2023, Istanbul (seminar)

- **Interpersonal Communication between Spouses**, Ministry of National Education (MEB) A-level Education Seminars, 17/01/2023 (webinar).
- **Do We Add Meaning to Our Lives?**, Wednesday Seminars, Zeytinburnu Municipality, AKDEM, 20/04/2022, Istanbul.
- **Systemic Family Therapy & Satir Family Therapy**, Family Counseling Certificate Program (10 hours), Istanbul University of Health Sciences & Kim Psychology, 08/06/2022, Istanbul.
- **Grief as the Grammar of Loss**, Youth Seminar Series, TÜRGEV, 09/12/2021 (webinar).
- **The Psychological Relationship between Coping with Religion**, Ramadan Seminars, TÜRGEV, 08/04/2022 (webinar).
- **Grief Psychology, Coping with Trials Psychology Camp**, Islamic Psychology Society, 05/06/2022 (webinar).
- **Belhî with Malik Bedri's Notes**, Psychological Studies in the Tradition of Nafs Medicine, Islamic Psychology Society, 14/05/2022 (webinar).
- **Burnout in Adolescents and Suicide** (Ergenlerde Tükenmişlik Sendromu ve İntihar), Gençlik Başımında Duman Bir Ergen Güncesi Seminerler Dizisi, Kadim Dil Academy, 15/02/2021 (webinar)
- **"The Other Part of the Feminine Medallion: Psychology of Pregnancy and Post-Partum Period** (Kadınlık Madalyonunun Diğer Yüzü: Gebelik ve Lohusalık Psikolojisi)", 04/06/2020, (webinar)
- **"Art Therapy** (Sanat Terapi)", Ensar Genç Kız Academic Program, "04/01/2020, Istanbul, TR (*seminar*).
- **"Creative Drama & Art Therapy** (Yaratıcı Drama (Sanatla Terapi)", ŞEHİR-Maltepe MEM Mesleki Eğitim Seminars, 25-26-27-28 June 2019, Istanbul Sehir University, Istanbul, TR (*seminar*).
- **"Art Therapy** (Sanatla Terapi)", 08 March 2019, 3th Kartal PDR Days, Istanbul Sehir University, Istanbul, TR (*seminar*).
- **"How Can we cope with burnout at job, marriage and family?** (Tükenmişlik Sendromu; İş Hayatında, Evlilikte ve Ailede Nasıl Başa Çıkarır?)", Hazar Foundation, 10 December 2016, Istanbul, TR (*seminar*).
- **"Art Therapy: Form of Relieving Emotional Burden and Stress Management** (Sanat Terapi; Duygusal Yüklerden Kurtulma ve Stres Yönetimi)", Hazar Foundation, 3 December 2016, Istanbul, TR (*seminar*).
- **"Art Therapy** (Sanat Terapi)", Bahçelievler Municipality, 18 April 2016, Istanbul, TR. (*seminar*).
- **"Art Therapy and Relief of Emotional Burden** (Sanat Terapi ile Duygusal Yüklerden Arınmak)", Zeytinburnu Municipality, AKDEM, 2 March 2016, İstanbul, TR (*seminar*).
- **"Emotional Awareness and Anger Management of Adolescents** (Ergenlerde Duygusal Farkındalık ve Öfke Kontrolü)", Fatih AIHS, 17 February 2016, İstanbul (*seminar*).
- **"How much does my self belong to me?** (Benliğim ne kadar benim?)" Art Therapy Sessions (6 sessions), Üsküdar University, 2013-2014 Spring, İstanbul, TR (*art therapy group*).

#### ➤ PANEL

- **"Living as a Human: On Religion, Psychology, and Life"** Faculty of Theology, Marmara University, 9th May 2016, Istanbul, TR.

#### ➤ CORPORATE TRAINING

- **"Interactive Personal Development and Mindfulness for Educators** (Eğitmenler için İnteraktif Kişisel Gelişim ve Farkındalık Eğitimi)", The Municipality of Sakarya, 23-26 January 2017, Sakarya, TR.

#### ➤ READING & DISCUSSION COLLOQUIUM:

- **Islamic Psychology Reading Club**, International Association of Islamic Psychology (ISIPTürkiye), October 2024- January 2025, İstanbul-TR (hybrid)
- **Psychology Club, Read – Interpret Workshop**, Uskudar University, February-April, 2015, Istanbul, TR.

## MEDIA

- **TV Shows: (Turkish TV Shows)**

- ❖ **"Knowing that we are not alone is what heals us in the trauma process."** ETNOSPOR Club YouTube Channel, February 2023, Istanbul. Link: <https://www.youtube.com/watch?v=UdGWeSilnjA>
- ❖ **"Anxiety is Hidden in the Details."** TÜRGEV YouTube Channel, March 2023, Istanbul. Link: <https://www.youtube.com/watch?v=qBF-VorcSZo>
- ❖ **"Is the 'Perfect Mother' the Mother a Child Needs?"** Anadolu News Agency, 1 October 2022, Istanbul. Link: <https://www.aa.com.tr/tr/vg/video-galeri/-mukemmel-anne-cocugun-ihitiyaci-olan-anne-mi/0>
- ❖ **"Is Depression a Deadly Disease?"** Tvnet Channel, Albayrak Media, 21 July 2022, Istanbul. Link: [https://www.youtube.com/watch?v=kpbcb4OI\\_8E](https://www.youtube.com/watch?v=kpbcb4OI_8E)
- ❖ **"Compassion, Child Seminar Series in the Parent's Mirror."** YEKDER, 14 July 2022, Istanbul. Link: [https://www.youtube.com/watch?v=2KNp\\_aqD6ag](https://www.youtube.com/watch?v=2KNp_aqD6ag)
- ❖ **Kendini Bilmek** Programı, weekly periodical guest, VAV TV, 04.2021-04.2022.
- ❖ **"Burnout Syndrome (Tükenmişlik Sendromu)"**, Diyanet TV, Bi'Nebze Program, 27.02.2020.
- ❖ **"The Effect of Traumas on Our life (Travmaların Hayatımıza Etkileri)"**, Diyanet TV, Yeni Güne Merhaba Programı, 01.02.2019, <https://www.youtube.com/watch?v=jRH6g1sJWI>
- ❖ **"Psychology of Being Mother and Father (Anne-Baba olma Psikolojisi)"**, TRTDiyanet, Şimdi Ne Yapmalı Programı, 05.04.2018 <https://www.youtube.com/watch?v=JQodoTqKk4>
- ❖ **"Music Therapy (Müzik Terapi)"**, TRTDiyanet, Şimdi Ne Yapmalı Programı, 15.05.2017. <https://www.youtube.com/watch?v=CqNKnyECZLw&t=2185s>
- ❖ **"Psychology of Ramadan (Ramazan Psikolojisi)"**, KudüsTv, Şifahane, 25.05.2017. <https://www.youtube.com/watch?v=hfm0UQBArhU>
- ❖ **"Music Therapy as a Complementary Medicine (Tamamlayıcı bir Tıp Yöntemi olarak Müzik terapi)"**, TRTDiyanet, Şimdi Ne Yapmalı Programı, 15.05.2017. <https://www.youtube.com/watch?v=CqNKnyECZLw&t=1424s>
- ❖ **"Borders within Social Life (Sosyal Hayatta Sınırlar)"**, TRTDiyanet, Şimdi Ne Yapmalı Programı, 30.03.2017. [https://www.youtube.com/watch?v=G8yLz-QZ\\_pA&t=552s](https://www.youtube.com/watch?v=G8yLz-QZ_pA&t=552s)
- ❖ **"Psychological Effects of Envy (Kıskançlık ve psikolojik etkileri)"**, TRTDiyanet, Şimdi Ne Yapmalı programı, 09.02.2016 <https://www.youtube.com/watch?v=68bHRUfFMww>
- ❖ **"Psychology of Adolescents (Ergenlik Psikolojisi)"**, Tv5, Bizimhane Programı, 30.11.2016, [https://www.youtube.com/watch?v=E24E\\_NGGskc](https://www.youtube.com/watch?v=E24E_NGGskc)
- ❖ **"Causes of Getting Divorce (Evliliği Bitiren Sebepler)"**, Hilal Tv, Hilal'de Her Daim Hayat Programı, 29.11.2016 <https://www.youtube.com/watch?v=XCH9IS6s-ra> ve [https://www.youtube.com/watch?v=3Bj\\_ajhHUTY](https://www.youtube.com/watch?v=3Bj_ajhHUTY)
- ❖ **"Psychology of Mother-in-law and Mother (Gelin Kaynana Psikolojisi)"**, Hilal Tv, Hilal'de Her Daim Hayat Programı, 21.10.2016. <https://www.youtube.com/watch?v=vMtq0McvqIQ>
- ❖ **"Psychology of Diet and Eating Disorders (Kilo Yönetimi Psikolojisi ve Yeme Bozuklukları)"**, Hilal TV, Hilal'de Her Daim Hayat Programı, 11.10.2016, <https://www.youtube.com/watch?v=9uhC1uJuZwg>
- ❖ **"Conversation (Söyleşi)"**, TV5, Bizimhane Programı, 25.05.2016, [https://www.youtube.com/watch?v=b\\_XiGWYJwQ](https://www.youtube.com/watch?v=b_XiGWYJwQ)
- ❖ **"Burnout Syndrome (Tükenmişlik sendromu)"**, TRTDiyanet, Yeni Güne Merhaba Programı, 17.05.2016, <https://www.youtube.com/watch?v=8HgEhNkjkjc>
- ❖ **"Getting Rid off Burnout Syndrome (Tükenmişlik sendromundan Kurtulmak)"**, AkitTV, Kadınca Kararınca Programı, 26.04.2016, [https://www.youtube.com/watch?v=dH1uCTM\\_ZM](https://www.youtube.com/watch?v=dH1uCTM_ZM)
- ❖ **"What is the Obsession and Why does it emerge? (Takıntı Nedir ve Neden Ortaya Çıkar? Takıntılarımız)"**, AkitTV, Kadınca Kararınca Programı, 29.12.2015, <https://www.youtube.com/watch?v=7rFt2GIvUaA>
- ❖ **"Art Therapy (Sanat Terapi)"**, TRTDiyanet, Yeni Güne Merhaba Programı, 9.10.2015, <https://www.youtube.com/watch?v=pXHQDzMKnqA>

#### ➤ **RADIO:**

- ❖ **"Ways to Make Our Eating Behaviors Healthy - Eating Disorders,"** Ailece Program, TRT RADYO-1, 19/12/2021.
- ❖ **"How to Explain Earthquakes to Children,"** Ailece Program, TRT RADYO-1, 06/03/2022.
- ❖ **"The Effect of making art on mental health (Sanatla iştiğal etmenin ve hobilerin ruh sağlığı üzerindeki etkisi)"**, Bizim Radyo, 10.05.2016.
- ❖ **"Burnout Syndrome (Tükenmişlik sendromu)"**, Moral Fm, Kadınca Kararınca Programı, 26.04.2016. [http://www.moralfm.com.tr/#program\\_detaylar?pid=20](http://www.moralfm.com.tr/#program_detaylar?pid=20)
- ❖ **"Get to Know Seasonal Depression (Bahar Depresyonunu Tanıyalım)"**, Bizim Radyo, 16.03.2016.

- ❖ **"Art Therapy and Benefits of Art for soul (Sanatın Ruhumuza Kattıkları ve Sanat Terapi)"** Bizim Radyo, 30.12.2015.
- ❖ **"Psychology of Colors (Renk Psikolojisi)"**, Bizim Radyo, 28.04.2015.
- ❖ **"Behavioral Addictions and ways of coping with them (Davranış Bağımlılıkları Ve Davranış Bağımlılıklarından Kurtulmanın Yolları)"**, Kadınca Kararınca Programı, Moral Fm, 22.04.2015. [http://www.moralfm.com.tr/#program\\_detaylar?pid=20](http://www.moralfm.com.tr/#program_detaylar?pid=20)
- ❖ **"Awareness of Self: Knowing Emotions and Feelings (Bireyin Kendini Tanıması: Hisleri ve Duyguları Tanıması)"**, Moral Fm, 27.11.2014. [http://www.moralfm.com.tr/#program\\_detaylar?pid=20](http://www.moralfm.com.tr/#program_detaylar?pid=20)
- ❖ **"Relief from Emotional Burden via Expressive Art Therapy (Dışavurumcu Sanat Terapisi İle Duygusal Yüklerinden Kurtul)"**, Moral Fm, 09.11.2014. [http://www.moralfm.com.tr/#program\\_detaylar?pid=20](http://www.moralfm.com.tr/#program_detaylar?pid=20)

➤ **Youtube Channel:** <https://www.youtube.com/channel/UC9iZzZBGp649Z0MPkr2V80A>

#### ➤ **Podcasts:**

"Grief as the Grammar of Mourning," Youth Seminar Series, TÜRGEV, 09/12/2021 (webinar)

#### ➤ **INTERVIEWS:**

- **"Do Not Disclose Your Age on Social Media,"** Yeni Şafak Sunday Supplement, 12 February 2023. Link: <https://www.yenisafak.com/hayat/yasinizi-sosyal-medyada-tutmayin-4507020>
- **"We Confront Our Wounded Sides,"** Nihayet Magazine, December 2020. Link: <https://www.gzt.com/nihayet/hepimiz-yarali-yanlarimizla-yuzlesiyoruz-3580391>
- **"Dr. Ayşe Kaya: 'The Visible and Invisible Face of Social Media',"** İslami Hayat Magazine, February 2019. Link: <https://www.islamihayatdergisi.com/konular/detay/dr-aye-kaya-sosyal-medyann-grnen-ve-grnmeyen-yz>
- **"SURPRISE! Interview with Dr. Ayşe Kaya on 'Art Therapy' - Zeynep Şevval Büyükgizgi, PSITHOTH Virtual Magazine, 19 April 2019.** Link: <https://psithoth.blogspot.com/2019/04/surpriz-dr-ayse-kaya-ile-sanat-terapisi.html>
- **"Burn out Syndrome (Tükenmişlik Sendromu)"**, 06.04.2016. <http://www.haber7.com/kitap/haber/1881530-tukenmislik-sendromu-ayse-kaya-goktepe>
- **"Client solves it not a therapist! "Çözümü bulan psikolog değil, bizâtihi danışandır",** 02.2016. <http://www.bizimaile.com/2016/02/cozumu-bulan-psikolog-degil-bizatihi-danisanidir/>
- **"Elemini Kederini Estetik Forma Dönüştür",** Yeni Şafak Gazetesi Kültür Sanat Eki, 27.09.2015. <http://www.yenisafak.com/hayat/elemini-kederini-estetik-forma-donustur-2311999>
- **"Terapinizi Hangi Sanattan Alırsınız?"**, Star Gazetesi, 08.10.2015. <http://haber.star.com.tr/kitap/terapinizi-hangi-sanattan-alirsiniz/haber-1061417>
- **"Psk. Ayşe Kaya Göktepe İle Sanat Terapi Üzerine",** 09.10.2015 <http://www.aktuelpsikoloji.com/psk-ayse-kaya-goktepe-ile-sanat-terapi-uzerine-16739h.htm>
- **"Psikolog Ayşe Kaya Göktepe'nin Sanat Terapi adlı kitabı raflarda",** 12.11.2015, <http://www.ayyildizhaber.com/haber/kultur-sanat/248/psikolog-ayse-kaya-goktepenin-sanat-terapi-adli-kitabi-raflarda.html>
- **"Psikolog Ayşe Kaya Göktepe'nin Sanat Terapi adlı kitabı raflarda",** 12.11.2015, <http://www.iha.com.tr/haber-psikolog-ayse-kaya-goktepenin-sanat-terapi-adli-kitabi-raflarda-511460/>

#### ➤ **ARTICLES**

- **A Short Break for Conflict between Mother and Mother –in-law (Gelin-Kaynana Çatışmasına Kısa Bir Mola),** 23.03.2017 <http://www.gonuldergisi.com/gelin-kaynana-catismasına-kisa-bir-mola-klinik-psikolog-ayse-kaya-goktepe.html>
- **"Psycho-Mythology in Modern Times: Astrology,"** Nihayet Magazine, Issue 97, January 2023. Link
- **"Why Did We Exhaust Ourselves? Burnout Syndrome,"** Lacivert Magazine, January 2023 issue. Link
- **"Spatial Identity Between Going and Staying,"** Nihayet Magazine, Issue 100.
- **"Psychological Implication of Identifying with the Intellectual,"** Lacivert Magazine, Issue 99.
- **"The End of a Good-Intentioned Path Will Lead to Goodness,"** 1868 Kızılay Magazine, February 2023 issue.
- **"Post-Modern Blame Center: Energy Shelters,"** Lacivert Magazine, Issue 101.
- **"Living Syndrome in the Display Window: Narcissism,"** Lacivert Magazine, Issue 104.

## TALENTS & HOBBIES

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### ➤ Languages:

- *English (Advanced Level)*
  - *YÖKDİL score: 86,25 (09.07.2017)*
  - *YDS score: 71,25 (24.03.2019)*
- *Bosnian (Intermediate)*
- *Arabic (Elementary)*
- *Croatian (Pre-intermediate)*
- *Serbian (Elementary)*
- *Ottoman (old Turkish)*
  - *Matbu: Pre-intermediate*
  - *Rik'a: Elementary*
- *Italian(Beginner)*
- *Persian (Beginner)*

### ➤ Computer Skills

- *Writing 69 words in 60 seconds.*
- *SPSS 23,*
- *Adobe Photoshop CS5*
- *MS Office: Word, Excel, Access, Power Point*

- Simultaneous English-turkish Translation.
- Good communication skills, responsibility and hardworking
- Dynamic and fast learning

### ➤ Talents & Hobbies

- Playing Ney (advanced)
- Playing Violin and rebab (beginner)
- Playing Qanun (beginner)

## CONCERTS

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- **Ney Performer**, "1st July 2012 Kabotaj ve Denizcilik Bayramı" Concert chef: Rüştü Şentürk, Mudanya Municipality Turkish Classical Music Choir,, Uğur Mumcu Cultural Center, 1st July 2013, Bursa, TR.
- **Ney Performer**, "Commemoration of Yesari Asım Arsoy" Concert" chef: Rüştü Şentürk, Mudanya Municipality Turkish Classical Music Choir,, Uğur Mumcu Cultural Center, 24th February 2013, Bursa, TR.
- **Ney Performer**, "24 Kasım Öğretmenler Günü" Concert chef: Rüştü Şentürk, Mudanya Municipality Turkish Classical Music Choir,, Uğur Mumcu Cultural Center, 24th November 2012, Bursa, TR.
- **Ney Performer**, "Yıl Sonu Concert" chef: Fahri Dibekoğlu, Choir of the Turkish Classical Music Students at The Conservatory of Bursa Metropolitan Municipality, Tayyare Cultural Center, 27th May 2012, Bursa, TR.

## REFERENCES

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