

Cigdem Yumbul

Ozyegin University
Department of Psychology
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EDUCATION

UNIVERSITY OF MINNESOTA-TWIN CITIES	St. Paul, MN
<i>Doctorate in Family Social Science</i>	2017
<i>Specialization in Couples and Family Therapy</i>	
<i>Minor: Feminist Studies</i>	
NORTHWESTERN UNIVERSITY	Evanston, IL
<i>Masters of Science in Marital and Family Therapy</i>	2008
KOC UNIVERSITY	Istanbul, Turkey
<i>Bachelors of Art in Psychology</i>	2005
Dean's List 2003-2004	
Vehbi Koc Honor Roll 2004-2005	

PUBLICATIONS

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- **Yumbul, C.**, Wieling, E., & Celik, H. (2017). Mother-child relationships following a disaster: The experiences of Turkish mothers living in a container city after the 2011 earthquake. *Contemporary Family Therapy*, 1-12. doi: 10.1007/s10591-017-9445-7
 - Mendenhall, T., Bundt, J., & **Yumbul, C.** (in press). Medical family therapy in disaster-preparedness and trauma-response teams. In T. Mendenhall, A. Lamson, J. Hodgson, and M. Baird (Eds.), *Clinical methods in medical family therapy*. New York, NY: Springer.
 - Levchenko, P., **Yumbul, C.**, & Mendenhall, T. (2016). Uncharted territory: Long distance relationships in college-age commuters. In T. Mendenhall, E. Plowman, and L. Trump (Eds.), *Intimate Relationships: Where have we been? Where are we going?* (2nd Edition, pp. 153-166). Dubuque, IA: Kendall Hunt.
 - Wieling, E., Mehus, C., **Yumbul, C.**, Möllerherm, J., Ertl, V., Laura, A., Forgatch, M., Neuner, F., & Catani, C. (2015), Preparing the Field for Feasibility Testing of a Parenting Intervention for War-Affected Mothers in Northern Uganda. *Family Process*, 56(2), 376-392. doi:10.1111/famp.12189
 - Wieling, E., & **Yumbul, C.** (2013). Collectivism. In R. Emery (Ed.), *Cultural sociology of divorce: An encyclopedia* (Vol. 3, pp. 284-287). Thousand Oaks, CA: SAGE Publications.
 - Wieling, E., & **Yumbul, C.** (2013). Abuse of children: Verbal and physical. In R. Emery (Ed.), *Cultural sociology of divorce: An encyclopedia* (Vol.1, pp. 18-20). Thousand Oaks, CA: SAGE Publications.
 - Sar, V., Ozturk, E., Kucukgoncu, S., **Yumbul, C.** & Ertem-Vehid, H. (2012). Zwischen selbstreflexion und selbst-ubersuegtsein: Kognitive einsicht bei dissoziativen und schizophrenen Störungen und das Dissoziationsparadox (Between self-reflection and

self-certainty: Cognitive insight in dissociative and schizophrenic disorders and the "dissociation paradox"). In Ozkan, I., Sachsse, U., & Streeck-Fischer, A. (Eds.), *Zeit heilt nicht alle Wunden: Kompendium zur Psychotraumatologie*. Gottingen: Vandenhoeck & Ruprecht.

- **Yumbul, C.**, Cavusoglu, S., & Geyimci, B. (2010). The effect of childhood trauma on adult attachment styles, infidelity tendency, romantic jealousy and self-esteem. *Procedia Social and Behavioral Sciences*, 5, 1741-1745. doi:10.1016/j.sbspro.2010.07.357

PRESENTATIONS

- **Yumbul, C.** (2014). *Lessons learned from the Soma Solidarity Network Project*. Presented at the annual International Psychological Trauma Conference, Istanbul.
- **Yumbul, C.**, Celik, H., & Wieling, L. (2013). *The 2011 Earthquake: Turkish Mother's perceived changes in parenting and parent-child relationship post disaster*. Presented at the annual conference of the American Association of Marriage and Family Therapy (AAMFT) Conference, Portland.
- **Yumbul, C.**, Celik, H., & Wieling, L. (2013). *Mother's perceptions of the psychological and relational impact of the 2011 earthquake in Van, Turkey*. Presented at the annual conference of the European Society of Traumatic Stress Studies (ESTSS) Conference, Bologna, Italy.
- **Yumbul, C.**, & Celik, H. (2012). *An integrative conceptual framework for understanding child abuse*. Paper presented at the annual conference of the International Psychological Applications Conference and Trends (INPACT) Conference, Madrid, Spain.
- **Yumbul, C.**, Cavusoglu, S., & Geyimci, B. (April, 2010). *The effect of childhood trauma on adult attachment styles, infidelity tendency, romantic jealousy and self-esteem*. Paper presented at the annual conference of the World Conference of Psychology, Counseling and Guidance, Antalya, Turkey.
- Altan Aytun, O., Kahveci, S., Cavuşoğlu, S., Erdogan, T., & **Yumbul, C.** (2010). *The Effectiveness of EMDR and Support Group Treatment Model in Smoking Cessation*. Paper presented at the annual conference of the EMDR European Conference, Hamburg, Germany.
- Sar, V., Ozturk, E., Islam, S., Serkan, Kucukgoncu, S., & **Yumbul, C.** (2009). *Cognitive Insight in Dissociative Disorders: A Comparison with Major Depression, OCD and Schizophrenia*. Paper presented at the annual conference of the International Society for the Study of Trauma and Dissociation (ISSTD), Washington D.C., USA.
- Elmore, C., & **Yumbul, C.** (2007). *Treating adolescents with the Family Institute Model. An interactive workshop illustrating the Family Institute model applied to work with adolescents and families*. Paper presented at the annual conference of the Northwestern University, Evanston, Illinois
- Konuk, E., **Yumbul, C.**, Kaya, F., Altan, O., & Ozgun, S. (2006). *Premarital Assessment Inventory (IDE) Reliability and Validity Study*. Paper presented at the annual conference of the National Psychology Conference, Ankara, Turkey.
- Sahin, A., **Yumbul, C.**, Konuk, E., Kaya, F., Yuksek, H., & Eke, I. (2006). *EMDR as a Tool to Enhance Performance in Volleyball Coaches and Adolescent Volleyball Players*. Paper presented at the annual conference of the Europe EMDR Conference, Istanbul, Turkey.

HONORS AND AWARDS

- College of Education and Human Development Alumni Society-Advanced Study Scholarship: 2015
- Lucile Garley Blank Fellowship in Ambiguous Loss: 2014
- Women's Philanthropic Leadership Circle Award: 2013
- The Counsel of Graduate Students Travel Award: 2013
- Ott International Student Fellowship: 2013
- GradSEHD Travel Grant: 2012

RESEARCH EXPERIENCE

UNIVERSITY OF MINNESOTA

Research Assistant, Dr. Elizabeth Wieling

Minneapolis, MN

2011- 2014

- Worked on the development and implementation of culturally adapted parenting interventions for war-affected Northern Ugandan families
- Content development of trauma-focused parenting intervention manuals for counselors in Northern Uganda
- Trained as a coder in the Family and Peer Process Code (FPPC) system
- Coding and analyzing structured mother-child interaction tasks for a Northern Uganda sample

Research Assistant, Dr. Tai Mendenhall

Minneapolis, MN

2012-2013

- Developed a self-care application, which aimed to protect secondary traumatization of first-aid providers in disaster areas
- Collaborated as a co-author on a book chapter titled: Long-Distance Relationship Couples

PSIKOLOJI ISTANBUL CENTER FOR COUNSELING

Istanbul, Turkey

Psychotherapist, Research Coordinator

2009-2011

- Worked on research projects, producing publications and presenting in national and international conferences
- Assigned interns' duties, facilitating their participation to ongoing research project and providing clinical and research training to interns
- Coordinated clinical workshops and trainings (Gottman Method Couples Therapy, Experiential Play Therapy)
- Followed current academic research and updating the research database of the Center

ISTANBUL UNIVERSITY, MEDICAL FACULTY HOSPITAL

Istanbul, Turkey

Research Assistant

2008-2010

- Collaborated with Dr. Sar in the research study titled, “Assessing Insight in Dissociative patients, using Beck Cognitive Insight Scale”

THE FAMILY INSTITUTE at NORTHWESTERN UNIVERSITY Chicago, IL
Research Assistant 2006-2008

- Trained and supervised as a SASB (Structural Analysis of Social Behavior) coder by Dr. Lynne Knobloch-Fedders
- Involved in coding couple’s interactions, literature review, and data analysis of the study “An investigation of Generalized Anxiety Disorder and relationship distress in couples using the Structural Analysis of Social Behavior”

INSTITUTE FOR BEHAVIORAL SCIENCES Istanbul, Turkey
Research Assistant 2005-2006

- Worked with a team of research assistants to coordinate 7. EMDR Europe conference, EMDR Level I and II trainings and certificate programs at the Institute.
- Assisted preparation of Marriage and Therapy certification program at the Institute
- Translated and adapted the “Substance Abuse Subtle Screening Inventory”
- Participated in the development and implementation of a school-based intervention and prevention program named “Children at Risk”.

KOC UNIVERSITY, PSYCHOLOGY DEPARTMENT Istanbul, Turkey
Independent Research Project 2005

- Developing a marital satisfaction scale for Turkish couples under the supervision of Dr. Nazli Baydar

CLINICAL EXPERIENCE

BUDE PSYCHOTHERAPY CENTER Istanbul, TURKEY
Psychotherapist 2015-Present

- Conducting psychotherapy with individuals, couples and families

SOMA SOLIDARITY NETWORK PROJECT (SomaDA) Soma, Manisa, TURKEY
Project Coordinator September-June 2015

- Coordinated two centers established in different cities after the Soma Mine Disaster, which aimed to provide psychosocial support for families affected by the disaster.
- Organized the coordination and cooperation between the two centers, mental health associations, sponsors, local municipality, NGO’s and Ministry of Family and Social Politics
- Planned the implementation of individual and group therapy sessions, home visits and field activities.
- Assessed the psychosocial needs of the affected population, engaging local governments, communities, NGO’s and national organizations to collaborate on the designated matters.
- Organized community-based activities including workshops for affected women and children.

- Developed, organized and delivered trauma-focused trainings for local mental health workers and school teachers for capacity building
- Organized the volunteer mental health professionals who support the work at the centers on weekly bases.
- Conducted individual and group psychotherapy with the affected population, assisting the project team during home and village visits.
- Prepared monthly progress reports
- Presented the project outcomes at the conferences and invited talks

RS EDEN RESIDENTIAL TREATMENT CLINIC Minneapolis, MN
Clinical Intern 2011- 2014

- Completed PhD clinical requirement of accumulating over 500 hours of individual, couple and family therapy
- Conducted psychotherapy with male patients residing in the treatment facility receiving treatment for substance addiction
- Lead individual and couple “relationship” groups with the patients and their families

NATIVE AMERICAN COMMUNITY CLINIC Minneapolis, MN
Clinical Intern 2011

- Conducted individual, couples and family therapy with Native American population.

PSIKOLOJI ISTANBUL CENTER FOR COUNSELING Istanbul, Turkey
Psychotherapist 2009-2011

- Conducting psychotherapy with individuals, couples and families

ISTANBUL UNIVERSITY, MEDICAL FACULTY HOSPITAL Istanbul, Turkey
Clinical Intern 2008-2010

- Attended therapy sessions with Dissociative Identity Disorder patients with Dr. Vedat Sar, the founder of “Dissociative Disorders Clinic” at Istanbul University

THE FAMILY INSTITUTE at NORTHWESTERN UNIVERSITY Chicago, USA
Practicum Student 2006-2008

- Accumulated over 500 psychotherapy hours with adults, families and couples under individual and group supervisions.

NICHOLS MIDDLE SCHOOL Evanston, USA
Children’s Group Leader 2006

- Conducted group treatment sessions with 6th grade students as part of “Nichols” school-based prevention research study under supervision of Dr. Melba Nicholson.

TEACHING EXPERIENCE

OZYEGIN UNIVERSITY
 Full-time faculty Member (Graduate and Undergraduate level course) Fall 2017

- Psychology of Trauma (**PSY 407**)
- Foundation of Family Therapy (**PSY 531**)
- Group Supervision

BILGI UNIVERSITY
Instructor (Graduate level courses)

- Supervision (Individual) Spring 2017

- Supervision (Group) Summer 2017

ISTANBUL TICARET UNIVERSITY

Instructor (Graduate level courses) Spring 2016

- Psychopathology (**PSI 500**)

OKAN UNIVERSITY

Instructor (Graduate level courses) Fall 2015

- Special Populations in Psychological Trauma (**PSI 518**)
- Family Therapy (**PSI 508**)

ST. CATHERINE UNIVERSITY

Guest Lecturer Fall 2013

- Lectured on “Personality Theories” in Introduction to Psychology Course (PSYC 1000)

UNIVERSITY OF MINNESOTA, FAMILY SOCIAL SCIENCE DEPARTMENT

Guest-Lecturer

- Guest lectured two classes on the “Measurement in Family Research” and “The Edge of Knowledge” in Family Research Methods Course (FSOS 2105) Fall 2013

Co-facilitator Fall 2013

- Lectured the course on “Feminist Theory” in Qualitative Methods Course (FSOS 8013).

Lecturer Spring 2013

- Designed and instructed the undergraduate level summer course titled “Introduction to Family Resilience Framework”

KOC UNIVERSITY, PSYCHOLOGY DEPARTMENT

Teaching Assistant Spring & Fall 2004

- Leading the lab session for the course titled “Data Analyses in Social Sciences: SPSS”

CLINICAL TRAINING

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- **ARISE, Level I** 2012
Boulder, CO
Dr. Judith Landau
 - **Narrative Exposure Therapy** 2011
Minnesota, MN
Dr. Elizabeth Wieling
 - **Gottman Method Couples Therapy- Level II** 2010
Dr. John Gottman & Dr. Julie Schwartz Gottman
 - **Gottman Method Couples Therapy- Level I** 2010
Dr. John Gottman & Dr. Julie Schwartz Gottman
 - **Cognitive Behavioral Therapy- Level I** 2010
Dr. Christine A. Padesky
 - **Clinical Hypnosis-Beginner Level** 2009
Dr. Richard Kluff
 - **Experiential Play Therapy** 2009
Dr. Byron & Carol Norton
 - **EMDR (Eye Movement Desensitization and Reprocessing) – Levels I & II** 2006
EMDR INSTITUTE

CURRENT MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- Turkish Psychology Association
- American Association for Marriage and Family Therapy
- International Society for Traumatic Stress Studies