

Curriculum Vitae **GIZEM ARIKAN (PhD)**

Contact

Ozyegin University, Department of Psychology
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Employment

2013 (February) - present	Assistant Professor of Psychology, Department of Psychology, Ozyegin University, Istanbul, Turkey
2013 (February)- 2015	Visiting Fellow, University of Southampton, School of Psychology, UK
2010 (October) – 2013 (January)	Post-doctoral Research Assistant in Attachment, Affect Regulation and Psychophysiology, School of Psychology, University of Southampton, UK

Education

Ph.D. Clinical Psychology, University of Southampton, UK. March 2011
Thesis Title: The Role of Attachment in Emotion Regulation of Traumatic Stress

M.Sc. Clinical Psychology, Middle East Technical University, Turkey. June 2007
(Tuition in English), GPA: 3.71 / 4.00 (First-class degree equivalent)
Thesis Title: Prevalence of Traumatic Events and Determinants of Posttraumatic Growth in University Students

B.Sc. Psychology, Middle East Technical University, Turkey. June 2005 (Tuition in English),
GPA: 3.62 / 4.00 (First-class degree equivalent)

B.Sc. Philosophy (Double Major), Middle East Technical University, Turkey. June 2005
(Tuition in English), GPA: 3.31 / 4.00

Awards and Studentships

2010	Gordon Trasler Award for congress presentation, School of Psychology, University of Southampton, UK
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- 2007- 2010 United Kingdom Overseas Research Students Award Scheme (ORSAS). One of the awarded 19 students in year 2007 in University of Southampton, UK
- 2005- 2006 Academic Year, Middle East Technical University, Graduate Courses Performance Award, Ankara, Turkey
- 2006 2nd in Turkish Psychological Association, 'Research Competition for Young Psychologists', Turkey

Research Support and Grants

- 2015- 2019 Improving Mother-child Attachment Relationship with Circle of Security Parenting Training Program. The Scientific and Technological Research Council of Turkey (TUBITAK 3510 SOBAG 114K813), Turkey, *Primary Investigator* (349.762 Turkish Lira)
- 2014- 2017 Literature's Witnessing the History of Democratization in Turkey: Coups and Novels. The Scientific and Technological Research Council of Turkey (TUBITAK 1001 SOBAG 114K137), Turkey, *Co-Investigator* (158.415 Turkish Lira)
- 2014- 2016 Factors Influencing the Marital Relationship in the First Years of Marriage, The Scientific and Technological Research Council of Turkey (TUBITAK 1001 SOBAG 113K538), Turkey, *Co-Investigator* (379.921 Turkish Lira)
- 2009 Funding for PhD project data collection, Compassionate Mind Foundation, UK (£3000)

Publications

Akgün, E., Budak, A. M., **Arikan, G.**, Mikolajczak, M. & Roskam, I. (in preparation) Validation of Turkish version of the Parental Burnout Assessment (PBA).

Arikan, G., Kumru, A., Korkut, B., & Ilhan, O. A. (Under review,). Examining Toddlers' Problem Behaviors: The role of SES, parenting stress, perceived support and negative intentionality. *Journal of Child and Family Studies*.

Karl., A., Carnelley, K., **Arikan, G.**, Baldwin, S. D., Heinrichs, M., & Stopa, L. (Under review, *Behaviour Research and Therapy*). The effect of attachment security priming and oxytocin on physiological responses to trauma films and subsequent intrusions.

Corapci, F. & **Arikan, G.** (2017). Klinik psikolojide önleyici müdahale. [*Preventive intervention in clinical psychology*]. *Türkiye Klinikleri Psikoloji Özel Dergisi*, 2, 80-88.

Arikan, G., Stopa, L., Carnelley, K. B., & Karl, A. (2015). Understanding the

associations between attachment, posttraumatic stress disorder and posttraumatic growth, *Anxiety, Stress & Coping*, 29, 1-20. (doi:10.1080/10615806.2015.1009833)

Hepper, E. G., Wildschut, T., Sedikides, C., Ritchie, T., Yung, T., Hansen, N., Abakoumkin, G., **Arikan, G.**.... (2014). Pancultural Nostalgia: Prototypical Conceptions Across Cultures. *Emotion*, 14, 733-747.

Arikan, G. & Karanci, N. A. (2012). Attachment and coping as facilitators of posttraumatic growth in Turkish university students experiencing traumatic events. *Journal of Trauma and Dissociation*, 13, 209-225.

Yorbık, Ö. & **Arikan, G.** (2007). *Uyum bozukluklari. [Adjustment Disorder]* In A.S. Aysev, & Y.I. Taner, (Eds.), *Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları [Child and Adolescent Psychiatric Disorders]* (pp. 657-665) Turkey: Golden Print.

Arikan, G. (2006). Psikolojide İndirgemecilik. [Reductionism in Psychology]. *Türk Psikoloji Bülteni [Turkish Psychology Bulletin]*, 12, 18-20.

Arikan, G. (2005). Sexual dysfunctions. *Europe's Journal of Psychology*, 2.

Supervised Master Thesis

Korkut, B. 2018. "Effects of the child, maternal and environmental characteristics on behavioral problems in early childhood". Unpublished Master Thesis, Özyeğin Üniversitesi, İstanbul.

Karabulut, D. H. 2019. "The relationship between maternal psychological well-being, sensitivity and toddlers' observed attachment security in a socio-economic risk group". Unpublished Master Thesis (Under review), Özyeğin Üniversitesi, İstanbul.

Conference Proceedings

Arikan, G. (2019, August). *Turkish mothers' emotion socialization strategies in relation to maternal risk factors of SES and mental health during toddlerhood.* Caregiving of Turkish mothers and emotion regulation in early childhood symposium at the 19th European Conference on Developmental Psychology, Athens, Greece.

Tasel, I. Z., **Arikan, G.**, Kumru, A., Coskun, Z., Arslan, S., Beken, Z., Safaz, R., Piri, I., Yildizhan, C., Sel, Y. (2019, August). *The association between mother's romantic attachment parenting stress and toddler's attachment.* Poster session will be presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

Toz, N., Kumru, A., **Arikan, G.**, Kuzgun, S., Toksal, S., Gedizli, A., Kiris, A., & Ozman, N. (2019, August). *The role of caregiving helplessness, social support and maternal hostility in maternal sensitivity during Toddlerhood.* Poster session will be presented at

the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

Toz N., Üstündağ-Budak A. M., & **Arikan G.** (2019, August). *The Role of Maternal Mental Health and Emotion Regulation Strategies in Caregiving Helplessness*. Oral presentation will be presented at the congress of 19th European Conference on Developmental Psychology, Athens, Greece.

Arikan, G., & Kumru, A. (2018, November). *Erken Çocukluk Döneminde Anne-Çocuk İlişkisinin Güvenli Çember Ebeveynlik Eğitim Programı ile Desteklenmesi [Supporting mother-child relationship in early childhood with Circle of Security Parenting Program]. Türkiye’de Uygulanan Erken Çocukluk ve Okul Dönemine Yönelik Önleyici Müdahale Programı Örnekleri: Uyarlama, Uygulama ve Etki Değerlendirmeleri sempozyumu [Early childhood and school period preventive interventions in Turkey: Adaptation, application and effectiveness evaluations]. Symposium at the 20. National Psychology Congress, Ankara, Türkiye.*

Karabulut, D.H., Coruk, S., Eksioğlu Z., Ozer, I.B., Guner H., Evcı, B.M., Töz, N., & **Arikan, G.** (2018, July). *The Relationship among mothers’ socio-economic status, mentalization, maternal interpretations of toddler’s intentionality and maternal sensitivity*. Poster presented at the conference of International Association for Relationship Research Conference, Colorado, USA.

Toz, N., Gürbüz, D., Söğütçü, E., Şengül, Ş., Özyol, B., Karabulut, D. H., & **Arikan, G.** (2018, July). *The role of maternal psychological well-being and caregiving Helplessness in maternal Sensitivity during toddlerhood*. Poster presented at the conference of International Association for Relationship Research Conference, Colorado, USA.

Korkut, B., Kumru, A., İlhan, A., & **Arikan, G.** (2018, May). *The role of social support, maternal stress and mothers’ perception of intentionality in toddlers’ behavioral problems*. Poster presented at the conference of World Infant Mental Health Conference, Rome, Italy.

Arikan, G., Çorapçı, F., & Kumru, A. (2017, June). *The role of maternal psychological well-being and mentalization in emotion socialization during toddlerhood*. International Attachment Conference , London, England.

Çorapçı, F., **Arikan, G.**, & Kumru, A. (2017, June). *The mediating role of emotion socialization between maternal mentalization and toddlers’ socio-emotional adjustment*. International Attachment Conference , London, England.

Karabulut, D., İlhan, A., Kumru, A., **Arikan, G.** (2016, November). *Erken Çocukluk Döneminde Çocuk Niyetliliği Ölçeği’nin Türk Örneklemindeki Sosyometrik Özellikleri. [Turkish psychometric properties of Infant Intentionality Questionnaire during early childhood period].* Poster presented at the 52nd National Psychiatry Congress, Antalya, Turkey.

Karabulut, D., İlhan, A., Kumru, A., **Arikan, G.** (2016, November). *Erken Çocukluk Döneminde Ebeveyn İçsel Düşünme İşlevselliği Ölçeği’nin Türk Örnekleminde Görülen*

Sosyometrik Yapısı. [The psychometric structure of parental reflective functioning questionnaire in a Turkish sample during early childhood]. Poster presented at the 52nd National Psychiatry Congress, Antalya, Turkey.

- Aldan, P., Anıl E., Gökbalkan, C., Sariçicek, D., Topgüloğlu, G., **Arikan, G.** (2016, September). *Sosyoekonomik düzeyi düşük anneler için çocuk bakımında alınan desteğin, olumsuz benlik algısı, algılanan sosyal destek ve ebeveyn yeterliliği üzerindeki rolü. [The role of child rearing support in negative self-view, perceived social support and parental sense of competence in mothers from low SES].* Poster presented at the 19th National Psychology Congress, Izmir, Turkey.
- Ergün, E., Bingöl, B., Demizeren, G., Kalender, S., Yavuz, G., **Arikan, G.** (2016, September). *Sosyoekonomik düzeyi düşük grupta yer alan annelerin ebeveyn özyeterliliği algısının, annelerin ve çocukların psikolojik sorunları üzerindeki aracı rolü. [The mediating role of parental sense of competence between children's and mothers' psychological problems in low SES group].* Poster presented at the 19th National Psychology Congress, Izmir, Turkey.
- Kurtşan, P., Ece, C., Eşitmez, S., Kutluay, E., Sözübir, T., **Arikan, G.** (2016, September). *Erken çocukluk döneminde düşük sosyoekonomik düzeydeki annelerin psikolojik durumu ve çocukların davranış problemleri arasındaki ilişkiye algılanan sosyal desteğin etkisi [The effect of perceived social support between the relationship of mothers psychological state and children's behavioural problems during early childhood in a low SES sample].* Poster presented at the 19th National Psychology Congress, Izmir, Turkey.
- Kafescioglu, N., **Arikan, G.**, Kumru, A., & Ledermann, T. (2015, August). *The role of conflict resolution in the relationship between attachment and dyadic adjustment in newlywed couples.* Poster presented at the 7th International Attachment Conference, NY, USA.
- Arikan, G.**, Kafescioglu, N., Kumru, A., & Ledermann, T. (2015, August). *The role of emotion regulation and attachment on psychophysiological stress responses of newlywed Turkish couples.* Poster presented at the 7th International Attachment Conference, NY, USA.
- Carnelley, K., Hepper, E., Rowe, A.C., **Arikan, G.**, & Gramzow, R. (2015, February). *Attachment models and older adults' facial expressions following symbolic imposed closeness.* Poster presented at the 16th annual meeting of the Society for Personality and Social Psychology, California, USA.
- Arikan, G.** (2014, October). *The elephants in the psychotherapy room.* Paper presented at the Wealden Psychology Institute, 3rd International Seminar: Beliefs: I am OK-You're OK? TA, Faiths and Beyond: A world wide perspective, London, UK.
- Arikan, G.** & Kumru, A. (2013, June). *The effectiveness of life-skills training programme for adolescent girls in Turkey.* Poster presented at the 10th International Association for Adolescent Health Congress, Istanbul. Turkey.
- Kumru, A. & **Arikan, G.** (2013, April). *Effects of life skills training program on adolescent*

girls' self-esteem, communication skills, and academic success in Turkey. Poster presented at the Society for Research in Child Development Biennial Meeting, Seattle, Washington, USA.

Arikan, G., Carnelley, K., Stopa, L., Kumsta, R., Baldwin, D., & Karl, A. (2012, September).

Effect of primed attachment security and oxytocin on processing of trauma-related stress. Paper presented at the 52nd Annual Meeting of Society for Psychophysiological Research, New Orleans, Louisiana, USA.

Carnelley, K. B., Hepper, E. G., Rowe, A. C., **Arikan, G.**, & Gramzow, R. (2012, July)

Attachment orientation, threat and symbolic closeness to attachment networks. Poster presented at the International Association for Relationship Research Conference, Chicago, Illinois, USA.

Arikan, G., Carnelley, K. B., Hepper, E. G., Rowe, A. C., & Gramzow, R. (2012, May).

Symbolic closeness motivation as affect-regulation under threat: The role of attachment. Poster presented at the Consortium of European Research on Emotion, Canterbury, Kent, UK.

Carnelley, K. B., Hepper, E. G., Rowe, A. C., **Arikan, G.**, & Gramzow, R. (2012, January).

Heart rate and heart rate variability in response to imposed closeness. Poster presented at the 13th Annual meeting of the Society for Personality and Social Psychology, San Diego, California, USA.

Arikan, G., K. B. Carnelley, L. Stopa., Baldwin, D., & Karl, A. (2011, July). *Attachment*

dimensions as moderators for the effect of oxytocin after trauma films. Poster presented at the 12th European Congress of Psychology, Istanbul, Turkey.

Carnelley, K. B., Hepper, E. G., **Arikan, G.**, Rowe, A., & Gramzow, R. (2011, July).

Attachment and responses to imposed interpersonal closeness. Poster presented at the 12th European Congress of Psychology, Istanbul Turkey.

Carnelley, K. B., Hepper, E. G., **Arikan, G.**, Rowe, A., & Gramzow, R. (2011, July). *Heart*

Rate Responses to Imposed Closeness of Attachment Networks. Poster presented at the 16th European Association of Social Psychology General Meeting, Stockholm, Sweden.

Arikan, G., Carnelley, K., Stopa, L., Baldwin, D., & Karl, A. (2011, May). *Attachment style as*

a moderator for the effect of oxytocin and attachment priming. Poster presented at the Implications of Research on the Neuroscience of Affect, Attachment and Social Cognition Conference, London, UK.

Arikan, G., K. B. Carnelley, L. Stopa., Baldwin, D., & Karl, A. (2011, November). *Effect of*

attachment security and oxytocin on PTSD. Paper at the 27th Annual Meeting of the International Society of the Traumatic Stress Studies, Baltimore, Maryland, USA.

Arikan, G., Carnelley, K., Stopa, L., D. Baldwin & Karl, A. (2010, August). *Oxytocin and*

secure attachment priming as physiological stress-buffers in the framework of trauma film paradigm. Poster presented at the 2nd Biennial Conference of the International Association for the Study of Attachment, Cambridge, UK.

Arikan, G., Carnelley, K., Stopa, L., & Karl, A. (2010, February). *The predictors of negative and positive changes following adverse life events*. Poster presented at the 18th European Congress of Psychiatry, Munich, Germany.

Arikan, G. (2010, April). *The positive and negative changes following adverse life events*. Poster presented at the University of Southampton Medicine, Health and Life Sciences Faculty Conference, Southampton, UK.

Arikan, G. & Gençöz, F. (2006, September). *Ethical violations in psychotherapy [Psikoterapide etik ihlaller]*. Paper presented at the 14th National Psychology Congress, Ankara, Turkey.

Teaching

2014-2019 Ethical Issues in Psychology (402), Ozyegin University, Istanbul Turkey

2014- 2018 Clinical and Health Psychology (PSY401), Ozyegin University, Istanbul, Turkey

2014-2019 Introduction to Clinical Assessment and Interview Techniques (PSY404), Ozyegin University, Istanbul, Turkey

2013-2014 (Spring) Systems of Psychotherapy (PSY406), Ozyegin University, Istanbul, Turkey

2014-2019 Attachment and Relationships (PSY315), Ozyegin University, Istanbul, Turkey

2013-2014, 2014-2015 (Fall), Adult Psychopathology (PSY303), Ozyegin University, Istanbul, Turkey

2012-2013 (Spring), General Psychology (PSYCH100), Ozyegin University, Istanbul, Turkey

15.10.2010- 01.11.2011 Supervising final year project students and voluntary research assistants in University of Southampton, UK

25.02.2010- 25.03.2010 Part-time Hourly Paid Lecturer at the Royal South Hants Hospital, Department of Psychiatry for MRCPsych course

23.02.2009- 08.01.2010 Teaching Assistant at the University of Southampton for Life-span and change: Adulthood and Aging (PSYC3017)

01.02.2009- 31.05.2009 Part-time Hourly Paid Lecturer at the University of Winchester for Introduction to Research Methods and Practice (PS1802)

10.02.2009- 30.06.2009 Part-time Hourly Paid Lecturer at the University of Winchester for Cognitive Psychology (PS2801)

30.09.2008- 16.12.2008 Part-time Hourly Paid Lecturer at the University of Winchester for Personality and Individual Differences (PS2804)

Editorial Experience

Ad Hoc Reviewer: *Journal of Traumatic Stress; Anxiety, Stress & Coping; Journal of Social and Personal Relationships; Psychological Trauma: Theory, Research, Practice, and Policy; Journal of Clinical Psychology; Anxiety, Stress, & Coping; Türk Psikoloji Dergisi*

27.09.2008- 27.10.2010 Peer-reviewer in the Journal of European Psychology Students (JEPS)

01.15.2007- 01.15.2007 Peer-reviewer in the New School Psychology Bulletin (NSPB)

Workshops, Trainings & Certificates

2018 (September)- 2019 (March) Emotional Availability Scales-EAS (Level 1) Training, by Dr Zeynep Bringen. *Certified reliable EAS coder since 2019.*

2018 (July)- 2019 (January) Mentalizing the Body: Parental Embodied Mentalizing (PEM) in Research and in Clinical Practice Training. Anna Freud National Centre for Children and Families, London, July 2018, Course Leader Dr. Dana Shai. *Certified reliable PEM coder since 2019.*

2015 (February) Psychotherapy with Narcissistic Clients, Dr Richard Erskin, Istanbul, Turkey

2014 (November) TA 202 Trauma and Recovery, Joanna Beazley (TSTA), Istanbul, Turkey

2013 (December) Theory and Methods of Integrative Psychotherapy, Richard G. Erskin (PhD), Istanbul, Turkey

2013 (November) TA 202 Life Scripts, Joanna Beazley Richard (TSTA), Istanbul, Turkey

2013 (June) Physiological Survival Reactions, Implicit Experiential Conclusions, and Explicit Decisions: Methods in the Treatment of Life Scripts by Richard G. Erskin (PhD), Izmir, Turkey

2012 (September)- 2015 M.Sc/Diploma in Transactional Analysis Psychotherapy, Metanoia Institute, validated by Middlesex University, UK

2012 (February) Introduction to Transactional Analysis (TA101), Wealden College, Sussex, UK

2011 (September)- 2012 (June) Transactional Analysis Foundation Year training, Wealden College, Sussex, UK

2011 (November- January)	Eye-tracking training in University of Southampton, School of Psychology, UK
2009 (September)	Structural Equation Modelling for Cross-sectional Data, University of Southampton, Courses in Applied Social Surveys, UK
2009 (February)	Survey Data Analysis II: Introduction to Linear Regression Modelling, University of Southampton, Courses in Applied Social Surveys, UK
2009 (January)	Neuroanatomy for Psychiatry, one-day course, Institute of Child Health, London, UK
2008 (November)	Survey Data Analysis I: Introducing descriptive and inferential statistics, University of Southampton, Courses in Applied Social Surveys, UK
2006	Thematic Apperception Test: From Application to Report, Turkish Psychological Association, Ankara, Turkey

Clinical Internships and Summer Practices

02.15.2007- 15.06.2007	Dış Kapı SSK Research Hospital, Adolescent Clinic, Ankara, Turkey
25.09.2006- 01.12.2007	Numune Research Hospital, Adult Psychiatry Clinic, Ankara, Turkey
02.02.2006-15.06.2006	Gulhane Military Academy of Medicine, Child and Adolescent Psychiatry Clinic, Ankara, Turkey
02.08.2004- 31.08.2004	Dokuz Eylul University, Faculty of Medicine, Child and Adolescent Psychiatry Clinic, Turkey
05.07.2004- 30.07.2004	Ege University, Faculty of Medicine, Adult Psychiatry Clinic, Turkey

Memberships

British Psychological Society (2006- present)

European Federation of Psychology Students representative in European Federation of Psychological Associations Disaster Crises and Trauma Psychology Committee (2008-2009)

İstanbul METU Alumni Association (2015- present)