



ZEYNEP KARACA PSYCHOLOGIST

CONTACT



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ABOUT ME

I am a dedicated clinical psychologist with over 6 years of experience providing individual therapy, adolescent counseling, and family support. I specialize in anxiety, depression, and trauma-related disorders. My approach is client-centered, empathetic, and grounded in evidence-based methods such as Cognitive Behavioral Therapy and EMDR. I am committed to ethical practice and continuous professional development.

LANGUAGES

- Turkish (Native)
- English (Advanced – TOEFL 95)
- French (Beginner)

WORK EXPERIENCE

CLINICAL PSYCHOLOGIST – PSİKOTERAPİ CENTER

Istanbul, Türkiye | 2019 – Present

- Conduct individual and adolescent therapy sessions.
- Administer psychological assessment tools (MMPI, Beck, TAT, etc.).
- Participate in weekly supervision and case studies.
- Provide online therapy through platforms like Zoom and Hiwell.

SCHOOL PSYCHOLOGIST – PRIVATE MAVİ COLLEGE

Istanbul, Türkiye | 2016 – 2019

- Held one-on-one counseling sessions with students.
- Organized seminars for parents on mental health awareness.
- Focused on exam anxiety, developmental assessments, and student follow-up.

EDUCATION

ISTANBUL BİLGİ UNIVERSITY

Bachelor's Degree in Psychology (English)

2011 – 2015

BAHÇEŞEHİR UNIVERSITY

Master's Degree in Clinical Psychology

2016 – 2018

CERTIFICATES

EMDR Level 1 Certification – 2022

Family Counseling Certification (450 hours) – 2021

MMPI Administration Certificate – 2020

Child & Adolescent Psychopathology Training – 2019