

# RESUME



**F. TUBA AYDIN**

I am a licensed systemic family therapist with an educational background in psychology, psychotherapy, pastoral care, English language, and literature.



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## ACADEMIC CERTIFICATES

Feb. 2013 –

**Ph.D.**, Psychotherapy Science, *Sigmund Freud University*, Ph.D. Thesis completed, waiting for a defense date  
**Thesis Topic** *Historical development of humanistic-existential therapies in Turkey: An oral history*  
The medium of instruction: English

October 2020 – January 2021

**Non-degree student**, Language Center of the University of Vienna  
German University Preparation Programme of the Vienna Universities (VWU)  
WF Level – Students with further advanced knowledge of German

October 2020 – January 2020

**Certificate Programme** 15 ECTS, Hospital Pastoral Care, The University of Vienna Postgraduate Center  
GPA 1.5 (Highest Degree 1)  
The medium of instruction: German

Sept. 2010 – Feb. 2013

**M.A.**, Psychotherapy Science, 120 ECTS – 2 Years Degree, Sigmund Freud University,  
GPA 1.02 (Highest Degree 1)  
**Thesis Topic:** *Multicultural psychotherapy experience: A grounded theory study*  
The medium of instruction: English

Sept. 2004 – Feb. 2010

**B.A., English Language & Literature** 240 ECTS - 4 Years Education, International University of Sarajevo  
**Minor, English Teaching**, International University of Sarajevo

**Double Major BA, Psychology**, 240 ECTS - 4 Years Education, International University of Sarajevo

**Thesis Topic:** *The mental effects of Turkey's headscarf ban in schools: Stressors and coping mechanism*  
GPA for both majors 3.89 (Highest Degree 4)  
The medium of instruction: English

Sept. 2008 – Feb. 2009

**Non-degree student**, Special Student Program, Bosphorus University, Istanbul  
BA English Language & Literature  
The medium of instruction: English

July 2008 – Sept. 2008

**Summer Course**, Bosphorus University, Istanbul

BA Psychology

The medium of instruction: English

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## WORK EXPERIENCE

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August 2020 – January 2020

**Assistant.** *The Collaboratory, Vienna*

- Assisting daily activities and projects

Sept. 2016 – Sept 2020

**Voluntary Copy Editor.** *The Journal of Happiness & Well-Being*

- Mechanical editing, E-mail correspondence
- Translation of abstracts from English to Turkish for international authors

Feb. 2015 – June 2015

**Voluntary Academic Assitant.** *Sigmund Freud University, Vienna*

- Assisted psychotherapy research methods course for one semester to improve teaching skills

May 2013 – To present

**Voluntary Pastoral Care.** *AKH Allgemeines Krankenhaus, Vienna University Hospital Pastoral Care*

- Psychological support for inpatients and their families two half-days per week
- Crisis intervention, bereavement, palliative care

June 2013 – August 2014

**Pedagogical Assistant.** *PEW Pädagogische Experten Wien, Vienna*

- Assisting pedagogs in daily activities

Sept. 2010 – Feb. 2014

**Internship, Psychotherapist under Supervision and Clinical Assistant as a part of a University Degree.**

*Sigmund Freud University Psychotherapy Clinic, Vienna*

- Psychotherapy services in German, English, and Turkish languages for individual, pair, family, children, and adolescents as a part of psychotherapy training
- Translation of psychometric tests, conducting tests
- Training new clinical assistants and translators for psychotherapy

Mar. 2012 – July 2012

**Full-time Internship in Psychosomatic Clinic as a Part of a Psychotherapy Training.** *Vienna University*

*AKH General Hospital, Psychosomatic Clinic, Vienna*

- Individual therapy with inpatients, family consultation
- Group therapy assistant, group muscle relaxation therapy

Feb. 2009 – July 2009

**English Teaching Internship as a Part of English Teaching Minor Program.** *International University of*

*Sarajevo Language School*

- Planning, preparing and delivering English as foreign language courses
- Classroom management

July 2008 – Sept. 2008

**Psychology Department Summer Internship in the field of Special Education.** Yeni Gün Special Education, Bursa

- Counseling for parents of children with special needs
- Assisting occupational therapies and ergotherapy with autistic, mentally handicapped, and ADHD children

Sept. 2005 – Feb. 2010

**Library assistant – Merit & Work-based scholarship.** *International University of Sarajevo*

- 20 Hours a week. Providing support to students to locate books
- Ordering, cataloging new arrivals, sorting, shelving books

Sept. 2004 - June 2005

**IT center assistant - Merit & Work-based scholarship.** International University of Sarajevo

- 20 Hours a week. Providing support to students, technical assistance
- Performing basic computer troubleshooting

July 2007 – Sept. 2007

**Internee Project Assistant and Translator.** *Osmangazi Municipality EU Coordination Center, Bursa*

- Assisting daily activities and projects
- Translation of documents
- Content writing for the organization homepage

..... **SCIENTIFIC PUBLICATIONS** .....

- Doğan, T., Aydın F.T. (2020). Do happy children become happy adults?. *The Journal of Humanity & Society*. Early Print; 1-26.
- Doğan, T., Aydın F.T. (2020). The Development of the Positive Childhood Experiences Scale. *HAYEF: Journal of Education*, 17(1); 1-19.
- Aydın, F. T. (2017). Forgiveness as a positive character strength. *The Journal of Happiness & Well-Being*. 5(1), 1-22.
- Aydın, F. T. (2016). Multikulturell Psychotherapie Erfahrung: Eine Grounded Theory Studie mit Psychotherapeuten in Österreich [Multicultural psychotherapy experience: A grounded theory study among psychotherapists in Austria]. *SFU Forschungsbulletin*, 3(1).
- Aydın, F. T. (2016). The mental effects of Turkey's headscarf ban in schools: Stressors and coping. *International Journal of Educational Sciences*. 15(1,2), 34-43.

..... **INTERNATIONAL SCIENTIFIC CONGRESSES** .....

- Aydın F.T. (June, 2020). *Review of historical studies on mental health care in Turkey*. 9th World Congress for Psychotherapy, Moscow. (Congress postponed to 2021 due to COVID-19)
- Aydın, F. T. (June, 2020). *Do happy children become happy adults?.* 9th World Congress for Psychotherapy, Moscow. (Congress postponed to 2021 due to COVID-19)
- Aydın, F. T. (June, 2020). *Psychotherapy modalities developed in Turkey*. 9th World Congress for Psychotherapy, Moskova. (Congress postponed to 2021 due to COVID-19)
- Aydın, F. T. (April, 2016). Forgiveness therapy: Principles and application. 1. Eurasian Congress on Positive Psychology, Istanbul, Turkey.
- Aydın, F. T. (August, 2015). Conducting psychotherapy with Muslim clients: A grounded theory study among

psychotherapists in Austria. Science and/or Religion A Debate of the 21st Century, Vienna, Austria.

Aydin, F. T. (November, 2015). *Mental effects of a headscarf ban in Turkey's educational sector: Stressors and coping mechanisms of students*. 3rd Global Conference On Psychology Researches. Istanbul, Turkey.

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## WORKSHOPS

Aydin, F.T. (2017): *Systemic Family Therapy Techniques: Family Board*. Eurasian Congress on Positive Psychology, Istanbul.

Aydin, F.T., & Mehta, G. (2013): *Use of Interpreters in Therapeutic Setting, Training Translators for Translation Techniques and their Psychohygiene*, Vienna.

Aydin, F.T., (2014): *Psychotherapy process with Muslims*. Vienna.

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## TRANSLATION FROM ENGLISH TO TURKISH

Conoley, C. W., & Conoley, J. C. (2017). *Wrap up and future directions* (F. T. Aydin, Trans.). In T. Sari (Ed.), *Positive psychology and family therapy: Creative techniques and practical tools for guiding change and enhancing growth* (pp. 121-131). Istanbul, Turkey: Anı Publishing.

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## TRANSLATION FROM GERMAN TO TURKISH

Peseschkian, N. (2015). *Reaction types – concepts - misunderstandings* (F. T. Aydin, Trans.). In T. Sari (Ed.), *Positive Psychotherapy: Theory and practice of a new method* (pp. 187-275). Ankara, Turkey: Anı Publishing.

Peseschkian, N. (2015). Appendix (F. T. Aydin, Trans.). In T. Sari (Ed.), *Positive Psychotherapy: Theory and practice of a new method*. Ankara, Turkey: Anı Publishing.

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## LANGUAGES

- Turkish – Mother language
- English – Advanced
- German – Advanced
- Italian – Basic
- Bosnian – Basic

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## SCIENTIFIC LICENCES

- Licenced Systemic Family Therapist, Austria  
Austrian Ministry of Health
- Child Therapy Certificate, Austria
- Hospital Pastoral Carer, Austria
- English Teaching Certificate, Bosnia

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## ASSOCIATIONS

Austria Systemic Family Therapy Associations  
(ÖAS)

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## REWARDS

2016 Spring, Research Reward, Sigmund Freud  
University of Vienna

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## ACTIVITIES

- Blogging on psychotherapy, psychology, communication, and relationship over ten years with an average of 2000 daily viewers
- 5K Running (Member of University Ladies Team)
- University Peer Support Program
- Translation of academic books from German, English, and Turkish
- Pastoral support in a hospital setting

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## REFERENCES

### **Dr. Gerda Mehta**

Supervisor, Clinical Psychologist, Systemic Family Therapist  
Sigmund Freud University of Vienna  
gerda.mehta@wien.gv.at  
0043 6766258252

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## SKILLS

- Effective teaching skills
- Dependable, dedicated, collaborative, supportive, analytical, critical thinker
- Handcarfts, skilled with hand
- I can sing numerous German and English songs
- Content writing, WordPress, basic graphic design, search engine optimization, google analytics, market research, Social media marketing and campaigns

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### **Assoc. Prof Dr. Tuğba Sari**

Supervisor, Counselor, Positive Psychotherapist  
Akdeniz University, Antalya  
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