

PERSONAL INFORMATION

Ahmet Altinok, Ph.D.

WORK EXPERIENCE

January 2023 - Present: U Center BV. (inpatient clinic), Maastricht, the Netherlands

- Clientele: Individuals with personality disorders, addiction behaviors (alcohol and drug), PTSD, and complex traumas
 - Roles and Responsibilities:
 - Conduct individual and group therapies in English
 - Administer assessments for intelligence, ADHD, Autism, and Personality
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May 2018 – 2023: The University of Groningen, Department of Experimental Psychology (Cognitive Neuroscience), the Netherlands

- Roles and Responsibilities:
 - Serve as a Ph.D. student and researcher, contributing to research on cognitive neuroscience topics, running cognitive experiments in working memory and attention
 - Supervise/so-supervise Master and Bachelors' students on projects and collaborate with students from diverse cultural backgrounds on academic research
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January 2013 – May 2018: University Counselling Center, Anadolu University, Turkey

- Roles and Responsibilities:
 - Provide individual and group therapies for university students and university employees
 - Facilitate group therapies and couple/family therapies
 - Offer mental health services to both academic and non-academic university workers
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REGISTRATIONS - MEMBERSHIPS

NIP (Nederlands Instituut van Psychologen)

Registered Psychologist. NIP number: 236977

The member of the American Psychological Association

The member of the Academy of Cognitive and Behavioral Therapies

- Altınok**, A., Karabay, A. & Akyürek, E.G. (2022). Acute effects of cocoa flavanols on visual working memory: maintenance and updating. *European Journal of Nutrition*, 61, 1665–1678. <https://doi.org/10.1007/s00394-021-02767-x>
- Kılıç, N., & **Altınok**, A. (2021). Obsession and relationship satisfaction through the lens of jealousy and rumination. *Personality and Individual Differences*, 179, 110959. <https://doi.org/10.1016/j.paid.2021.110959>
- Altınok**, A., & Kılıç, N. (2020). Exploring the associations between narcissism, intentions towards infidelity, and relationship satisfaction: Attachment styles as a moderator. *PloS one*, 15(11), e0242277. <https://doi.org/10.1371/journal.pone.0242277>
- Altınok**, A. & Hamamci, Z. (2018). Evaluation of Relations between Interparental Conflict and Romantic Relationship Satisfaction in Young Adults. *Turkish Journal of Child and Adolescent Mental Health*, 25 (1), 17-28. https://cms.cogepderg.com/Uploads/Article_27512/cogepderg-25-17.pdf
- Altınok**, A. & Kara, A. (2017). Relationships Between Body Image, Psychological Symptom Level, and Interpersonal Style: Alternative Models. *The Journal of Psychiatry and Neurological Sciences*, 30 (3), 170-180. <https://doi.org/10.5350/DAJPN2017300301>
- Altınok**, A. Özer, Ö., Set, Z., & Bayoğlu, F. (2017). Interparental Conflict: An Overview of Studies in Turkey. *Academic Sight: International Refereed Online Journal of Social Sciences*, 59, 329-345. <https://dergipark.org.tr/tr/pub/abuhsbd/issue/32981/366672>
- Özer, Ö., **Altınok**, A., Yöntem, M. K., & Bayoğlu, F. (2017). Client Motivation for Therapy Scale Adaptation to Turkish: Reliability and Validity Study. *Current Approaches in Psychiatry*, 9(1), 13-30. <https://doi.org/10.18863/pgy.281048>
- Set, Z. & **Altınok**, A. (2016). In Lesbian, Gay and Bisexual Individuals: Attachment, Self-compassion and Internalized Homophobia: A Theoretical Study. *Journal of Cognitive-Behavioral Psychotherapy and Research*, 5 (3),135-144. <https://doi.org/10.5455/JCBPR.239260>
- Altınok**, A. & Bilge, F. (2016). Examples Concerning Application of Chaos Theory in the Specialization Fields of Psychological Counseling and Guidance. In Ercetin, S. S (Eds.), *Chaos, Complexity and Leadership 2016*. Springer International Publishing AG. https://doi.org/10.1007/978-3-319-64554-4_24
- Set, Z., Şimşek, Ö. F., & **Altınok**, A. (2016). The Mediator Role of Internalized Homophobia and Self-Compassion on the Link between Attachment Styles and Depression in Lesbian, Gay and Bisexual Individuals. *International Journal of Human and Behavioral Science*, 2(2), 8-25. <https://doi.org/10.19148/ijhbs.65157>
- Özer, Ö., & **Altınok**, A. (2015). Predicting Factors of Drop Out Counseling Process in University Psychological Counseling and Guidance Center. *Journal of Cognitive – Behavioral Psychotherapy and Research*, 4 (1), 18-25. <https://doi.org/10.5455/JCBPR.189033>

PSYCHOTHERAPY TRAINING

Cognitive Behavioral Therapy (CBT) – 142 Hours

- *Theoretical Training Program (42 Hours)*
 - *Cognitive Therapy Approach and Principles*
 - *Disorders and Approaches: Depression, Panic, Phobias, OCD, Social Anxiety, Test Anxiety, GAD, Somatoform, Personality Disorders*
- *Skills Training and Supervision (30 Hours)*
 - *Problem Identification, Goal Setting, CBT Techniques, Agenda Setting, Interventions, Exposure Planning, etc.*
- *Supervision Program (70 Hours)*
 - *Group format supervision; 10 individual therapy sessions were also supervised.*

Schema Therapy – 56 Hours

- *Models and Techniques (40 Hours)*
- *Applications in Borderline and Narcissist Personality Disorders (16 Hours)*
- *12 hours individual sessions were supervised*
- *Clinical practice with Mode therapy for a year*

EMDR (Eye Movement Desensitization and Reprocessing)

- *1st Module (56 Hours)*
- *Supervision; 4 individual EMDR therapy sessions with different clients were supervised*

Trauma Therapy with CBT – 16 Hours

- *Treatment of Psychological Traumas with CBT*

Crises and Suicidal Behaviors – 14 Hours

- *Psychosocial Crises and Intervention Techniques for Suicidal Behavior*

Working with Cancer Patients – 13 Hours

- *Psycho-oncology Training*

Sex Therapy – 88 Hours

- *Sexuality and Training about Sexual Therapies (1st Module, 24 Hours)*
- *Sexuality Counseling Module (64 Hours)*
 - *Theoretical Section (48 Hours)*
 - *Applications/Supervision (16 Hours)*

ACT (Acceptance and Commitment Therapy) – 16 hours

- *Including 7 hours supervisions for individual and group sessions*
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REFERENCES

Clinic and Research Skills:

Prof. David P. Bernstein, Clinical Psychologist, Maastricht University, Maastricht, The Netherlands. E-mail: David.p.bernstein@gmail.com

Teaching and Research Skills:

Prof. Elkan G. Akyürek, Department of Experimental Psychology (Cognitive Neuroscience), University of Groningen, Groningen, The Netherlands. E-mail: e.g.akyurek@rug.nl

Teaching, Clinic and Research Skills:

Prof. İbrahim Keklik, Department of Counseling Psychology and Guidance, Hacettepe University, Ankara, Turkey. E-mail: keklik@hacettepe.edu.tr
keklikibrahim@gmail.com