



Esra Savaş, PhD
 Clinical Psychologist & Psychooncologist
 EFPA & Grief Recovery Specialist
 ORCID ID 0000-0002-8178-6804

PERSONAL INFORMATION

Birth Date :	25.09.1983
Birth City :	Sakarya / Adapazarı
Nationality :	T.C.
Adress :	Florya -Bakırköy/İstanbul

EDUCATION

INSTITUTION	DATE
Walden University- PhD Degree of Clinical Psychology	2019
Walden University-Master Degree of Clinical Psychology	2014
İstanbul University-Çapa Medical Faculty Psychosocial Oncology Master Degree	2008
Koç Univesity- Science-Literature Faculty Psychology Bachelor Degree	2007
Kaplan College	2002
UBC-University of British Columbia	2002
Özel Uğur College High School	2001

LANGUAGE

NAME	DEGREE
English	Very good
German	Little
Spanish	Little
Ottoman Turkish	Good

PROVIDED COURSES AS AN ACADEMICIAN

UNIVERSITY NAME	COURSE NAME	YEAR
Gelisim University	Helath Psychology	2020 Fall
Gelişim University	Ethics in Psychology	2020 Fall
Gelişim Univesity	Clinical Assessment Techniques and Semiology	2020 Spring
Işık University Psychology Bachelor Degree	Health Psychology-English	2020-2021
Işık University Psychology Bachelor Degree	Introduction to Psychotherapy Techniques- English	2020-2021
Işık University Psychology Bachelor Degree Program	Introduction to Psychooncology-Turkish	2019-2020
Işık University Psychology Bachelor Degree Program	Introduction to Psychooncology-English	2019-2020
Işık University Psychology Bachelor Degree Program	Introduction to Psychotherapy Techniques-English	2018-2019
Işık University Psychology Bachelor Degree Program	Ethics in Psychology-English	2018-2019
Işık University Psychology Bachelor Degree Program	Ethics in Psychology-Turkish	2018-2019
Okan University Clinical Psychology Master Degree Program	Clinical Psychology Supervision	2016-2018

NATIONAL AND INTERNATIONAL PUBLISHED JOURNAL ARTICLES

Name of the journal	Publish date	Information of the published journal	Name of the topic	Writer names	Main source
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Türkiye Sosyal Hizmet Araştırmaları Dergisi	31.12.2020	Cilt 4 Sayı 3 S 82-89	Covid-19 Sürecinde Yas	Esra Savaş	Online
Avrasya Sosyal ve Ekonomi Araştırmaları Dergisi (ASEAD)	2020	CİLT 7 SAYI 2 S 15-22	Psikoonkoloji ve Güncel Yaklaşımlar	Esra Savaş	2019 AMORE Bildiri sunum genişletilmiş hali
Kıbrıs Türk Psikiyatri ve Psikoloji Dergisi	2020	Cilt 2 Sayı 2 s 120-5	Kanser Hasta Yakınında Normal Yas Süreci, Çözümlemeyen Yas ve Etkili Yaklaşımlar ile Onkologların Tükenmişlik Yönetimindeki Baş Etme Yöntemleri	Esra Savaş	Online

PUBLISHED NATIONAL AND INTERNATIONAL PAPERS

Psychooncology and Current Approaches	III. Muğla Multidisciplinary Oncological Research Congress-2019
Structured Psychoeducation Program for Gynecological Cancer Patients (Presented in English)	Venice International University, Venice, 2018
Grief Process of Cancer Patient Relatives	II. Muğla Multidisciplin Oncological Research Symposium, 2018
Structured Short-Term Psychoeducation for Cancer Patients	10th National CLP and Psychosomatic Medicine Congress-Poster Presentation

PROVIDED SEMINARS AND CONFERENCES

Psychooncology and Current Approaches	III. Muğla Multidisciplinary Oncological Research Congress-2019
Cognitive Therapy and Psychooncology	Düzce University-2019
The Importance of Psychotherapy in Cancer Patients and How to Approach Healthcare Professionals?	Yeditepe University-2019

Volunteering in Child Oncology	Elif Şebnem Günaydın Umut Association-2019
Breast Cancer Awareness - Effective Psychotherapy Approaches	Şehir University, 2018
Healthy Coping Methods with Cancer	Silivri Belediyesi, 2018
Grief Process of Cancer Patient Relatives	II. Muğla Multidisciplinary Oncological Research Symposium, 2018
Structured Psychoeducation Program for Gynecological Cancer Patients (Presented in English)	Venice International University, Venice, 2018
Adult Psychotherapies	Okan University, İstanbul, 2018
Living without Cancer Form-Mentally Cancer	Doğa College, İstanbul, 2018
Psychooncology-Psychological Support Methods for Cancer Patients	Bahçeşehir University, İstanbul, 2017
Cancer Awareness and Psychooncology	Arel University, İstanbul, 2017

EDITORIAL BOOKS: (2020) The Grief Recovery Handbook - Dr John W. James & Russell Friedman

PROVIDED WORKSHOPS

1 ST LEVEL OF BEING CLINICIAN ON PSYCHOONCOLOGY	16 HOURS
2 ND LEVEL OF BEING CLINICIAN ON PSYCHOONCOLOGY	16 HOURS
CLINICAL INTERVIEW	6 HOURS
STRESS MANAGEMENT	4 HOURS
ANGER MANAGEMENT	4 HOURS
CRISIS MANAGEMENT AND SUICIDE PREVENTION	4 HOURS

PROFESSIONAL TRAINING

NAME	INSTITUTION	YEAR
Introduction to the Biology of Cancer	John Hopkins University	2020
	International Psychooncology Society	2019
Basic Mindfulness Applications in Chronic Diseases	Psychooncology Association	2019
Grief Recovery Specialist	Grief Recovery Institute	2017
Assertive Defense of the Self: CBT for Social Anxiety	Christine A. Padesky	2017
Cognitive Therapy for Decision Making: Overcoming Problems in How People Make Faulty Decisions	Robert L. Leahy	2017
When Helping Doesn't Help-Overcoming Therapeutic Resistance with TEAM-CBT	Dr. David Burns	2017
The Problem of Obsessions: How to Boost CBT Effectiveness with Self-Regulatory Strategies	Dr. David Clark	2017
Grief Recovery Specialist	Grief Recovery Institute	2017
Cognitive Therapy and ERP	Dr. Emel Stroup	2017
Clinical Supervision	Dr. Emel Stroup	2014-2016
Cognitive Therapy on PostTraumatic Stress Disorder	Dr. Emel Stroup	2016
Cognitive Therapy on Difficult Cases and Personality Disorders	Dr. Leslie Sokol	2010
Collaborative Case Conceptualization	Dr. Christine A. Padesky London	2009
Cognitive Therapy Education camp	Dr. Christine Padesky	2010
Cognitive Behavioral Therapy	Doç. Dr. Hakan Turkcapar	2009-2010
Cognitive Therapy and Depression	Dr. Emel Stroup	2009
Cognitive Therapy on Anxiety Disorders	Dr. Emel Stroup	2008
Cognitive Therapy on Obsessive Compulsive Disorder	Dr. Emel Stroup	2009
Clinical Assessment and Evaluation	Dr. EMEL Stroup	2009
Psychotherapy on Cancer Patients	Humanite Psychiatric Medical Center Zeynep Armay	2009
Diagnosis and Anxiety Disorders	Dr. Başak Demiriz	2009
II. National Cognitive and Behavioral Therapy Congress	Ona Sudak	2009
Supervision	APE Dr. Başak Demiriz	2008-2010
9.National Consultation Liezon Psychiatry&Psychosomatik Medical Congress	Turkish Psychiatrist Association	2008
1.National Psychooncology Congress	Psychosocial Oncology Association	2008
15. National Psychology Congress	Turkish Psychological Association	2008
WISC-R Mental Test	Turkish Psychologists Association	2009
Rorschach Test Education	Rorschach ve Projektif Testler Derneği	2008
Denver Developmental Test	Gelişimsel Çocuk Nörolojisi Derneği	2009
Porteus Labirent Test	Psychological Assessment Association	2007

Denver II Test	Psychological Assessment Association	2007
Bender-Gestalt Test	Psychological Assessment Association	2007
Benton Görsel Bellek Test	Psychological Assessment Association	2007
Catell 2A Mental Test	Psychological Assessment Association	2007
Goodenough Test	Psychological Assessment Association	2007
Draw a Person- Test	Psychological Assessment Association	2007
Metropolitian Test	Psychological Assessment Association	2007
Peabody Test	Psychological Assessment Association	2007
Gessell Gelişim Test	Psychological Assessment Association	2007
Frostig Gelişimsel Gorsel Algı Test	Psychological Assessment Association	2007
AGTE	Psychological Assessment Association	2007
Eartquake Sempoziyum	Turkish Psychological Association	2007
Personal Development	Prof. Dr.Ustun Dökmen	2006

PROFESSIONAL CLINICAL EXPERIENCE

PLACE	MISSION	YEAR
Bireysel Danışmanlık Merkezi-Florya	Psikolog	2016-...
Çapa Faculty of Medicine-Oncology Institute	Psikolog- Psikoonkolog	2010-2011
Corner Health Center	Psikolog	2009-...
DAPE Counselling & Psychoeducation Institute-Nişantaşı	Psikolog	2007-...
Özel Canım Rehabilitation School	Psikolog	2008
Modern Çözüm Education & Counseling Office	Psikolog	2008
Dr. Christine Padesky Organization Committee Member		2009
Şıpka&Şıpka Family Counseling Center	Psikolog	2009-2010
Afacan Dahiler Preschool	Psikolog	2009
Küçük Yumurcaklar Preschool	Psikolog	2009
Tatlı Çocuklar Preschool	Psikolog	2009

Ekin Preschool	Psikolog	2009
YA-PA Children Club	Uzman Psikolog	2011-2013

SOCIAL PROJECTS

PLACE	MISSION	DATE
ACEV Mother Child Education Foundation	7 is Too Late- Clinical Evaluation and Test application to preschool Children	2007
Çapa Medical Faculty	Screening Cushing patient's depression, anxiety levels and body perception	2008
Çapa Medical Faculty	Screening Breast and Gynecological Cancer Patient's illness perception, depression, anxiety and reaction style to the cancer	2009
Çapa Medical Faculty	Group therapy and personal therapy to the cancer patients and their family members	2008-2010

REFERENCES

Name	Title	Contact information	Address
Dr. Steven Little	Clinical Psychologist PhD Thesis Advisor	steven.little@mail.walidenu.edu	Walden University, U.S.
Prof. Dr. Sami Katircioğlu (Son of Prof. Dr. Sedat Katircioğlu) -Muğla	Otorhinolaryngologist	0212 6310860	Çapa Medical Faculty
Prof Dr. Fatih Ağalar	General surgery specialist	0216 578 50 00	Yeditepe University Specialized Hospital
Prof Dr. Sedat Özkan	Head of CLP Department	0212 533 63 69	Çapa Medical Faculty
Klinik Psikolog Dr. Emel Stroup	Cognitive Therapist	0212 291 62 91	CBTISTANBUL
Doç Dr Özgür Tanrıverdi	Head of Medical Oncology Department	0252 211-1000	Muğla Sıtkı Koçman University Hospital

*Note: **My master thesis** Structured Psychoeducation Intervention for Cancer Patients developed by Fawzy I. Fawzy has been adapted to gynecological cancer patients; health education, coping skills, stress management and psychological support were conducted once a week for 90 minutes and 6 weeks. Data were collected with Questionnaire Form, Mental Adjustment to Cancer respons, Profile of Mood States, Coping Styles with Stress, Illness Perception, Beck Depression, Hospital Anxiety and Depression Scales. Data were applied to all patients before and after the program. For the analysis of the data, Wilcoxon Signed Ranks Test, Mann-Whitney U and Chi-Square Test were used. Results; At the end of the intervention, the results of experimental group shows that increased the fighting spirit in cancer response styles and helplessness, anxious anticipation, avoidance and fatalism diminished; decreased anxiety and depression levels; increasing levels of problem solving and seeking social support in coping with stress styles; avoidance, mood, stress, depression, anger, fatigue and astonishment decreased; that friendship has increased and vigor has not changed; decrease in acute perception, cyclic duration, results and emotional representations, personal control, treatment control and understanding of disease increased compared to the control group.*

*The aim of **my PhD thesis** was to compare social anxiety, quality of life, and healthy lifestyle behaviors of women who have treated for IVF and pregnant women who had successful treatment in Turkey. According to Applied Mann-Whitney U statistical results of the women undergoing infertility treatment in Turkey, after treatment at a higher level than pregnant women, social anxiety and avoidance lived and was found to exhibit healthy lifestyle behaviors for more nutrition. However, there was no significant difference between the two groups in terms of quality of life due to fertility, but the quality of life was low in both groups.*