

EK-3
ÖZGEÇMİŞ

1. Adı Soyadı : Nazlı Balkır
2. Doğum Tarihi : 20.08.1979
3. Ünvanı : Yardımcı Doçent
4. Öğrenim Durumu:

Derece	Alan	Üniversite	Yıl
Lisans	Psikoloji	İstanbul Bilgi Üniversitesi	1999-2002
Y. Lisans	Klinik Psikoloji	İstanbul Üniversitesi	2002-2005
Doktora	Klinik Psikoloji ve Psikoterapi	Heidelberg Üniversitesi	2008-2012

5. Akademik Ünvanlar

Yardımcı Doçentlik Tarihi : Mart 2013

6. Yönetilen Yüksek Lisans ve Doktora Tezleri

2011 - 2012

1. Exploring the influence of self construals on psychopathology in Turkish immigrant and German women with major depression

2. Die vermittelnde Rolle der Persönlichkeit und Emotionsregulation über die Beziehung zwischen Integration und psychische Belastung

(The mediating role of personality and emotion regulation on the relationship between integration and psychological distress)

6.2. Doktora Tezleri

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7. Yayınlar

7.1. Uluslararası hakemli dergilerde yayınlanan makaleler (SCI & SSCI & Arts and Humanities)

Balkir, N., Arens, Wolff, C., E.A., Barnow, S. (2013) Der Zusammenhang zwischen Selbstkonzept und psychischer Belastung bei türkischen und deutschen Frauen mit Depression. *Psychiatrische Praxis*. DOI: 10.1055/s-0032-1327272

Balkir, N., Arens, E.A., & Barnow, S. (2012) Exploring the relevance of autonomy and relatedness for mental health in healthy and depressed women from two different cultures: When does culture matter?. *International Journal of Social Psychiatry*. DOI: 10.1177/0020764012441428

Arens, E.A., **Balkir, N.**, & Barnow, S. (2012) Ethnic variations in emotion regulation: Do cultural differences end where psychopathology begins?. *Journal of Cross-Cultural Psychology*. DOI: 10.1177/0022022112453314

Barnow, S., Arens, E.A., **Balkir, N.** (2011) Emotionsregulation und Psychopathologie unter Berücksichtigung kultureller Einflüsse. *Psychotherapie in Psychiatrie, Psychotherapeutischer Medizin und Klinischer Psychologie*, 16:1, 7-19.

Balkir, N., Barnow, S. (hazırlık aşamasında) Determinants of help-seeking among Turkish immigrant and German depressive inpatients. Ethnicity or explanatory model?

7.2. Uluslararası diğ er hakemli dergilerde yayınlanan makaleler

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7.3. Uluslararası bilimsel toplantılarda sunulan ve bildiri kitabında (Proceedings) basılan bildiriler

Balkir, N., Arens, E.A., & Barnow, S. (2012) Exploring the relevance of autonomy and relatedness for mental health in healthy and depressed women from two different cultures: When does culture matter? 30th Nordic Psychiatry Congress (NPC), Tromsø, Norway, 05.06-08.06.2012.

Balkir, N., Arens, E.A., & Barnow, S. (2011) Cultural diversities in the relationship between basic psychological needs and well being: Does cultural dichotomy explain variations? Poster presentation at 19th European Congress of Psychiatry (EPA), Wien, 12.03.-15.03.2011

Balkir, N., Arens, E.A., & Barnow, S. (2010) Cultural diversities in the relationship between basic psychological needs and well being: Does cultural dichotomy explain variations? Presentation at 20th Congress of the International Association for Cross-Cultural Psychology (IACCP), Melbourne, 07-10.07.2010. Abstract in: 20th Congress of the International Association for Cross-Cultural Psychology (IACCP) Congress Handbook, ABN 23 000 543 788, S. 58.

Balkir, N., Arens, E.A., & Barnow, S. (2010) Psychological relevance of culture for individual motivation: Autonomy and Relatedness in Turkish immigrant and German women with and without clinical depression. Presentation at International Conference on Intercultural Aspects of Mental Disorders, Heidelberg, 11.11.-13.11.2010.

Arens, E.A., **Balkir, N.**, & Barnow, S. (2012) Ethnic Variation in Emotion Regulation: Do Cultural Differences end where Psychopathology begins? 21th Congress of the International Association for Cross-Cultural Psychology (IACCP), Stellenbosch, South Africa 17.07-21.07.2012.

Arens, E.A., **Balkir, N.**, & Barnow, S. (2012) Ethnic Variation in Emotion Regulation: Do Cultural Differences end where Psychopathology begins? 30th Nordic Psychiatry Congress (NPC), Tromsø, Norway, 05.06-08.06.2012.

Balkir, N., Arens, E.A., & Barnow, S. (2011) Exploring the relevance of autonomy and relatedness for mental health in healthy and depressed women from two different cultures: When does culture matter? Poster presentation at the Congress of Deutsche Gesellschaft für Psychiatrie Psychotherapie und Nervenheilkunde 2011 (DGPPN), Berlin, 22.11.-26.11.2011.

Arens, E.A., **Balkir, N., & Barnow, S. (2011)** Ethnic Variation in Emotion Regulation: Do Cultural Differences end where Psychopathology begins? Poster presentation at 19th European Congress of Psychiatry (EPA), Wien, 12.03.-15.03.2011.

Balkir, N., Arens, E.A., & Barnow, S. (2010) Cultural diversities in the relationship between basic psychological needs and well being: Does cultural dichotomy explain variations? Poster presentation at 28. Symposium of the German Society for Psychology (DGP) in Mainz, 03.05-05.05.2010.

Arens, E.A., **Balkir, N., & Barnow, S. (2010)** Living in between: Emotion regulation, self construal and well being of Turkish immigrants in Germany. Presentation at 20th Congress of the International Association for Cross-Cultural Psychology (IACCP), Melbourne, Australia, 07-10. 07.2010. Abstract in: 20th Congress of the International Association for Cross-Cultural Psychology (IACCP): Cultural change – meeting the challenge. Congress handbook. ABN: 23 000 543 788, S. 58.

Arens, E.A., **Balkir, N., & Barnow, S. (2010)** Conquer your Passions and you conquer the World? Examining the Role of Culture and Acculturation in Emotion Regulation. Presentation at International Conference on Intercultural Aspects of Mental Disorders, Heidelberg, 11.11.-13.11.2010

7.4. Yazılan uluslararası kitaplar veya kitaplarda bölümler

Balkir, N. (2012) Mental Illness Models and Help Seeking Behaviors among Turkish Immigrant Patients in Europe. In S. Barnow & **N. Balkir** (Eds.). Cultural Variations in Psychopathology: From Research to Practice. Göttingen: Hogrefe Publications.

7.5. Ulusal hakemli dergilerde yayımlanan makaleler

Balkir, N. (hazırlık aşamasında) Kültür ve depresyon: Psikoterapiye yansımaları.

7.6. Ulusal bilimsel toplantılarda sunulan ve bildiri kitabında basılan bildiriler

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7.7. Diğer yayınlar

Balkır, N. İş hayatında duygulara yer var mı? Kaynak Dergisi, Ekim-Aralık, 2013.

Balkır, N. Dijital İK. Kaynak Dergisi, Ocak-Mart, 2014.

Doktora tezi

Balkır, N. (2012). Cultural correlates of depression among Turkish immigrant and German women: Implications for psychotherapeutic practice with Turkish immigrants. PhD Dissertation. University of Heidelberg, Heidelberg, Germany.

Yüksek lisans tezi

Balkır, N. (2005). Tourette ve Kronik Tik Bozukluğu Görülen Çocukların Aile Profilleri, Aile içi Tutumların Tikler Üzerine Etkisi. Yüksek lisans tezi. İstanbul Üniversitesi, İstanbul, Türkiye.

Uluslararası bilimsel toplantılarda sunulan davetli konuşmalar

“Healing the Soul: Addressing the Issues of Religion and Spirituality in Psychotherapy”, 2012, Heidelberg Üniversitesi, Almanya.

8. Ulusal & Uluslararası Projeler

Proje koordinatörü: “How universal is depression? Migrant experience, depressive symptomatology and clinical presentation of depression.”

Bitiş tarihi: Kasım 2012

Yönetici: Prof. Dr. Sven Barnow, Klinik Psikoloji ve Psikoterapi Bölüm Başkanı, Heidelberg Üniversitesi

Fon: Cluster of excellence, Karl Jaspers Center for Advanced Transcultural Studies, Heidelberg Üniversitesi (116.000 €)

Ayrıntılı bilgi için lütfen aşağıdaki web sayfasını ziyaret ediniz:

<http://www.asia-europe.uni-heidelberg.de/en/research/c-health-environment/c7.html>

Proje Yöneticisi: “İş Yerinde Duygu Yönetimi”

2013-2015

Fon: Işık Üniversitesi Bilimsel Araştırma Projeleri Komisyonu (20.000 YTL)

9. İdari Görevler

2014-	Psikoloji Bölüm Başkan yrd.
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10. Bilimsel ve Mesleki Kuruluşlara Üyelikler

Türk Psikologlar Derneği

Kognitif Davranışçı Terapi Derneği

Hakemlik yaptığı SSCI kapsamındaki dergiler

International Journal of Psychology

11. Ödüller

2009 – 2012 : 3 Yıllık tam doktora bursu, Cluster of Excellence “Asia and Europe in a Global Context”, Karl Jaspers Center for Advanced Transcultural Studies, Heidelberg Üniversitesi (36.000 €)

2008 – 2009 : Yıllık tam doktora bursu, Psikoloji Enstitüsü, Heidelberg Üniversitesi (13.200 €)

12. Son iki yılda verdiğiniz lisans düzeyindeki dersler

Akademik Yıl	Dönem	Dersin Adı	Haftalık Saati		Öğrenci Sayısı
			Teorik	Uygulama	
2014	Güz	Psikoterapide Temel Beceriler	2	1	32
		Theories of Personality	3	0	70
		Öğrenme Psikolojisi	3	0	70
	İlkbahar	Experimental Psychology	2	1	80
		Studies in Clinical Psychology	2	2	10
2013	Güz	Psychological Measurement	3	0	60
		Theories of Personality	3	0	60
	İlkbahar	Experimental Psychology	2	1	80
		Studies in Clinical Psychology	2	2	10
	Yaz	Theories of Personality	3	0	20
2012	Güz	Theories of Personality	3	0	80
		Psychological Measurement	3	0	80

13. Diğer Akademik Faaliyetler

Danışmanlık/Hakemlik:

Tübitak Bilimsel Araştırma Projelerini Destekleme Programı

Dergi Hakemlikleri:

- International Journal of Psychology
- Psychological Reports