

CUMHUR AVCİL

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Education

- 2017 - 2021 **Uskudar University, İstanbul**
Ph.D. Psychology
- 2012 - 2014 **Uskudar University, İstanbul**
M.Sc. Clinical Psychology
- 1999 - 2004 **Ankara University, Ankara**
B.A. Psychology

Employment

- 2022 February – Present: Full-time, Antalya Bilim University, Psychology
Department, Antalya
- 2017 March–2017 June: Research & Teaching Assistant, Antalya Akev
University, Psychology Department, Ankara

Dissertations

- 2017-2021: Computerized Cognitive Behavioral Therapy Program for Exam Anxiety
(Doctoral Dissertation, supervised by Prof. Dr. Feride Gökben Hızlı Sayar)
- 2012-2014: Stigmatization and Associated Factors Among Relatives of Psychiatric Patients
(Master Thesis, supervised by Asst. Prof. Feride Gökben Hızlı Sayar)

Publications in International Journals

- Gökçe, E., Herdi, O., & **Avcil, C.** (2023). The relationship between gaslighting exposure, sociodemographic variables, and psychopathological symptoms in women. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 182(0), 000-000. <https://doi.org/10.23736/S0393-3660.23.05265-8>
- Nurmedov, S., Noyan, O., Metin, B., Ekmen, S., **Avcil, C.**, Kose, S. (2016). Extensive Gray Matter Volume Reduction and Correlations with Neuropsychological Performance in Alcohol Use Disorder Patients. *Klinik Psikofarmakoloji Bülteni-Bulletin of Clinical Psychopharmacology*, 26:4, 355-363, doi: 10.5455/bcp.20160223123949

Publications in National Journals / Proceedings

- Avcil, C., Herdi, O.** (2023). An Unguided Computerized Cognitive Behavioral Therapy Program for Test Anxiety. *Journal of Cognitive-Behavioral Psychotherapy and Research*, 12 (3), 231-241. doi:10.5455/JCBPR.135830
- İlhan, Y., Avcil, C.** (2023). The Efficacy of A Single-Session Virtual Reality Exposure In The Therapeutic Intervention of Specific Phobias. *The Journal of Happiness and Well-Being*, 9 (15), 4-19, doi: 10.32739/usmut.2023.9.15.96
- Avcil, C., Bulut, H., Hızlı Sayar, G.** (2016). Psikiyatrik Hastalıklar ve Damgalama. *Üsküdar Üniversitesi Sosyal Bilimler Dergisi*, 0(2), 175-202 . DOI: 10.32739/uskudarsbd.2.2.4

Book chapters

- Avcil, C., Burkovik, Y.** (2022). Dayanıklılık ve Yılmazlık. *MUTLULUK BİLİMİ: Gençler İçin Pozitif Psikoloji Uygulamaları Ders Kitabı. ÜSKÜDAR ÜNİVERSİTESİ YAYINLARI – 56.*

Poster & Oral Presentations at International Conferences

- Avcil, C.** (2023). Deprem Haberlerini Takip Etme Davranışlarının Travma Sonrası Korku ve Kontrol Duygusu ile Travmatik Stres Belirtileri Üzerindeki Etkileri. *Üsküdar Üniversitesi 5. Uluslararası Pozitif Psikoloji Kongresi Bildiri Özetleri Kitabı.*
- Avcil, C.** (2022). Klinik Psikoloji Öğrencilerinin Psikolojik Sağlık Düzeyleriyle İlişkili Faktörler. *Üsküdar Üniversitesi 4. Uluslararası Pozitif Psikoloji Kongresi Bildiri Özetleri Kitabı. ÜSKÜDAR ÜNİVERSİTESİ YAYINLARI – 58.*

Poster & Oral Presentations at National Conferences

- Aksoy, M., Avcil, C.** (2024). Sosyal Anksiyete Belirtileri Gösteren Üniversite Öğrencilerinde Sanal Gerçeklik ile Maruz Bırakma ve Psikoeğitimin Karşılaştırılmalı Etkililiği. 1. Ulusal Topkapı Psikoloji Kongresi.

Manuscripts in Progress

- Müfreze, P., Avcil, C., & Herdi, O.** (Date of acceptance: 23.04.2024). Seslerin ötesi: Mizofonide insan kaynaklı tetikleyicilerin kaynağının rolü. *Nöropsikiyatri Arşivi*. <https://doi.org/10.29399/npa.28744>

Training & Certificates

EMDR, Institute of Behavioral Sciences

Mindfulness-Based Cognitive Therapies, Association of Cognitive Behavioral Psychotherapies

Gottman Couples Therapy, Psychology Istanbul

Cognitive Behavioral Therapies, Association of Cognitive Behavioral Psychotherapies

Complex Post-Traumatic Stress Disorder and EMDR, Turkish Association of Psychiatry

Assessment and Treatment of Sexual Dysfunction, Prof. Dr. Mehmet Z. Sungur

Brief Solution-Focused Therapy, PADEM

Emotional Freedom Technique (EFT), Turkish Psychological Association

Administration and Interpretation of MMPI, Turkish Psychological Association

Neuropsychological Tests, Turkish Psychological Association

Statistical programs: JASP, SPSS

Courses

PSYC 7191 Cognitive Behavioral Psychotherapies: Concepts and Techniques I, Antalya Bilim University

PSYC 7091 Professional Ethics and Boundaries, Antalya Bilim University

PSYC 7202 Cognitive Behavioral Psychotherapies: Concepts and Techniques II, Antalya Bilim University

PSYC 7291 Supervision in Cognitive Behavioral Psychotherapies I, Antalya Bilim University

PSYC 7302 Supervision in Cognitive Behavioral Psychotherapies II, Antalya Bilim University

PSYC 7062 Field Practice in Clinical Psychology I, Antalya Bilim University

Memberships

Musiki Eserleri Sahipleri Birliđi (MSG)

Türk Psikologlar Derneđi (TPD)

Research Interests

Cognitive behavioral therapy, virtual reality exposure therapy, internet based psychotherapy