

CURRICULUM VITAE

1. Name-Surname: Nergis Hazal YILMAZTÜRK

2. Title: Lecturer, PhD

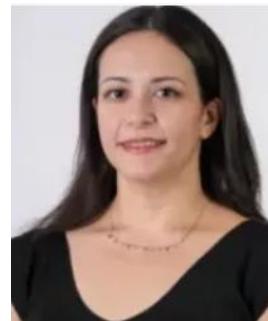
3. Education: PhD

4. Organization: 2015 - ongoing

TED University, Department of Educational Sciences

Psychological Counseling and Guidance Program

5. Contact: hazal.yilmazturk@edu.edu.tr



Degree	Field	Organization	Year
PhD	Psychological Counseling and Guidance	Middle East Technical University	2024
Master's degree	Psychological Counseling and Guidance	Middle East Technical University	2018
Erasmus LLP	Psychology & Pedagogy	Kazimierz Wielki University (Uniwersytet Kazimierza Wielkiego w Bydgoszczy) (National Agency scholarship)	2013
Bachelor's degree	Psychological Counseling and Guidance	Başkent University (with grant, Top Scoring Student of 2015)	2015
High School		TED Ankara College Private High School	2011

6. Publications:

6.1. Books and book chapters:

- Özgül-Torun, T., **Yılmaztürk, N.H.**, Maraşlı, & Çok, F. (June 2026). *Attitudes towards sharenting*. (Eds.) Lendvai, G.F., Vizcaíno-Verdú, A, Velicu, A, Koltay, A. Transdisciplinary Perspectives on Sharenting: Parenting, Privacy, and Consent. Routledge.
- **Yılmaztürk N. H.**, Özgül-Torun T., Er S. S., & Çok F. (2023). *A new dimension in child development: Sharenting*. (Ed.) Seval Erden-Çınar. Child Psychology. Pegem.
- Atay, B. & **Yılmaztürk, N.H.** (2023). *Sexuality in Close Relationships*. (Ed.) S.Burcu Üçok. Close Relationships. Nobel.
- **Yılmaztürk, N.H.** (2022). *Eating disorders in children and adolescents*. (Ed.) Begüm Serim-Yıldız & S.Burcu Üçok. Psychological Counseling in Children and Adolescents. Nobel.
- Voltan-Acar, N., Aracı-İyiaydın, A., Atay, B., Barburoğlu, Y., Yeler, Z., & **Yılmaztürk, N.H.** (2020). *Psychological Counseling and Guidance Dictionary*. Nobel.

6.2. Articles in international refereed journals:

- **Yılmaztürk, N.H.** (2026). Emotions on the menu: Reflexive thematic analysis of emotional eating in academic context. *Acta Psychologica*, 263, <https://doi.org/10.1016/j.actpsy.2026.106288> (SSCI)
- **Yılmaztürk, N.H.**, Serim-Yıldız, B., & Grzankowska, I. (submitted). The role of cognitive flexibility on the relationship between coronavirus anxiety and eating attitudes of Polish and Turkish university students. *BMC Psychology*. (SSCI).
- **Yılmaztürk, N.H.**, & Sümer, Z. (submitted). Eating the emotions or emotional eating? A phenomenological study on adolescents emotional eating. *Eating Behavior*. (SSCI).
- Atay, B., **Yılmaztürk, N.H.**, Autin, K., & Kim, T. (in progress). Work volition and burn out among Turkish college students. *Journal of Career Development*. (SSCI).
- Atay, B., **Yılmaztürk, N.H.**, Autin, K., & Kim, T. (in progress). *Development of work volition scale*. *Journal of Vocational Behavior*. (SSCI).
- Atay, B., **Yılmaztürk, N.H.**, Autin, K., & Kim, T. (in progress). Voices from the transition to work: A qualitative inquiry into need satisfaction, decent work, and burnout among university students. *Journal of Counseling Psychology*. (SSCI)
- **Yılmaztürk, N.H.**, Özgül-Torun, T., Atay, B., & Çok, F. (in progress). Development of sharenting attitude scale. *Psychological Assessment* (SSCI).
- Serim-Yıldız, B., **Yılmaztürk, N.H.**, & Duffrene, R. (in progress). Adaptation of ethical decision-making scale-revised to Turkish culture. *Measurement and Evaluation in Counseling and Development*. (SSCI).
- **Yılmaztürk, N.H.**, Er, S., Özgül, T., & Çok, F. (2022). Parents' shares on Instagram in the early days of COVID-19 pandemic. *Turkish Journal of Education* (ESCI).
- **Yılmaztürk, N.H.**, Demir, A. & Çelik-Örçü, M. (2022). The mediator role of emotion-focused coping on the relationship between perceived stress and emotional eating. *Trends in Psychology*. <https://doi.org/10.1007/s43076-022-00142-1> (APA PsyInfo).
- Maraşlı, M., Er, S., **Yılmaztürk, N.H.** & Çok, F. (2016). Parents' shares on social networking sites about their children: Sharenting. *Anthropologist*, 24(2), 399-406. (Scientific World Index)

6.3. Paper presentations presented at international conferences and published at conference proceedings:

- **Yılmaztürk, N.H.** & Serim-Yıldız, B. (2024). *Qualitative investigation of caregiver practices across adverse life experiences*. 33rd International Congress of Psychology, Prague, Czech Republic.
- Serim-Yıldız, B., Erdoğan, T. & **Yılmaztürk, N.H.** (2022). *Trauma-informed models for preschooler parents: A content analysis*. International Child and Adolescent Trauma Congress, Türkiye.
- Çok, F., **Yılmaztürk, N.H.**, Özgül, T. & Er, S. (2022). *To what extent are parents aware of the danger related to sharing their children on social media?* International Child and Adolescent Trauma Congress, Izmir, Türkiye.
- **Yılmaztürk, N.H.**, & Serim-Yıldız, B. (2021). Ethical decision-making models in GPC. 22nd International Congress of GPC, Muş, Türkiye (online).

- Serim-Yıldız, B., & **Yılmaztürk, N.H.** (2021). *Counseling students' perceptions related to ethicality with regard to socio-cultural differences*. 32nd International Congress of Psychology, Prague, Czech Republic.
- **Yılmaztürk, N.H.**, Serim-Yıldız, B., & Erdur-Baker, Ö. (2021). *The mediating role of rumination on the relationship between gender and fear*. International Congress on Adolescence and Youth Research, Izmir, Türkiye.
- **Yılmaztürk, N. H.**, Demir, A., & Çelik-Örkcü, M. (2019). *The relationship between perceived stress and emotional eating: The role of emotion focused coping*. 33rd Annual Conference of European Health Psychology Society, Dubrovnik, Croatia.
- **Yılmaztürk, N. H.** & Yılmaz, O. (2018). *Emerging career information needs in the transition to higher education*. 20th International GPC Congress, Samsun, Türkiye.
- Aracı-İyiaydın, A., **Yılmaztürk, N.H.**, Serhatoğlu, S., & Çok, F. (2017). *Social networking sites and adolescence: A content analysis of published studies*. 18th European Conference on Developmental Psychology, Utrecht, The Netherlands.
- Çok, F. & **Yılmaztürk, N.H.** (2017). *Community service experience of undergraduate counseling students*. Constructing Active Citizenship with European Youth Conference, Athens, Greece.
- **Yılmaztürk, N.H.**, Ünal, B., Temizöz, T., & İnan, A. (2017). Relationship between community service involvement and basic empathy levels: Determination and improvements of community service participation among TED University Students, Constructing Active Citizenship with European Youth Conference, Athens, Greece.
- Maraşlı, M., Er, S., **Yılmaztürk, N. H.**, & Çok, F. (2015). Parents' shares on social networking sites about their children, II. Cyprus International Education Research Congress, Kyrenia.

6.4. Articles in national refereed journals:

- **Yılmaztürk, N.H.** & Yılmaz, O. (2025). Exploring career information needs in the transition to higher education. *Journal of Career Counseling*, 8(2), 73-85
- Serim-Yıldız, B. & **Yılmaztürk, N.H.** (2023). Ethical position of prospective counselors with relation to mindfulness. *Electronic Journal of Social Sciences* (TÜBİTAK ULAKBİM TR Dizin).
- Üçok, S.B., **Yılmaztürk, N.H.** & Atay, B. (2023). Facebook jealousy and attachment: The mediator role of jealousy and loneliness. *Adiyaman University Journal of Social Sciences* (TÜBİTAK ULAKBİM TR Dizin).
- Özgül, T., Er, S., **Yılmaztürk, N.H.**, & Çok, F. (2022). Parents' social media shares about their children (*Sharenting*). *Ankara University Journal of Educational Sciences*, 55(1), 239-262. (TÜBİTAK ULAKBİM TR Dizin).
- Aracı-İyiaydın, A., Çok, F., **Yılmaztürk, N. H.** & Serhatoğlu, S. (2019). Social media sites and adolescence: Content analysis of published studies. *Başkent University Journal of Education*, 6(2), 225-235. (TÜBİTAK ULAKBİM TR Dizin).

6.5. Paper presentations presented at national conferences and published at conference proceedings:

- Demirutku, K., Yeler, Z., & **Yılmaztürk, N.H.** (2018). Examining the relationships between social responsibility level, attitudes towards asylum seekers and altruistic intentions in pre-service teachers. I. *Asylum Seekers and Refugees Psychological Health Symposium*, Ankara.

- **YılmazTÜRK, N.H. & Aracı-İyiaydın, A.** (2016). Psychological analysis of two TV characters: Fiona Gallagher (Shameless) and Gregory House (House M.D.). *V. Psychology and Art Symposium*, Ankara.

7. Projects:

- **TechnoFest -Technological Practices in Psychology:** KidLiz (Team ID: 614307) - *Supervisor*
- **TÜBİTAK 3501:** Trauma-Informed Models for Preschooler Parents – *Researcher* (submission phase, *Supervisor*: Dr. Begüm Serim-Yıldız)
- **TÜBİTAK 2237:** Qualitative Research Education: From Theory to Practice (Kuramdan Uygulamaya Nitel Araştırma Eğitim; KUNA) III – *Lecture Assistant* (2021, *Supervisor*: Prof. Dr. Sibel Balçı)
- **TEDU LAD (Bachelor Research Fund) – *Project Supervisor*** (2017). Relationship between community service involvement and basic empathy levels: Determination and improvements of community service participation among TED University students (*Project Team*: senior GPC students of 2017, Burcu Ünal, Tuğçe Temizöz, Aybüke İnan)

8. Courses Given:

- PSCG 409/PCG407 - Practicum in Individual Counseling I - Supervision
- PSCG 412/PCG408 - Practicum in Individual Counseling II - Supervision
- PSCG 401/EDUC 411 - Practicum of Counseling in Schools I
- PSCG 402/EDUC 412 - Practicum of Counseling in Schools II
- PSCG 102/PCG 106 - Introduction to Psychological Counseling and Guidance
- PSCG 380/PCG 208 - Non-testing Techniques
- PSCG 430/PCG 302- Psychology of Eating
- PSCG 301/PCG 312 - Psychological Counseling with Children and Adolescents
- PCG 523 – Methods and Techniques of Counseling with Children and Adolescents (graduate course)

9. Administrative Duties/Organizational and Professional Services:

- **(2019-...)** TEDU, Faculty of Education, Chair of Career Development & Graduate Follow-up Commission
- **(2023-2025)** TEDU, Faculty of Education, Schedule Commission, Coordinator of Dept. of GPC
- **(2018-2021)** TEDU, Faculty of Education, Promotion Commission
- **(2018-2021)** TEDU, Faculty of Education, Organization Commission
- **(2016-2021)** TEDU, Faculty of Education, Web and Social Media Commission

10. Affiliations:

- Turkish Psychological Counseling and Guidance Association
- European Health Psychology Society (EHPS)
- Adolescence and Youth Research Association
- Middle East Technical University Alumni
- TED Ankara College Alumni

11. Grants:

- Başkent University Psychological Counseling and Guidance Program, *Top Scoring Student of Class of 2015*
- National Agency, Erasmus LLP, 2013

12. Professional Development:

- ACT (Acceptance and Commitment Therapy) Bootcamp EU, Utrecht (Prof. Steven Hayes, Prof. Robyn Walser, Dr. Gijs Jansen, 28 hours, 2025)
- ACT (Acceptance and Commitment Therapy) SUPERVISION (2025, ACT Turkey, Dr. İbrahim Bilgen, 42 hours)
- Process Based Therapy (PBT; 2025, ACT Turkey, Dr. İbrahim Bilgen, 27 hours)
- ACT (Acceptance and Commitment Therapy) ADVANCED LEVEL (ACT Turkey, Dr. İbrahim Bilgen, 21 Hours, 2025)
- ACT (Acceptance and Commitment Therapy) INTERMEDIATE (ACT Turkey, Dr. İbrahim Bilgen, 23 Hours, 2024)
- ACT (Acceptance and Commitment Therapy) COMPREHENSIVE-BASIC TRAINING (ACT Turkey, Dr. İbrahim Bilgen, 40 Hours, 2024)
- Cognitive Behavioral Therapy – Skills Modul (30 hours, Prof. Dr. Hakan Türkçapar & CBPA, 2022)
- Cognitive Behavioral Therapy – Primary Modul (50 hours, Prof. Dr. Hakan Türkçapar & CBPA, 2021)
- Emotional Eating (by Psk. & Dyt. Alara Kerimler, 2021)
- Eating Disorders (by Psk. & Dyt. Alara Kerimler, Modul 1&2, 2020)
- Structural Equation Modeling During Publication and Thesis Processes (by Prof. Dr. Ömer Faruk Şimşek, 2020)
- Applying mindfulness techniques to enhance health and well-being (by Dr. Rebecca Acabchuk, Suzanne Meunier, Natalie Griffin; EHPS, 2019)
- Meta-Thematic Analysis (Anı Winter School, 2020)
- NVIVO for Beginners (Anı Winter School, 2020)
- Introduction to CBT (by Dr. Monica Wilkoszcz; University of Kazimier Wielki, 2013)
- Psychodrama (*12 weeks* by Psycho-dramatist Prof. Dr. Türkan Doğan and Psycho-dramatist Psy. Coun. Specialist Mine Kazak, Başkent University)
- Art Critique in Early Childhood Art Education (Birge Art, Design and Architecture Atelier for Children)
- Effective communication and Body Language (Association of TED Alumni)
- Intervention Prevention Studies Workshop (by Prof. Håkan Statin and Prof. Metin Özdemir, TEDU SEM/)
- Unconsciousness Techniques in Guidance (Association of TED Alumni)
- Special Learning Difficulties: School & Families (TEDU)

13. Other Experiences (Seminars, Media etc.):

- Peer Psychological Counselor at Başkent University, 2014 Summer
- Counseling Intern at Gazi University Hospital Adult Psychiatry Service, 2014 (*14 weeks*)

within Mental Health Course at Başkent University)

- Genç Düşünce (*Young Idea*), Kanal B (2015)
- Doğru Tercih (*Right Choice*), Kanal B (2019)
- Özne (*Subject*), Radio TEDU (2022)
- *TEDU 400: Emotional Eating & Eating Disorders* - Developmental seminar to university students (TEDU Center of Teaching and Learning, 2022 & 2025)
- Student recruitment assessment process - Academic team member (2025)
- Several seminars on variety of topics (including *resilience, sharenting, communication skills, emotional eating, eating disorders*) to school counselors, students, and teachers in K-12 state and private schools