

JANUARY, 2023



ERKAN IŞIK, PH.D.

PERSONAL

Age: 43 Marital status: Married

EDUCATION

- ψ **Professional Certification** 2016–2019 / Weinheim Institute for Family Therapy, Systemic Supervisor Training. Weinheim / Germany
Thesis topic: Systemic supervision: A case of a private counseling office
- ψ **Professional Certification** 2008–2012 / Weinheim Institute for Family Therapy, Family Therapist Training. Weinheim / Germany
Thesis topic: Effects of a systemic group intervention on differentiation of self, anxiety, and well-being
- ψ **Ph.D.** 2006–2010 / Çukurova University, Department of Psychological Counseling and Guidance. Adana / Turkey
Thesis topic: Effects of a Social Cognitive Career Theory based group intervention on career decision self-efficacy and vocational outcome expectations of undergraduate students
- ψ **M.A.** 2004–2006 / Selçuk University, Department of Psychological Counseling and Guidance. Konya / Turkey
Thesis topic: The consistency between self concept and vocational self concept of the teacher candidates
- ψ **B.A.** 2002–2004 Selçuk University, Department of Psychological Counseling and Guidance. Konya / Turkey
- ψ **B.A.** 1998–2002 Selçuk University, Department of English Language Teaching. Konya / Turkey

PROFESSIONAL EXPERIENCE

- ψ 2022–Present: **Chair** / İstanbul Aydın University, Educational Sciences Ethical Committee. İstanbul / Turkey.
- ψ 2020–Present: **Professor** / İstanbul Aydın University, Department of Psychological Counseling & Guidance. İstanbul / Turkey.

- ψ 2020–2021: **Professor** / Cyprus International University, Department of Psychological Counseling & Guidance. Nicosia / Northern Cyprus.
- ψ 2019–2021: **Program Coordinator** / Cyprus International University, Counseling Psychology Master Program. Nicosia / Northern Cyprus.
- ψ 2016–2020: **Associate Professor** / Cyprus International University, Department of Psychological Counseling & Guidance. Nicosia / Northern Cyprus.
- ψ 2014–2016: **Associate Professor** / Mevlana University, Department of Psychological Counseling & Guidance. Konya / Turkey.
- ψ 2012–2016: **Program Coordinator** / Mevlana University, Department of Psychological Counseling & Guidance. Konya / Turkey.
- ψ 2010–2014: **Assistant Professor** / Mevlana University, Department of Psychological Counseling & Guidance. Konya / Turkey.
- ψ 2005–2010: **Lecturer** / Selçuk University, School of Foreign Languages. Konya / Turkey.
- ψ 2004–2005: **Lecturer** / Adnan Menderes University, Department of Foreign Languages. Aydın / Turkey.
- ψ 2002–2004: **Lecturer** / Selçuk University, School of Foreign Languages. Konya / Turkey.

COUNSELING EXPERIENCE

- ψ 2023–Present: Group Leader of a psychoeducation program as part of an elective undergraduate course (PCG 412 Career Planning)
- ψ 2021–Present: Individual, couple, and family counselling online. Saw an average of 3-4 individuals, couples or families a week.
- ψ 2021–Present: Individual, couple, and family counselling at Systemic Psychoterapy Institute, Konya office and at Positive Psychotherapy Institute in İstanbul Bakırköy. Saw an average of 3-4 individuals, couples or families a week.
- ψ 2019–2021: Individual, couple, and family counselling at Damla Günsel Counselling Centre in Nicosia. Saw an average of 2-3 individuals, couples or families a week.
- ψ 2014–2017: Individual, couple, and family counselling at Systemic Psychoterapy Institute, Konya office. Saw an average of 3-4 individuals, couples or families a week.
- ψ 2013–2016: Group Leader of a Systemic-based psychoeducation program as part of an elective undergraduate course (PCG 409 Group Counseling Practice)
- ψ 2013–2014: Group Leader of a psychoeducation program as part of an elective undergraduate course (PCG 412 Career Planning)
- ψ 2011–2014: Group Leader of a value education program for at-risk adolescents as part

of a TÜBİTAK (The Scientific and Technological Research Council of Turkey) 1001 Project (Project Number: 111K417)

- ψ 2010–2014: Counselor at the University Counselling Center. Saw individuals, couples, and families who applied to University Counselling Center.
- ψ 2008–2011: Group Leader of a juvenile offenders' life skill development program as part of a TÜBİTAK (The Scientific and Technological Research Council of Turkey) 1001 Project (Project Number: 108K303)
- ψ 2008–2011: Individual, couple, and family counselling at Systemic Psychoterapy Institute as functions of Weinheim Institute for Training and Development's supervision requirements. Conducted a total of 200 sessions within three years of time.
- ψ 2008–2010: Career Planning Group Leader of a Social Cognitive Career Theory based career intervention program as part of Ph.D. thesis. Led several career planning groups within two years of time.
- ψ 2007–2008: Individual, couple, and family counselling at Konya Police Department Guidance & Counseling Bureau. Did voluntary therapy sessions with police officers and their families.
- ψ 2005–2006: Group leader as part of a 10 week group guidance program on university students' beliefs about language learning, Selçuk University Foreign Language School.
- ψ 2004–2010: Individual counselling at Selçuk University. Did voluntary individual and group counseling sessions with university students.

COUNSELING SUPERVISION

- ψ 2013–Present: **Supervisor** of 8-12 practica students in psychological counseling as part of an individual counseling practice course per semester (PCG 444 Individual Counseling Practice)
 - ψ 2013–Present: **Supervisor** of 8-12 practica students in psychological counseling as part of their field practice per semester (PCG 440 School Counseling Practice)
 - ψ 2012–Present: **Supervisor** of 8-12 practica students in psychological counseling as part of a career counseling course per semester (PCG 302 Career Guidance & Counseling Practice)
 - ψ 2013–2020: **Supervisor** of 8-12 practica students in psychological counseling as part of their field practice per semester (PCG 418 Field Practice in Psychological Counseling & Guidance)
 - ψ 2012–2016: **Supervisor** of 20-30 practica students in psychological counseling as part of a family counseling course per semester (PCG 312 Family Counseling Practice)
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THESIS SUPERVISION

Master Thesis

11. Bural, M. (Ongoing). *The mediating role of social influence in the relationship between the desire to be admired and body perception in influencer followers.*
10. Altuntaş, Y. (Ongoing). *The mediating role of expressing emotions in the relationship between differentiation of self and sexual satisfaction.*
9. Enci, Y. (Ongoing). *The mediating role of attachment styles in the relationship between parental attitudes and self-perception.*
8. Yener Açar, M. (Ongoing). *Investigation of the mediating role of differentiation of self in the relationship between attachment styles and marital satisfaction in married individuals.*
7. Ulubey, E. (2016). *Social cognitive predictors of subjective well-being: A model test.*
6. Özcan, S. (2016). *The effect of perceived social support on career decision self-efficacy among religious vocational high school students.*
5. Yıldırım, A. (2015). *Career indecision among high school students regarding to their perceived social support and chosen field.*
4. Varol, R. (2015). *The Effect of genogram-based counseling on couples' marital adjustment, marital problem-solving, and differentiation of self.*
3. Şenel, A. (2015). *Family effect as the predictor of career decision self-efficacy for girl vocational high school.*
2. Altınay, B. (2015). *Relationship between psychological birth order and career decision self-efficacy among high school students.*
1. Koyuncu, A. (2015). *Anxiety and well-being as the predictors of career decision self-efficacy.*

Ph.D Thesis

2. İnce, Ş. (2021). *Effects of systemic group intervention on the the expression of love and relationship quality among married couples.*
1. Günsel, D. (2021). *Differentiation of self and family functioning: Moderating effects of gender, working status, and relationship quality.*

AWARDS

- ψ 2022: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Akün, Ç., Işık, E., & Savickas, M. L. (2023). Examining differentiation of self within career construction model of adaptation. *Journal of Career Development*. 50(1), 135–149. <https://doi.org/10.1177/08948453211070027>
- ψ 2022: Award for International Scientific Research by The Scientific and Technological

Research Council of Turkey / Işık, E., Günsel, D. A., & Stratton, P. (2022). Cross-cultural validation of the Turkish version of SCORE-15. *Journal of Family Therapy*, 44(2), 313–324. <https://doi.org/10.1111/1467-6427.12359>

- ψ 2022: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / İnce, Ş., & Işık, E. (2022). The mediating role of five love languages between differentiation of self and marital satisfaction. *The American Journal of Family Therapy*, 50(4), 407–423. <https://doi.org/10.1080/01926187.2021.193060>
- ψ 2021: Alberta Gambling Research Institute. (November 2021–October 2023). *Determining the Relationship of Communication in Emotion Regulation, and Severity of Problem Gambling and Comorbidities*.
- ψ 2021: Government of Alberta, Ministry of Advanced Education, Internationalization at Home Project. (December 2020–April 2021). *Universal and Cultural Factors in Canadian and Turkish Family Health and Distress*.
- ψ 2020: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Kozan, S., Blustein, D. L., Paciorek, R., Kilbury, E. & Işık, E. (2019). A Qualitative Investigation of Beliefs About Work-Related Crises in the United States. *Journal of Counseling Psychology*, 66, 600–612.
- ψ 2019: Grant for invited speak / *Single session therapy in Turkey: Current situation and thoughts for future*. Invited international speaker at the 3rd International Single Session Therapy and Walk-in Services Symposium, Melbourne, Australia.
- ψ 2019: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E., Kozan, S., & Negiş-Işık, A. (2019). Cross-Cultural Validation of the Turkish Version of the Decent Work Scale. *Journal of Career Assessment*, 27, 471–489.
- ψ 2019: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Kozan, S., Işık, E., & Blustein, D. L. (2019). Decent Work and Well-Being among Low-Income Turkish Employees: Testing the Psychology of Working Theory. *Journal of Counseling Psychology*, 66, 317–327.
- ψ 2018: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E., Ulubey, E., & Kozan, S. (2018). An examination of the social cognitive model of well-being in Turkish college students. *Journal of Vocational Behavior*, 106, 11–21.
- ψ 2015: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E. & Bulduk, S. (2015). Psychometric properties of the Differentiation of Self Inventory-Revised in Turkish adults. *Journal of Marital and Family Therapy*, 41(1), 102-112.
- ψ 2014: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E. (2014). Effects of a brief interest inventory intervention on career decision self-efficacy. *Australian Journal of Guidance and Counselling*, 24(2), 215-226.
- ψ 2013: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E. (2013). Perceived social support and locus of control as the predictors of vocational outcome expectations. *Kuram ve Uygulamada Eğitim*

- ψ 2012: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Işık, E. (2012). The relationship of career decision self-efficacy, trait anxiety, and affectivity among undergraduate students. *Psychological Reports*, 111, 805-813.
- ψ 2011: The Scientific and Technological Research Council of Turkey (TÜBİTAK) Researcher in the project entitled Value education for at-risk adolescents. Project Number: 111K417
- ψ 2010: Award for International Scientific Research by The Scientific and Technological Research Council of Turkey / Deniz, M. E., & Işık, E. (2010). Positive and negative affect, life satisfaction and coping with stress by attachment styles in Turkish students. *Psychological Reports*, 107, 480-490.
- ψ 2008: The Scientific and Technological Research Council of Turkey (TÜBİTAK) Scholar in the project entitled Developing life skills of adolescents committed or involved in a crime. Project Number: 108K303

ACADEMIC INTERESTS

- ψ Individual (e.g., self-efficacy, outcome expectations, perceived supports/barriers, securing a decent work) and systemic (e.g., differentiation of self, family of origin effects, work-family conflict, socioeconomic status) factors affecting individuals' professional, marital, and overall well-being.
- ψ **Career Counseling:** Career planning in higher education; Qualitative career counseling techniques; Constructivist career counseling; Social Cognitive Career Theory; Career Construction Theory; Psychology of Working Theory
- ψ **Family Therapy:** Family of origin influences; Genogram work; Systemic psychotherapy; Bowenian Theory and Applications; Congruence communication
- ψ **Research and Statistics:** Quantitative analysis using SPSS and AMOS; Psychological scale development procedures and psychometrics

ARTICLES

31. Lee, B., Ofori, S., & Işık, E. (2022). Congruence Couple Therapy for alcohol use and gambling disorders and comorbidities (Part II): Targeted areas and mechanisms of change in a randomized controlled trial. *Family Process*. Advanced online publication. <https://doi.org/10.1111/jamp.12816>
30. Hocaoğlu, F. B., & Işık, E. (2022). The role of self-construal in the associations between differentiation of self and subjective well-being in emerging adults. *Current Psychology*. Advanced online publication. <https://doi.org/10.1007/s12144-021-02527-4>
29. Akün, Ç., Işık, E., & Savickas, M. L. (2023). Examining differentiation of self within career construction model of adaptation. *Journal of Career Development*, 50(1), 135–149. <https://doi.org/10.1177/08948453211070027>

28. **Işık, E.**, Günsel, D. A., & Stratton, P. (2022). Cross-cultural validation of the Turkish version of SCORE-15. *Journal of Family Therapy*, 44(2), 313–324. <https://doi.org/10.1111/1467-6427.12359>
27. İnce, Ş., & **Işık, E.** (2022). The mediating role of five love languages between differentiation of self and marital satisfaction. *The American Journal of Family Therapy*, 50(4), 407–423. <https://doi.org/10.1080/01926187.2021.193060>
26. **Işık, E.**, Özbiler, Ş., Schweer-Collins, M. L., & Rodríguez-González, M. (2020). Differentiation of self predicts life satisfaction through marital adjustment. *The American Journal of Family Therapy*, 48, 235–249. <https://doi.org/10.1080/01926187.2020.1732248>
25. Kozan, S., Blustein, D. L., Paciorek, R., Kilbury, E. & **Işık, E.** (2019). A qualitative investigation of beliefs about work-related crises in the United States. *Journal of Counseling Psychology*, 66, 600–612. <http://dx.doi.org/10.1037/cou0000343>
24. Kozan, S., **Işık, E.**, & Blustein, D. L. (2019). Decent Work and well-being among low-income Turkish employees: Testing the Psychology of Working Theory. *Journal of Counseling Psychology*, 66, 317–327. <http://dx.doi.org/10.1037/cou0000342>
23. **Işık, E.**, Kozan, S., & Negiş-Işık, A. (2019). Cross-Cultural Validation of the Turkish Version of the Decent Work Scale. *Journal of Career Assessment*, 27, 471–489. <https://doi.org/10.1177/1069072718763636>
22. **Işık, E.**, Yeğin, F., Koyuncu, S., Karataş-Eser, A., Çömlekçiler, F., & Yıldırım, K. (2018). Validation of the Career Adapt-Abilities Scale-Short Form across different age groups in the Turkish context. *International Journal for Educational and Vocational Guidance*, 18, 297–314. <https://doi.org/10.1007/s10775-018-9362-9>
21. **Işık, E.**, Ulubey, E., & Kozan, S. (2018). An examination of the social cognitive model of well-being in Turkish college students. *Journal of Vocational Behavior*, 106, 11–21. <https://doi.org/10.1016/j.jvb.2017.11.010>
20. Saltalı, N. D., Erbay, F., **Işık, E.**, & İmir, H. M. (2018). Turkish validation of Social Emotional Well-Being and Resilience Scale (PERIK). *International Electronic Journal of Elementary Education*, 10(5), 525–533. <https://doi.org/10.26822/iejee.2018541302>
19. Negiş Işık, A., **Işık, E.**, & Hamarta, E. (2016). Antecedents of work-family conflict within higher education setting. *Eğitim ve Bilim-Education and Science*, 41, 59–73. <http://dx.doi.org/10.15390/EB.2016.6176>
18. **Işık, E.** & Bulduk, S. (2015). Psychometric properties of the Differentiation of Self Inventory-Revised in Turkish adults. *Journal of Marital and Family Therapy*, 41(1), 102–112. <http://dx.doi.org/10.1111/jmft.12022>
17. **Işık, E.** & Bedel, A. (2015). Relationship of coping strategies to subjective well-being among adolescents. *Selçuk University The Journal of Institute of Social Sciences*, 34, 53–60.
16. Bedel, A. & **Işık, E.** (2015). A comparison of interpersonal problem solving and life satisfaction level between students with single parents and two parents. *Kuramsal Eğitim Bilim Dergisi-Journal of Theoretical Educational Science*, 8(1), 70–85.

<http://dx.doi.org/10.5578/keg.7966>

15. **Işık, E.** (2014). Effects of a brief interest inventory intervention on career decision self-efficacy. *Journal of Psychologists and Counsellors in Schools*, 24(2), 215–226. <https://doi.org/10.1017/jgc.2014.13>
14. Bedel, A., **Işık, E.**, & Hamarta, E. (2014). Psychometric Properties of the KIDCOPE in Turkish adolescents. *Eğitim ve Bilim-Education and Science*, 39, 227–235. <http://dx.doi.org/10.15390/EB.2014.3501>
13. **Işık, E.** (2014). Relationship of childhood career development to life satisfaction, and state anxiety. *İlköğretim Online-Elementary Education Online*, 13(2), 682–693.
12. **Işık, E.** (2013). Perceived social support and locus of control as the predictors of vocational outcome expectations. *Kuram ve Uygulamada Eğitim Bilimleri Dergisi-Educational Sciences: Theory & Practice*, 13(3), 1419–1430. doi: 10.12738/estp.2013.3.1520
11. Deniz, M. E., Özer, E., & **Işık, E.** (2013). Trait Emotional Intelligence Questionnaire–Short Form: Validity and reliability studies. *Eğitim ve Bilim-Education and Science*, 38, 407–418.
10. Işık, E. (2013). Dysfunctional career beliefs of university students that they think will prevent them from doing their ideal job. *Türkiye Sosyal Araştırmalar Dergisi-Turkish Journal of Social Research*, 17(2), 363–376.
9. **Işık, E.**, Tıraş, Z., & Sürücü, A. (2013). Effect of cognitive behavioral approach-based group guidance on beliefs about language learning. *Mehmet Akif Ersoy Üniversitesi Eğitim Fakültesi Dergisi-, Mehmet Akif Ersoy University Journal of Education Faculty*, 26, 63–78. <http://hdl.handle.net/11672/159>
8. **Işık, E.** (2012). The relationship of career decision self-efficacy, trait anxiety, and affectivity among undergraduate students. *Psychological Reports*, 111, 805–813. <https://doi.org/10.2466/01.09.10.PR0.111.6.805-813>
7. **Işık, E.**, Akbaş, T., Kırdök, O., Avcı, R. & Çakır, İ. (2012). Use of the genogram technique in counseling with Turkish families. *Journal of Family Psychotherapy*, 23, 131–137. <https://doi.org/10.1080/08975353.2012.679903>
6. Deniz, M. E., & **Işık, E.** (2010). Positive and negative affect, life satisfaction and coping with stress by attachment styles in Turkish students. *Psychological Reports*, 107, 480–490. <https://doi.org/10.2466/02.09.10.20.PR0.107.5.480-490>
5. **Işık, E.** (2010). Career decision self-efficacy among Turkish undergraduate students. *Electronic Journal of Research in Educational Psychology*, 8(2), 749–762.
4. Cenkseven-Önder, F., Kırdök, O., & **Işık, E.** (2010). High school students' career decision-making pattern across parenting styles and parental attachment levels. *Electronic Journal of Research in Educational Psychology*, 8(1), 263–280.
3. **Işık, E.** (2008). Using Genograms in Family and Career Counseling. *Dokuz Eylül Üniversitesi Buca Eğitim Fakültesi Dergisi-Dokuzeyül University Buca Journal of Education Faculty*, 23, 87–97.
2. **Işık, E.** & İnanç, B. (2008). Comparison of university students with and without allergic

rhinits with regards to their quality of life and anxiety levels. *Dokuz Eylül Üniversitesi Buca Eğitim Fakültesi Dergisi-Dokuz Eylül University Buca Journal of Education Faculty*, 23, 115–122.

1. **Işık, E.**, Izgar, H. (2007). Consistency levels of self concept and vocational self concept of the teacher candidates. *Selçuk Üniversitesi Eğitim Fakültesi Dergisi-Selçuk University Journal of Education Faculty*, 24, 277–291.

BOOKS

1. **Işık, E.** (2015). *A career planning program for freshmen*. Ankara: Nobel Akademi.

BOOK CHAPTERS

2. **Işık, E.** (2022). “Social cognitive model of well-being and career self-management” (Ed. F. Bacanlı & A. Büyükgöze Kavas) In *Contemporary theories, approaches and models in career counseling*, Ankara: Pegem Akademi.
1. **Işık, E.** (2021). “Career Counseling Applications for Young Adults” (Ed. K. Öztemel) In *Career guidance and counseling with case applications*, Ankara: Pegem Akademi.

Translations

2. **Işık, E.** (2015). Sharf, R. S. “Occupations: Information and Theory” (Trans. Ed. F. Bacanlı) In *Applying Career Development Theory to Counseling*, pp. 60–94. Ankara: Pegem Akademi.
1. **Işık, E.** (2013). Worden, M. “Engagement: Establishing Therapeutic Boundaries” and “Assessment: Diagnosis and Systems Models” (Trans. Ed. T. Akbaş) In *Family Therapy Basics*, pp. 41–99. Adana: Nobel.

PRESENTATIONS

37. Dokuzlar, Ş., Özbiler, Ş., & **Işık, E.** (2022). *The mediating role of emotional expressivity in the relationship between differentiation of self and codependency*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, İstanbul Kültür University, İstanbul, Turkey.
36. **Işık, E.** (2019). *Single session therapy in Turkey: Current situation and thoughts for future*. Oral presentation as an invited international speaker at the 3rd International Single Session Therapy and Walk-in Services Symposium, Melbourne, Australia.
35. **Işık, E.**, & Özbiler, Ş. (2019, October). *Differentiation of self predicts life satisfaction through marital adjustment*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Antalya, Turkey.
34. Neğiş Işık, A., **Işık, E.**, Hamarta, E. (2015, October). *Antecedents of work-family conflict within higher education setting*. Paper presented at the International Higher Education Studies Conference, Boğaziçi University, İstanbul, Turkey.
33. **Işık, E.**, Deniz, M. E., & Ulubey, E. (2015, October). *Trait emotional intelligence as the predictor of career decision self-efficacy*. Paper presented at the annual meeting of the Turkish

- Psychological Counseling & Guidance Association, Mersin University, Mersin, Turkey.
32. Ülker, A. & Işık, E. (2015, October). *Family influence as the predictor of career decision self-efficacy among girls' vocational high school students*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Mersin University, Mersin, Turkey.
 31. Işık, E., Cartıllı, K., & Özcan, S. (2015, October). *The role of social support in adults' differentiation of self level*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Mersin University, Mersin, Turkey.
 30. Baltacı, U. B., Demirci, A., & Işık, E. (2015, October). *Career decision-making difficulties as the predictor of academic procrastination*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Mersin University, Mersin, Turkey.
 29. Kutlu, A., Apaydın, B., Dayanır, M. E., & Işık, E. (2015, October). *Relationship of parental attitudes to career development among secondary school students*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Mersin University, Mersin, Turkey.
 28. Işık, E. (2014, April). *Factor Structure and Psychometric Properties of the Differentiation of Self Inventory-Turkish Form for Undergraduate Students*. Paper presented at the International EJER Congress, İstanbul University, İstanbul, Turkey.
 27. Işık, E. & Bulduk, S. (2014, April). *Subjective well-being, university adjustment, anxiety and depression levels among undergraduate students regarding to their career decision status*. Paper presented at the International EJER Congress, İstanbul University, İstanbul, Turkey.
 26. Işık, E. (2014, May). *Psychometric properties of Vocational Outcome Expectations Scale in Turkish undergraduate students*. Paper presented at the 3rd International Counseling & Education Conference, İstanbul Commerce University, İstanbul, Turkey.
 25. Işık, E. (2014, December). *A systemic psycho-education model for working with family of origin issues*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Antalya, Turkey.
 24. Deniz, M. E., Dilmaç, B., Hamarta, E., & Işık, E. (2013, May). *The development of a scale to measure values in a sample of at-risk adolescents*. Paper presented at the 2nd International Counseling & Education Conference, İstanbul Commerce University, İstanbul, Turkey.
 23. Işık, E. & Bedel, A. (2013, September). *The Relationship of career indecision to anxiety and life satisfaction in a sample of high school students*. İstanbul 2013 World Congress of Psychological Counselling and Guidance, Boğaziçi University, İstanbul, Turkey.
 22. Bedel A. & Işık, E. (2013, September). *A Comparison of Interpersonal problem solving and life satisfaction level between students with single parents and two parents*. İstanbul 2013 World Congress of Psychological Counselling and Guidance, Boğaziçi University, İstanbul, Turkey.
 21. Işık, E. (2012, May). *Effect of interest inventory feedback on career decision self-efficacy among undergraduate students*. Paper presented at 3rd World Conference on Psychology, Counseling & Guidance, İzmir, Turkey. Published at *Procedia-Social and Behavioral Sciences*, 84, 1437-1440, 2013 (Web of Science)
 20. Işık, E. & Bulduk, S. (2012, May). *Initial reliability and validity of the Turkish version of Differentiation of Self Inventory-Revised*. Paper presented at the 1st International Counseling & Education Conference, İstanbul Technical University, İstanbul, Turkey.

19. **Işık, E.**, Saygın, Y., & Işık, A. N. (2012, May). *Marital satisfaction and depression in a sample of Turkish women*. Paper presented at the 1st International Counseling & Education Conference, İstanbul Technical University, İstanbul, Turkey.
18. **Işık, E.**, Akbaş, T., Özyürek, R. (2012, December). *Effects of a social cognitive career theory-based group intervention on career decision self efficacy and vocational outcome expectations among undergraduate students*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Ankara, Turkey.
17. **Işık, E.** (2011, November). *Process of Interest Inventory Interpretation with undergraduate students*. Paper presented at the International Journal of Arts & Sciences (IJAS) Conference, Gottenheim, Germany.
16. Saygın, Y., **Işık, E.**, & Işık, A. N. (2010, April). *Marriage satisfaction and depression levels among working and non-working women*. Paper presented at the 3rd International Women's Symposium on Literature, Language, Culture and Art Studies, Selçuk University, Konya, Turkey.
15. **Işık, E.** (2010, July). *A social cognitive career theory based intervention model for freshmen*. Paper presented at the 27th International Congress of Applied Psychology, Melbourne Convention and Exhibition Centre, Melbourne, Australia.
14. **Işık, E.** (2010, July). *A psychometric evaluation of career decision self-efficacy scale-short form with Turkish undergraduates*. Paper presented at the 27th International Congress of Applied Psychology, Melbourne Convention and Exhibition Centre, Melbourne, Australia.
16. **Işık, E.** (2010, July). *Vocational outcome expectations of undergraduate students*. Paper presented at the 2nd International Conference on Education, Economy and Society, Paris, France.
15. **Işık, E.** (2010, October). *A career group intervention sample for undergraduate students*. Paper presented at the annual symposium of Psychological Counseling & Guidance at Universities, Mersin University, Mersin, Turkey.
14. Deniz, M.E., Hamarta, E., Arslan, C., & **Işık, E.** (2010, December). *A juvenile offenders' life skill development program*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Hacettepe University, Ankara, Turkey.
13. **Işık, E.** (2009, March). *Investigating the career decision self-efficacy of Turkish undergraduate students*. Paper presented at the International Conference of Psychology & Education, University of Beira Interior, Covilha, Portugal.
12. **Işık, E.** (2009, March). *Examining the family influences on career choices*. Paper presented at the International Conference of Psychology & Education, University of Beira Interior, Covilha, Portugal.
11. **Işık, E.** (2009, October). *The relationships of vocational outcome expectation to social support and locus of control among undergraduate students*. Paper presented at the annual Congress of Educational Sciences, Ege University, İzmir.
10. **Işık, E.** (2009, October). *Undergraduates students' dysfunctional career thoughts preventing them engage in career exploration*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Çukurova University, Adana, Turkey.
9. Özyürek, R., **Işık, E.**, Anar, B., & Örkün, Ü. (2009, October). *Reliability and validity studies*

- of Children's Activities Inventory*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Çukurova University, Adana, Turkey.
8. Özyürek, R., Anar, B., Örkün, Ü., & **Işık, E.** (2009, October). *Reliability and validity studies of Turkish Employment Organisation Interest Inventory*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Çukurova University, Adana, Turkey.
 7. Akbaş, T., **Işık, E.**, Kırdök, O., Avcı, R., Çakır, İ. (2008, April). *Using genograms in family counseling: Experiences from within a family counseling doctoral course*. Paper presented at International Congress of Counseling, Bahçeşehir University, İstanbul, Turkey.
 6. Cenkseven, F., Kırdök, O., **Işık, E.** (2008, April). *Investigating career decisions of high school students regarding to their parenting and parent attachment styles*. Paper presented at International Congress of Counseling, Bahçeşehir University, İstanbul, Turkey.
 5. **Işık, E.**, Traş, Z. S., Sürücü, A. (2008, June). *The effects of group guidance on beliefs about language learning (sample of university foreign language preparatory classes)*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Selçuk University, Konya, Turkey.
 4. Işık, A. N., **Işık, E.** (2008, October). *Preservice teachers' sense of efficacy and beliefs on classroom management*. Paper presented at 11th International Conference on Further Education in the Balkan Countries, Selçuk University, Konya, Turkey.
 3. **Işık, E.** (2007, October). *Using genograms in family and career counseling*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Dokuz Eylül University, İzmir, Turkey.
 2. **Işık, E.** (2007, October). *Comparison of university students with and without allergic rhinitis with regards to their quality of life and anxiety levels*. Paper presented at the annual meeting of the Turkish Psychological Counseling & Guidance Association, Dokuz Eylül University, İzmir, Turkey.
 1. **Işık, E.** (2007, September). *Perceptions and expectations of the university students from the career counseling services given at their university*. Paper presented at the annual Congress of Educational Sciences, Gaziosmanpaşa University, Tokat, Turkey.

ACADEMIC ACTIVITIES

Research Projects

- ❖ Alberta Gambling Research Institute. (November 2021-October 2023). *Determining the Relationship of Communication in Emotion Regulation, and Severity of Problem Gambling and Comorbidities*. CAD 95,231
- ❖ Government of Alberta, Ministry of Advanced Education, Internationalization at Home Project. (December 2020-April 2021). *Universal and Cultural Factors in Canadian and Turkish Family Health and Distress*. CAD 6,500

- ψ TÜBİTAK (The Scientific and Technological Research Council of Turkey) 1001 (October 2008-June 2011). Developing life skills of adolescents committed or involved in a crime. Project Number: 108K303 TRY 98,598
- ψ TÜBİTAK (The Scientific and Technological Research Council of Turkey) 1001 (April 2011-April 2014). Value education for at-risk adolescents. Project Number: 111K417 TRY 81,810

Reviewer

- ψ *Current Psychology*
- ψ *Psychological Reports*
- ψ *Frontiers in Psychology*
- ψ *International Journal for Educational and Vocational Guidance*
- ψ *Career Development International*
- ψ *British Journal of Guidance & Counselling*
- ψ *Perceptual & Motor Skills*
- ψ *Education & Science*
- ψ *Contemporary Family Therapy*
- ψ *Elementary Education Online*
- ψ *Turkish Journal of Social Research*
- ψ *The Journal of Happiness & Well-Being*

Editorial Board

- ψ *Frontiers in Psychology*
- ψ *The Journal of Career Counseling*
- ψ *The Journal of Family Counseling*

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COURSES TAUGHT

Undergraduate

- ψ Physiological Psychology
- ψ Guidance
- ψ Guidance and Psychological Counseling
- ψ Statistics
- ψ Scientific Research Methods
- ψ Human Relationships and Communication
- ψ Vocational Guidance and Counseling
- ψ Vocational Guidance and Counseling Applications
- ψ Family Counseling
- ψ Family Counseling Applications
- ψ Guidance and Psychological Counseling Seminar
- ψ Theories of Personality
- ψ Contemporary Approaches and Models in Counseling Psychology

Master

- ψ Career Counseling

- ψ Theories of Family Counseling
- ψ Marriage, Couple, and Family Counseling
- ψ Systemic Interventions

Ph.D.

- ψ Research in Career Counseling
- ψ Research and Interventions in Family Therapy

PROFESSIONAL CERTIFICATION

- ψ Systemic Therapist and Counsellor (2008-2017) – Weinheim Institute for Training and Development, Germany: Fullfilled at least 300 hours of theoretical training, 200 hours of counselling sessions, 150 hours of supervision, 150 hours of small group work, 160 hours of colleague supervision, one thesis, and 2 Live-supervisions with reflecting team
- ψ Systemic Supervisor (2016-2019) – Weinheim Institute for Training and Development, Germany: Fullfilled at least 100 hours of theoretical training, 50 hours of supervision sessions, 75 hours of supervision, 50 hours of small group work, 80 hours of colleague supervision, one thesis

PROFESSIONAL AFFILIATIONS

- ψ American Psychological Association (International Affiliate-C2103060200)
- ψ Turkish Psychological Counseling and Guidance Association (Full Member)
- ψ European Family Therapy Association (Organisational Member)
- ψ Weinheim Institute for Training and Development (Full Member)
- ψ Systemic Psychotherapy Institute (Founder Member)

HOBBIES

- ψ Swimming, walking/hiking, listening to music, travelling, playing basketball and table tennis, reading and writing scientific articles.