



ABOUT

Zeynep Zat has received her B.A. in Psychology in Istanbul University and M.A. in Psychology with distinction at Queen Mary in University of London. She was trained on Children and Families, Solution-Focused Brief Therapy and Psychodynamic approach for personality disorders and cognitive-behavioural therapy. Currently, she is doing her PhD in Counselling. Zeynep worked at the Institute for Behavioural Studies (DBE) in Istanbul for 9 years. She is an EMDR Europe Accredited EMDR Practitioner and in progress to become a consultant. In DBE she coordinated various research projects, including treatment of fibromyalgia, chronic headaches, chronic depression and weight control. The project on fibromyalgia was awarded by EMDRIA. Another research project with Syrian Refugees was awarded the Francine Shapiro Award. She presented her counselling work on panic attacks with Emre Konuk in the International Family Therapy Association in Orlando, USA, 2013 and on Fibromyalgia at EMDR Conferences:Edinburgh, Den Haag, and Philadelphia. She mainly utilizes EMDR, Solution Focused Therapy, Family and Couple Therapy and also psychoanalytic perspective.