

DILARA MARABA



Psychological Counsellor- Research Assistant

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Güngören, İstanbul

dilara.maraba@gmail.com

EDUCATION

2018

George Mason University

Summer School

2022

Ibn Haldun University

Guidance and Psychological
Counseling- Bachelor

2023 -

continuing

Ibn Haldun University

Guidance and Psychological Counseling
Master Program

LANGUAGES

- English (C2)
- Arabic (B2)
- German (A2)

I have experiences on individual psychotherapy for adults following CBT modal, and school counseling. Also, I worked on educational programs and designed courses by enriching digital tools and educational technologies. Self regulated learning theories and skills are one of my study interest, so I am experienced to guide students how to effectively study and make balance between school and social life. In general, I am a person who is strong in verbal and written communication, planned, solution-oriented, result-oriented, and aim to become productive and beneficial in the work I undertake. In addition, I have a personality that is always open to learn and cooperate in the place where I work and adapts easily to changes.

WORK EXPERIENCES

2020 September - 2021 June

Mehmet Emin Saraç Secondary and High School

Intern School Counselor

I worked the subjects of student identification, behavior management, character and values education based on strengths. In addition, I gave education that targets to avoid bullying among students. Also, I conducted psychodrama courses which involves, anger management, identification of emotions etc.

2021 July- 2021 September

KİM Psychotherapy and Counseling Center

Translator- English

I involved Irvin Yalom Psychotherapy video translation project

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2021 September- 2022 June

Yenidođu Schools

Intern School Counsellor

I worked at the preschool level for 3 months, where I administered the A draw a man/family test and provided privacy training through puppets.

In addition to student interviews at the 2nd and 3rd grade level of primary school, I provided trainings within the scope of group guidance on the theme of "What is attention and how can we maintain attention?"

I applied sociometry, attention deficit, school admission/evaluation tests.

2021 September - 2022 February

KİM Psychotherapy and Counseling Center

Assistant of Psychological Counsellor

I worked with children between the ages of 7-14 who have learning difficulties because of hypoactivity, attention deficit and hyperactivity.

I applied exercises to increase their attention and perception skills, and to increase their ability to process under pressure.

2022 April- 2022 August

E-bebek Stores

Content Producer

Creating content on topics such as child development and pregnancy

2022 April- 2022 August

E-bebek Stores

Translator- English

Translation from Turkish to English for the UK extension blog page of beb.com

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**2022 October- 2023
September**

The Center of Innovative Learning and Teaching

Assistant of Educational Technology and
Pedagogical Course Design (Partime Job)

I do mentorship for students to gain and develop
their self regulated learning skills, so reaching
high academic success and satisfying social life.

I also re-design classic courses by enriching with
digital tools, educational technology and
innovative learning. Doing that emotional
wellbeing, self esteem and social learning are
prioritised.

2022 August- 2023 July

Erdem Publishing Group

Assistant of Executive Editor
Foreign Royalty Sales Manager
Editor

I was in charge of selling books to foreign buyers
and be responsible for managing to copyright
the books sold.

in addition that I involved the editorial processes,
and I was the content editor of Professor
Medaim Yanik's book which is called "7
Characteristics of Happy Marriages."

2021 -2023

Psychological Counsellor- Online Counselling

I have been serving individual counseling and
psychotherapy through online

2023 September- Continuing

Ibn Haldun University- Research Assistant

REFERENCES

Personal Reference

Ayfer Maraba
TÜBİTAK– TÜSSİDE / Education Program
Development Chief
+90 (537) 873 27 64
Closeness: Cousin

Professional References

Mehmet Akın Bulut
IBN HALDUN UNIVERSITY / Ph.D.,
Educational Technology, Digital Learning
and E–Leadership Educator
+90 (554) 379 04 95 akin.bulut@ihu.edu.tr
Closeness: Teacher

Ömer Akgül
Kim Psychological Counseling Center/
Owner and Executive
Association of Mental Health (Ruh Sağlığı
Derneği)/ Founder and President of the
Foundation
University of Health Sciences/Faculty
Member
+90 (533) 557 47 33
Closeness: Employer

Melike Günyüz
Erdem Publishing Groups / CEO–Executive
Editor
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Closeness: Employer

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Ibn Haldun University /Prof. Faculty Mem
Psikolojik Danışmanlık ve Rehberlik
+90 535718 5787/ sefa.bulut@ihu.edu.tr
Closeness: Teacher

Furkan Alpat
Ibn Haldun University / Faculty Member and
Director of the School of Language
+90 (544) 221 22 81
Closeness: Teacher

CERTIFICATES AND SYMPOSIUMS

- Certificate of Cognitive Behavioural Therapy Diagnosis and Assesment Program– Cognitive Behavioural Psychotherapy Association (November 2022)
- Certificate of Cognitive Behavioural Therapy Theoretical Program– Cognitive Behavioural Psychotherapy Association (November 2022)
- Muslim Future Thinkers Forum by Islamic Conference Youth Forum For Dialogue and Cooperation (November 2018)
- The SETA Foundation at Washington D.C's Summer Leadership Program (Agust 2018)
- İbn Haldun University Children's Literature Student Symposium 2021 Moderator /Speaker
The Analysis of Tuck Everlasting by Natalie Babbitt in Existentialist Approach through Freedom, Death, Meaninglessness and Isolation
- The Certificate of Editor– Center of Istanbul Writing (İstanbul Yazım Merkezi) (December 2022)

ACADEMIC PUBLICATIONS

- The Exploration of Academic Procrastination from Self Regulated Learning Perspective– Clinical Research in Psyvhology–14 Agust,2022
- Generation Z and its Perception of Work through Habits, Motivations, Expectations Preferences, and Work Ethics
Generation Z and its Perception of Work through Habits, Motivations, Expectations Preferences, and Work Ethics –
Crimson Publishers · 8 February 2021
- The Effects of Nature on Child DevelopmentThe Effects of Nature on Child Development– CORPUS PUBLISHER (Current Research in Psychology and Behavioral Science) · 15 Haz 2020

PROJECTS

- IHU BAP– Aramızda Anlaşırız: Gençlere Yönelik Akran Arbuluculuğu– Scientific Research Project, 2023
- Gençlik Seferberliği, 2023
Volunteering to support students earthquake victims by counseling.
- IHU BAP–LIT499:The Emergence Of Modern Literary Theory" course with active & digital learning.
Scientific Research Project, 2023