

## MELTEM YILMAZ

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### EDUCATION

#### Sapienza University of Rome

Ph.D. in Dynamic and Clinical Psychology

*Full-time Postgraduate Fellowship*

**Rome, Italy**

Nov 2021 – Jan 2025

#### Teachers College, Columbia University

M.A. in Clinical Psychology

Specialization in Psychotherapy and Psychoanalysis

*Teachers College Scholarship*

**New York, NY**

Sept 2019 – Feb 2021

#### Maastricht University

M.Sc. in Cognitive and Clinical Neuroscience

Specialization in Psychopathology

*The UM Holland - High Potential Scholarship*

**Maastricht, Netherlands**

Sept 2016 – July 2018

#### Koç University

B.A. in Psychology

*Summa Cum Laude*, Class Rank: 5%

**Istanbul, Turkey**

Sept 2011 – June 2016

#### Georgetown University

Study abroad

**Washington DC**

Fall 2014

### TEACHING EXPERIENCE

#### Özyeğin University

*Part-time lecturer*

**Istanbul, Turkey**

Spring, 2025

- Taught undergraduate psychology students in English on contemporary psychoanalytic theories

#### Izmir University of Economics, Clinical Psychology Master's Program

*Part-time lecturer*

**(Online) Izmir, Turkey**

Spring 2025

- Instructed graduate students in English on advanced psychopathology and case formulation, focusing on developing a comprehensive understanding of psychopathology and personality organization through a psychodynamic framework

### CLINICAL SUPERVISION

*Clinical supervisor*

July 2025 – present

- Providing psychodynamically oriented supervision to early-career clinicians in private practice
- Provided psychodynamically oriented supervision to second-year graduate students in the Clinical Psychology Master's Program at Izmir University of Economics as a part-time lecturer (online)

Sept 2024 – June 2025

### RESEARCH EXPERIENCE

#### Sapienza University of Rome, Vittorio Lingiardi's Laboratory

*Graduate Research Assistant*, worked under the supervision of Prof. Vittorio Lingiardi

**Rome, Italy**

Nov 2021 – Nov 2024

- Reviewed the clinical and empirical literature concerning defense mechanisms and conflictual relationship patterns in patients diagnosed with borderline personality disorder
- Coded the Relationship Anecdote Paradigm interviews of patients with Borderline Personality Disorder based on the Defense Mechanisms Rating Scale-Q sort and the Core Conflictual Relationship Theme method
- Assessed the psychometric properties of the Defense Mechanisms Rating Scales Self-Report-30 in Turkish language and culture

#### Columbia University Psychotherapy, Affirmation and Disclosure Laboratory

*Graduate Research Assistant*, worked under the supervision of Prof. Barry Farber

**New York, NY**

Sept 2019 – Sept 2020

- Conducted a literature review on the conceptualization and application of positive regard across psychotherapy modalities and multicultural contexts, focusing on its different challenges and limitations
- Attended weekly laboratory meetings focusing on diverse research and clinical topics

**Istanbul Bilgi University Psychotherapy Process Research Laboratory***Graduate Research Assistant*, worked under the supervision of Dr. Sibel Halfon**Istanbul, Turkey**

Sept 2017 - Aug 2018

- Collected and analyzed data on factors associated with change processes in child psychodynamic psychotherapy
- Administered intake sessions for children with internalizing and externalizing problems, and prepared reports for therapists (Tifaldi, Raven, TAT, Play Assessment, Child Story Stems)
- Observed videotapes of therapy sessions and applied various coding systems (Child Psychotherapy Q-set, Coding System for Mental State Narratives, Therapy Process Observational Coding System-Alliance scale, Story Stems Attachment-Focused Coding System)

**Maastricht University Experimental Psychopathology Laboratory***Research Assistant*, worked under the supervision of Dr. Jill Lobbestael**Maastricht, Netherlands**

Jan 2017 – Aug 2017

- Conducted a literature review, analyzed existing data, and authored a journal article on childhood maltreatment, schema modes and personality disorders

**Koç University Language and Communication Development Laboratory***Research Assistant*, worked under the supervision of Prof. Aylin Küntay**Istanbul, Turkey**

Fall 2015

- Prepared developmental reports to families, analyzing data from the research project titles ‘How Peer-Dyads Learn Rules in Games’
- Ran an independent study on “The Social Dominance in Preschool Children within the Context of Rule-Learning”, developing a “Dominant Child Profile” with the application of Q-methodology
- Presented poster of the independent study on “The Dominant Child Profile: A Q-Methodology Evaluation”

**Koç University Timing and Decision-Making Laboratory***Research Assistant*, worked under the supervision of Dr. Fuat Balci**Istanbul, Turkey**

Jan 2013 – Jun 2015

- Ran two projects on spontaneous alternation behavior in human and animal subjects
- Observed and coded artemia’s behavior, analyzed and interpreted the results, and wrote the manuscript

**RESEARCH TRAINING****Psychotherapy Research Coding Trainings***Trainee***Rome, Italy**

Feb 2022 – May 2022

- Attended training on the Core Conflictual Relationship Theme (CCRT) coding system by Prof. Ueli Kramer and Prof. Yves de Roten
- Attended training on the Defense Mechanism Rating Scale Q-sort (DMRS-Q) coding system by Dr. Mariagrazia di Giuseppe
- Coded training materials until achieving satisfactory interrater reliability

**Istanbul, Turkey**

Oct 2017 – Feb 2018

- Attended trainings in the Child Psychotherapy Q-set, the Coding System for Mental State Narratives, the Therapy Process Observational Coding System-Alliance scale, the Story Stems Attachment-Focused Coding System by Dr. Sibel Halfon
- Coded training materials until achieving satisfactory interrater reliability

**Psychotherapy Research Methods Trainings***Trainee***London, United Kingdom**

May 2023

- Participated in workshops and structured discussions on mixed-methods case studies, cross-lagged models, and systematic review methodologies at the *Society for Psychotherapy Research (SPR)* UK-EU Joint Methods Workshop for Early Career Researchers

**Puidoux, Switzerland**

Aug 2021

- Participated in workshops and group discussions on mixed methods research designs, approaches to mechanisms of change, and case formulation in psychotherapy research for personality disorders at the Summer School of the *European Society for the Studies of Personality Disorders*.
- Presented in a speed-talk session on the *Core Conflictual Interpersonal Themes in Borderline Personality Disorder: An Integration of Psychodynamic Approach and Neurobiological Assessment*

## CLINICAL EXPERIENCE

### Korto Psychological Counseling Center

Psychotherapist

Istanbul, Turkey

Feb 2025 – present

- Providing in-person and online outpatient psychotherapy for adolescents and adults

### Bütün Psychological Counseling Center

Psychotherapist

(Online) Istanbul, Turkey

Jan 2023 – Jan 2025

- Provided online outpatient psychotherapy for adolescents and adults

### Porta Psychological Counseling Center

Psychotherapist

Istanbul, Turkey

Mar 2018 – Dec 2022

- Provided in-person and online outpatient psychotherapy for children, adolescents, their families, and adults
- Wrote articles for the center's website to inform clients in numerous topics from a psychoanalytical perspective
- Developed content and delivered educational seminars on topics such as 'fatherhood and parenting' and 'communication skills' for diverse organizations, including companies, schools, and NGOs, addressing audiences from various backgrounds, such as parents, teachers, and school counselors

### Güzel Günler Outpatient Clinic

Intern

Istanbul, Turkey

Spring, 2015

- Prepared clinical documents for clients before their appointments
- Transcribed Prof. Dr. Yankı Yazgan's voice recordings concerning his clients' post-visit
- Entered client data into SPSS for research purposes
- Accompanied Prof. Dr. Yankı Yazgan on hospital visits at Marmara University Pendik Training & Research Hospital
- Attended weekly seminars with psychologists specializing in different clinical areas

### Erenköy Psychiatric Hospital

Intern

Istanbul, Turkey

Summer, 2015

- Shadowed psychiatrists in different units
- Participated in clinical case discussions and observed adult patients who suffered from schizophrenia, mood and anxiety disorders; as well as children who suffered from autism, mood and anxiety disorders and attention deficit hyperactivity disorder

## CLINICAL TRAINING

### Psychoanalytic Clinical Supervision

Supervisee

Istanbul, Turkey

Mar 2018 – Present

- Receiving biweekly supervision from psychoanalytically oriented psychotherapists (clinical supervisors: Nesrin Altınel, Çiğdem Yeşilleyen)

### Turkish Society of Rorschach and Projective Methods

Trainee

Istanbul, Turkey

Sept 2021 – July 2023

- Received training on the projective assessment of Rorschach and TAT from Irem Erdem Atak  
Sept 2018 – June 2019
- Received training on the projective assessment of child drawings ("*Draw-a-Person Test*", "*Draw-a-Family Test*", "*Draw-a-Tree Test*", "*Kinetic House Tree Person Test*") from Funda Akkapulu Aydın

### Nisan Psychological Counseling Center

Trainee

Istanbul, Turkey

Nov 2017 – Mar 2018

- Received training and supervision on Child-Centered Play Therapy and Filial Therapy from Nisan Psychological Counseling Center in collaboration with the Family Enhancement & Play Therapy Center (Pennsylvania, U.S.A)

## VOLUNTEERING

### Koç University Volunteers Club

Volunteers Leader & Administrative Board Member

Istanbul, Turkey

Jan 2012 – Mar 2015

- Supervised volunteers, received monthly supervision from clinical psychologists, and organized meetings with experts to train volunteers and to share experiences
- Spent time with a child from Bahçelievler Şeyh Zayed Child Welfare Institution to support his emotional

## PUBLICATIONS

- Yılmaz, M., Çelik, D., Taş, B., Tok, S., & Kumpasoğlu, G. B. (under review). Identity diffusion, defensive functioning and depressive symptoms across age and sex: A moderated mediation analysis. *Current Psychology*.
- Yılmaz, M., Grandjean, L., Beuchat, H., Ranjbar, S., Roten, H. Y., Felici C., Lingardi, V., & Kramer, U. (under review). Predicting Change in Psychodynamically-Oriented Brief Treatment for BPD: The Role of Defensive Functioning and Pervasiveness in Relationship Patterns. *Journal of Clinical Psychology*.
- Yılmaz, M., Grandjean, L., Beuchat, H., De Roten, Y., Lingardi, V., & Kramer, U. (2025). When Treatment Does Not Seem to Help: Identifying Interpersonal and Defensive Functioning in a Case with Borderline Personality Disorder. *Journal of Contemporary Psychotherapy*, 1-10. 55:249–258. <https://doi.org/10.1007/s10879-024-09661-7>.
- Yılmaz, M., Tas, B., Celik, D., Perry, J.C. D., Tanzilli, A., Di Giuseppe, M., & Lingardi, V. (2024). Initial validation of the Turkish version of the Defense Mechanisms Rating Scales-Self-Report-30 (DMRS-SR-30). *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1432170>.
- Yılmaz, M., Türkarslan, K. K., Zanini, L., Hasdemir, D., Spitoni, G. F., & Lingardi, V. (2024). Transference interpretation and psychotherapy outcome: a systematic review of a no-consensus relationship. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 27(1). <https://doi.org/10.4081/ripppo.2024.744>.
- Mertens, Y. L., Yılmaz, M., & Lobbestael, J. (2020). Schema modes mediate the effect of emotional abuse in childhood on the differential expression of personality disorders. *Child Abuse & Neglect*, 107, 104561. <https://doi.org/10.1016/j.chiabu.2020.104561>.
- Halfon, S., Yılmaz, M., & Çavdar, A. (2019). Mentalization, Session-to-Session Negative Emotion Expression, Symbolic Play and Affect Regulation in Psychodynamic Child Psychotherapy with Behavioral Problems. *Psychotherapy*, 56(4), 555–567. <https://doi.org/10.1037/pst0000201>.
- Carkoglu, C., Yılmaz, M., & Balci, F. (2015). Continuous Spontaneous Alternation and Turn Alternation in *Artemia* sp. *International Journal of Comparative Psychology*, 28(1).

## BOOK CHAPTERS

- Yılmaz, M. & Can, B. (in print). From political phenomenology to psychoanalysis: The functioning of totalitarianism. In D.E. Tarhan & A. Açık (Eds.), *Fenomenoloji ve Psikoloji* (Turkish)
- Birlik, N. & Yılmaz, M. (in print). Incompetent mothers and the ‘good enough’ father in Smith’s *Swing Time*. In N. Birlik & N. Albert (Eds.), *Zadie Smith in new perspectives*. Manchester University Press.
- Kaan, H & Yılmaz, M. (2023). Mentalization-based child psychotherapies: Theory and practice. In I. G. Özkan (Ed.), *Play Therapies* (pp. 189-230). Eğiten Kitap. (Turkish).

## CONFERENCE PRESENTATIONS

- Yılmaz, M., Çelik, D., & Taş, B. (2024, September). *Understanding Depressive Experiences through Identity Diffusion and Defensive Functioning: A Mediation Analysis*. Panel presented at the 7<sup>th</sup> Congress of the European Society for the Study of Personality Disorders (ESSPD), Antwerp, Belgium.
- Yılmaz, M., Grandjean, L., Beuchat, H., Roten, H. Y., Giovanardi, G., Lingardi, V., & Kramer, U. (2023, September). *Pervasiveness of Core Conflictual Relationship Themes, Defensive Functioning and Symptom Severity in Patients with Borderline Personality Disorder*. Panel presented at the 23<sup>rd</sup> National Congress of Italian Psychological Association (AIP), Dynamic and Clinical Psychology Section, Florence, Italy.
- Yılmaz, M., Taş, B., Çelik, D., Sideris, A.Ç., Lingardi, V., & Di Giuseppe, M. (2023, June). Reliability and Validity Study of the Defense Mechanisms Rating Scales Self-Report-30 in non-clinical and clinical Turkish Sample. Panel presented at the 54<sup>th</sup> International Annual Meeting of the Society for Psychotherapy Research (SPR), Dublin, Ireland.
- Yılmaz, M., Grandjean, L., Beuchat, H., Roten, H. Y., Giovanardi, G., Lingardi, V., & Kramer, U. (2022, September). *Psychodynamic Case-formulation of a Patient with Borderline Personality Disorder based on Core Relational Themes and Defensive Functioning in comparison to a Healthy Participant*. Poster presented at the 9<sup>th</sup> Meeting of the Society for Psychotherapy Research (SPR), European Chapter, Rome, Italy.
- Yılmaz, M., Grandjean, L., Beuchat, H., Roten, H. Y., Giovanardi, G., Lingardi, V., & Kramer, U. (2022, April). *Pervasiveness Change of Core Conflictual Relationship Themes in Borderline Personality Disorder after a Psychodynamically-Oriented Psychiatric Treatment*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Society for the Exploration of Psychotherapy Integration (SEPI), Lausanne, Switzerland.
- Yılmaz, M. (2018, June). *Mentalization, Session-to-Session Negative Emotion Expression, Symbolic Play and Affect Regulation in Psychodynamic Child Psychotherapy*. Poster presented at the 49<sup>th</sup> International Annual Meeting of the Society for Psychotherapy Research (SPR), Amsterdam, Netherlands.
- Yılmaz, M. & Şen, H. (2016, June). The Dominant Child Profile: A Q-Methodology Evaluation. Koç University Psychology Conference, Istanbul, Türkiye.

## **EDITORIAL REVIEW**

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Associate Editor, Clinical Psychology, The Journal of European Psychology Students (JEPS)	Fall 2021 – Present
Reviewer, The Journal of Psychotherapy Integration (JPI)	Spring 2023– Present
Reviewer, Research in Psychotherapy: Psychopathology, Process and Outcome (RIPPPPO)	Fall 2023– Present

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## **MEMBERSHIPS**

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Member, Associazione Italiana di Psicologia (AIP)	Spring 2023 – Present
Junior Member, The European Society for the Study of Personality Disorders (ESSPD)	Fall 2021 – Present
Member, Freud-Lacan Psychoanalysis Society of Turkey (FLPD)	Spring 2021 – Present
Student Member, Society for Psychotherapy Research (SPR)	Spring 2018 – Present

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## **SOFTWARE SKILLS**

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- MS Office Programs, SPSS, LISREL, MPLUS, EVIEWS

## **LANGUAGE**

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- Advanced English (YÖLDİL: 91,25)
  - Intermediate French (DELF B2)
  - Beginner Italian