



Suzi Amado

Clinical Psychologist
Expressive Arts Therapist

ABOUT ME

I am a clinical psychologist and an expressive arts therapist. I have a private practice in Istanbul and online. My therapy approach is person-centered. I use expressive arts, mindfulness, narrative therapy techniques, sandplay and guided imagery. I am adjunct faculty at MEF University. I am also a trauma sensitive mindfulness teacher. I facilitate workshops and trainings in various institutions and companies. My workshops and trainings include emotional first aid, mindfulness, and time and attention management.

EDUCATION

- 2009 - 2012** - **California Institute for Integral Studies**
MA in Counseling with a Concentration in Expressive Arts Therapy
- 2003 - 2005** - **Middle East Technical University**
MSc in Clinical Psychology
Emotional Well-Being of First Year University Students: Family Functioning and Attachment Styles
- 1999 - 2003** - **Koç University**
BA in Psychology, GPA: 3.46
- 1991 - 1999** - **German High School**
obtained Abitur

WORK EXPERIENCE

- Mar 2013 - Present** - **Private Practice**
I am a Clinical Psychologist and an Expressive Arts Therapist. I have a private practice in Istanbul and online. My therapy approach is Person-Centered. I use narrative therapy techniques, expressive arts, guided imagery, mindfulness and sandplay. I also provide supervision and consultation.
- Mar 2013 - Present** - **Freelance Trainer and Workshop Leader**
- Emotional First Aid
 - Mindfulness
 - Time & Attention Management
- Feb 2019 - Jun 2021** - **Instructor in Mef University Psychology Department**
- Feb 2019 - May 2019** - **Instructor in Yeditepe University Psychology Department**
- Sep 2018 - Jan 2019** - **Instructor in Yeditepe University Clinical Psychology Program**
- Sep 2015 - Jan 2016** - **Lecturer in Bahcesehir University**
Personality Theories
- Sep 2011 - Sep 2012** - **California Pacific Medical Center**
I practiced bed-side psychotherapy with cancer patients, intensive care patients, liver transplant patients and patients with other medical issues using guided imagery and expressive arts.

Sep 2007 - Yeditepe University
Jun 2008 Preparatory School

Apr 2007 - BUREM Psychologist
Jul 2007 Voluntary work

Oct 2006 - Barinyurt Huzurevi
Feb 2007

SELECTED CLINICAL TRAININGS

- **Integrative Medicine Education Program with a Specialization in Expressive Arts and Guided Imagery**
700 hours | Institute for Health and Healing
- **Private Training in Sandplay Therapy (Jo Sopko)**
- **Drama Therapy Training**
45 hours | (Armand Volkas, Living Arts Counseling Center)
- **Healing the Wounds of History**
45 hours | Armand Volkas, Living Arts Counseling Center
- **Cognitive Behavior Therapy Training**
150 hours | Mehmet Sungur
- **Psychosocial Treatment of GAD**
15 hours | Tom Borkovec
- **Trauma Therapy and Treatment**
8 hours | Integral Counseling Center | Melis Gazioglu

CONTACT

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MINDFULNESS TEACHER TRAININGS

May 2019 Mindfulness Teacher Training
Teaching Mindfulness Online
by Shamash Alidina

Nov 2019 Trauma-Sensitive Mindfulness
The practitioner's guide to recognizing trauma responding skillfully and preventing retraumatization.
by David Treleaven

July 2020 Advanced Trauma-Sensitive Mindfulness
by David Treleaven

PUBLICATION

Oct 2017 Ruhuna Pansuman
Means "Bandage for your Soul".
It is a book on emotional first aid. It is designed as an informational workbook with hands on activities and practical suggestions.

Nov 2020 Advances in Biosensors: Reviews
Book chapter
Zinc Oxide (ZnO) Nano Particles for Anxiolytic Effect

LANGUAGE

English ● ● ● ● ●
German ● ● ● ● ●
Italian ● ● ● ● ●

COMPUTER SKILLS

Microsoft Office
SPSS