

## Curriculum Vitae

- 1. Name Surname:** Aysin Sinal
- 2. Date of Birth:** 07.07.1955
- 3. Title:** Assist. Prof. Dr.
- 4. Education:**

Dr. Aysin Sinal graduated as a biochemist from institute of science technology in 1990 and worked 3 years at Royalfree Hospital in London. In 1996 graduated from (Derby)Buxton in psychology and also received masters in hypnotherapy / parapsychology in 2000 from the same university. He started his private practice in 1996 as a Psychologist / Psychotherapist. In 2002 completed his masters in psychoanalysis from Middlesex University London. In 2005 he completed his PhD in Clinical Psychology / Clinical Hypnotherapy at University of Berkeley in condjunction with APA. In 2006 passed his exams with The American Academy of Experts in Traumatic Stress Disorder and achieve diplomate status. He still doing continuous development post doctorate and other relevant courses with APA. Currently he is the director of Newest Dimensions Psychotherapy and Training Center in Northern Cyprus and also he is director of Counselling and Guidance Center of GAU and also a lecturer at the Faculty of Humanities at GAU Psychology Department.

## 1. Education:

Date 2005	PHD Clinical Psychology	University of Berkeley / USA
2001	MA Psychoanalysis	Middlesex University / UK
1996	BA Psychology / Parapsychology	Buxton University / UK

## Memberships

Since 2008	American Psychological Association (APA) Membership # 9093-9118 Division 39 Psychoanalytical Division 17 counseling Psychology Division 29 Psychotherapy Division 30 Psychological Hypnosis	USA
Since 2000	National Association of Counsellors Hypnotherapist and Psychotherapist (NACHP) Membership # 075-20006	United Kingdom
Since 2005	General Hypnotherapy Registered Senior Qualification in Hypnotherapy Practice (GHR) Membership # 1947	United Kingdom
Since 2005	Validation Board General Hypnotherapy Counsel. Full Member . Membership # 1947	United Kingdom
Since 2005	The National Board Of Professional and Ethical Standards Hypnosis Education and Certification Certified Member # 21494	USA
Since 2010	Complementary and Natural Health Council (CNHC) –Registered Hypnotherapist.  Registration # 000319-A11 Member since 2010	United Kingdom
Since 2009	UKCHO United Kingdom Council of Hypnotherapy Registered Member	United Kingdom
Since 2002	NLPtCA Neuro Linguistic Psychotherapy and Counselling Association Full Member No 219.	United Kingdom

Since 2009	Turkish Psychological Association Full Member No 2523	Turkey
Since 2006	The American Academy of Experts in Traumatic Stress .Board Certified expert in Traumatic Stress Diplomate American Academy of experts in Traumatic Stress. B.C.E.D.S	USA
Since 2005	The Australian Hypnotherapist Association Affiliate Membership No 0403002.	Australia
Since 2004	Complementary Medical Association MCMA Full member	United Kingdom
Since 2002	The International Association of Independent therapists and Practitioners . Counselling and Hypnotherapy. Full member No ASS7511	United Kingdom
Since 1996	Institute of Biomedical Science (IBMS) - Membership # 00217093	United Kingdom
Since 1984	Institute of Science Technology (IST) - Membership 11968	United Kingdom
Since 2000	Associated Stress Consultants	United Kingdom

## 2. Academic Career

- Lecturer, Metropolitan University / London UK 2005 / 2009
- Lecturer ,The Faculty of Education , Girne American University / North Cyprus 2010/2011
- Lecturer, The Faculty of Humanities, Girne American University 2010/ ...
- Head of the Counselling and Guidance, The Faculty of Education Girne American University 2010 / 2013
- Head of the Psychology, The Faculty of Humanities, Girne American University 2013/ 2014
- Assist. Prof. Dr. in Psychology 2014

### Awards:

- Sinal, Aysin. (2013). The International Congress on Clinical & Counselling Psychology. CPSYC 2013 Session Chair Accredited by American Psychological Association & British Psychological Society Learning Centre. İstanbul / TURKEY.

### 3. Publications :

2014	Journal Article	Sinal, Aysin. (Ocak, 2014). Psychoanalytic Psychology: The Relations of Theory and Technique, Explore Difficulties you may Encounter in Relating Conceptualization to Clinical Practice in Psychoanalysis. A Journal of Theory, Practice, Research and Criticism. American Psychological Association. USA.
2011 / .....	Research	Sinal, Aysin. (2011 /..... ) <i>How to stop chronic pain by hypnosis without any medication.</i> American Psychological Association. USA
April 2008	Magazines	Sinal, Aysin. (Nisan 2008). The Miracles Created by Hypnosis. Community Paper( <i>Toplum Postası</i> ), <i>Londra Yerel Gazetesi UK.</i>
May 2008	Magazines	Sinal, Aysin. (Mayıs 2008). Parents Work-Related Stress Effects Children..Community Paper ( <i>Toplum Postası</i> ), <i>Londra Yerel Gazetesi UK.</i>
September 2008	Magazines	Sinal, Aysin. (Eylül 2008). The Methods and Techniques Available to Help Cope with the Stress. <i>ARM Magazines UK.</i>
October 2008	Magazines	Sinal, Aysin. (Ekim 2008). The Process of Divorce Separation Period and the Custody of Children. <i>ARM Magazines UK.</i>
November 2008	Magazines	Sinal, Aysin. (Kasım 2008).Main Psychological Factors Responsible for Causing Sexual Problems . <i>ARM Magazines UK.</i>
December 2008	Magazines	Sinal, Aysin. (Aralık 2008). The Impact of Cultural Make-up on Sexuality. <i>ARM Magazines UK.</i>
January 2009	Magazines	Sinal, Aysin. (Ocak 2009). What is Psychotherapy? What is the Real Benefit of Psychotherapy to us? What is Cognitive Therapy and How can it be obtained best?. <i>ARM Magazines UK.</i>
February 2009	Magazines	Sinal, Aysin. (Şubat 2009).What is Hypnosis and in Which Illnesses Hypnosis Can Be Use? Community Paper ( <i>Toplum Postası</i> ), <i>Londra Yerel Gazetesi UK.</i>
September 2013	Magazines	Sinal, Aysin. (Eylül 2013). Cesarette Sihir Var. <i>Ekonomi Gazetesi KKTC.</i>
January 2014	Magazines	Sinal, Aysin. (Ocak 2014). Bu İş Böyle Olmaz. <i>Kıbrıs 7/24 Gazetesi, HaberAl Gazetesi KKTC.</i>

### Invited talks:

2005	Sinal, Aysin. (2005). How Psychotherapy Can Help PTSD Patients with Different Approaches. London School of Economics arrange by NACHP. London / UK.
February 2011	Sinal, Aysin. Pre-Graduation Panel. Girne Amerikan Üniversitesi. KKTC
March 2013	Sinal, Aysin. Stresle Başa Çıkma Semineri. Girne Amerikan Üniversitesi. KKTC
March 2013	Sinal, Aysin. Pdr ve Psikoloji Ulusal Öğrenci Kongresi Workshop. Girne Amerikan Üniversitesi. KKTC.
January 2014	Sinal, Aysin. Üniversite Hayatına Atılmadan Önce Öğrencilere Motivasyon Semineri Verildi. Antalya / TURKEY.
August 2013	Sinal, Aysin. (2013). The International Congress on Clinical & Counselling Psychology. CPSYC 2013 Session Chair Accredited by American Psychological Association & British Psychological Society Learning Centre. İstanbul / TURKEY.

### Professional Workshops

June / July 2000	Sinal, Aysin. (2000). Hypnotherapy Workshop 2 Weeks with British Scholl of Yoga Group. London / UK.
2000-2003	Sinal, Aysin. (2000-2003). Clinical Psychotherapy, Clinical Hypnotherapy (3 years supervision and self therapy) with NACHP. London / UK.

2006-2009	Sinal, Aysin. (2006-2009). Psychoanalytical Psychotherapy 3 Years of Self Therapy by Angela Kruger a Psychoanalyst and a Member of Organisation SITE. London / UK.
2006-2009	Sinal, Aysin. (2006-2009). 3 Years Psychoanalytical Supervision by Alan Rowen a Member Psychoanalyst and Academic from Organisation CIFAR. London / UK.
2007-2009	Sinal, Aysin. (2007-2009). Voluntary Work for the Government Organisation Relate for Families. London / UK.
2007-2009	Sinal, Aysin. (2007-2009). Voluntary Work at St. Ann's Hospital Psychology Department. London / UK.

### Participation (Meeting&Congress)

March 2005	Sinal, Aysin. (2005). Practice Management Skills and Confidence Building. London Guild Holl University arrange by NACHP. London / UK.
Once a Week	Sinal, Aysin. (2005-2009). Psychoanalytical Seminars 4 years CEFAR and SITE. London / UK.
2006	Sinal, Aysin. (2006). Contemporary Psychoanalytic Studies Object Relations and Child Analysis arrange by SITE. London / UK.
2006	Sinal, Aysin. (2006). Transference and Counter Transference in Psychoanalysis arrange by SITE. London / UK.
Once a Week	Sinal, Aysin. (2007). Contemporary Psychoanalytic Theory and Technics. International Psychoanalytic Society and CIFAR. London / UK.
Once a Week	Sinal, Aysin. (2007). Dream Analysis and Unconscious Mind arrange by CIFAR presented by R. BOGDAN. London / UK.
January 2008	Sinal, Aysin. (2008). Person Centered Psychotherapy. Lifetide Trading Ltd. Neuro Linguistic Psychotherapy. London / UK.
2008	Sinal, Aysin. (2008). Advance Assesment and Treatment of Attention Deficit Disorders. 6 Credits. American Psychological Association Education Directorate. USA.
2008	Sinal, Aysin. (2008). Antidepressant Treatment Update: Integration of Psychopharmacology. 4 Credits. American Psychological Association Education Directorate. USA.
January 2008	Sinal, Aysin. (2008). Cognitive Behaviour Therapy. 2 Days / 12 Hours Training UKCP Accreditation. Lifetide Trading Ltd. Neuro Linguistic Psychotherapy. London / UK.

	Sinal, Aysin. (2008). NLP Neuro Linguistic Psychotherapy (2 Days Workshop) with life tide training. London / UK.
2009	Sinal, Aysin. (2009). CBT Boot Camp: Building Core of Clinical Competencies. 12 Hours. Cognitive Workshops Presented by Dr. Christine Padesky. Certificate of Attendance. London / UK.
2009	Sinal, Aysin. (2009). From Chaos to Clarity: Colloborative Case Conceptualization. 12 Hours. Cognitive Workshops Presented by Dr. Christine Padesky. Certificate of Attendance. London / UK.
January 2013	Sinal, Aysin. (2013). Treating Pain with Hypnosis. 6 Credits. American Psychological Association Education Directorate. USA.
April 2013	Sinal, Aysin. (2013). How Does the Psychoanalytical Process Work. 2 Credits. American Psychological Association Education Directorate. USA.
August 2013	Sinal, Aysin. (2013). Appointed as Chair fort he International Congress of Clinical and Counselling Psychology by APA and British Psychological Society. İstanbul / TURKEY.
August 2013	Sinal, Aysin. (August 2013). Certificate of Workshop Attendance. International Congress on Clinical & Counselling Psychology: A new Approach to Psychological Disturbances: Positive Psychology and Treatment Models that represents 3CPD training hours, Approved by The British Psychological Society Learning Centre. İstanbul / TURKEY.
August 2013	Sinal, Aysin. (August 2013). Certificate of Workshop Attendance. International Congress on Clinical & Counselling Psychology: "Practical Management of low Sexual Desire and Arousal in Woman", that represents 3CPD training hours, Approved by The British Psychological Society Learning Centre. İstanbul / TURKEY.
August 2013	Sinal, Aysin. (August 2013). Certificate of Workshop Attendance. International Congress and Clinical & Counselling Psychology: "Working with Post-Traumatic Stress Disorder-CBT", that represents 3CPD training hours, Approved by The British Psychological Society Learning Centre. İstanbul / TURKEY.
August 2013	Sinal, Aysin. (August 2013). Certificate of Attendance. International Congress and Clinical & Counselling Psychology Approved by The British Psychological Society Learning Centre. İstanbul / TURKEY.
July 2014	Sinal, Aysin. (July 2014 ). Bipolar Disorder of Children Adolescence 6 credit, American Psychological Association, USA
	Sinal, Aysin (still in progress)Anti- depressant treatments and CBT, 6 Credit , American Psychological Association, USA

### Panel:

2005-2009	Sinal, Aysin. (2005-2009) As a Guest Program Associate Bir Sırdaş Programı Her Salı Çağatay Öztürk ile Birlikte Konuk Psikoterapist Olarak Program. <i>Londra Türk Radyosu UK.</i>
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2010	Sinal, Aysin. (2010). Psikolojik Tedavilerde Hipnozun Kullanımı. Kıbrıs TV. KKTC
2010-2011	Sinal, Aysin. (2010-2011). Her Salı 12.00-13.00 Müge İbuldu ile Psikolojik Rahatsızlıklar ile ilgili Program. BRT Aile. KKTC
2012	Sinal, Aysin. (2012). Hasan Hastürer ile Ortaokul ve Liselerde Uyuşturucu Kullanımı. Ada TV. KKTC.
2014	Sinal, Aysin. (2014). Günümüzde Uyuşturucu Kullanımı, Alınması Gereken Tedbirler ve Önlemler. BRT TV. KKTC.
2012-2013	Sağlıklı Yaşam Radyo Programı, BRT Radyo . KKTC

#### 4. Research

##### Research Interests:

- Implications of Psychoanalytic Techniques in Multi-cultural communities
- Application of Hypnosis for treating chronic pains in old patients with certain illnesses
- Mixing CBT with Hypnotherapy to change some behaviour disorders in children

##### Research Projects:

2004	Dr. F. Brady, The National Board of Professional and Ethical Standards Hypnosis Education and Certification, Investigating the Power and the Capacity of Unconscious Mind by Using Different Hypnotic Approaches, USA
2003	Transcription and Psychic Process Looking at the Problems Encountered in Freud's Theorization and Representations

## 5. Professional Career

2005 / 2009	Psychoanalyst / Hypnotherapist / Clinical Psychologist / Psychotherapist	New Dimensions Psychotherapy Center / London UK
2006 / 2008	Lecturer	Metropolitan University / London UK
2010 / 2011	Lecturer	Girne American University, The Faculty of Education
2010 / ...	Lecturer	Girne American University, Psychology Department
2010 / 2013	Head of the Counselling And Guidance	Girne American University, The Faculty of Education
2013 / 2014	Head of the Psychology	Girne American University, Psychology Department
2009 / ....	Psychoanalyst / Hypnotherapist / Clinical Psychologist / Psychotherapist	Newest Dimensions Psychotherapy and Training Center / North Cyprus

### Appointments and Affiliations:

Since 2004	Member the Professional and Ethical Standards Hypnosis Education and Certification
Since 2000	NACHP National Association of Counsellors Hypnotherapist and Psychotherapist
Since 2005	Member GHR and Validating board / UK
Since 2010	CNHC Complementary and natural Healthcare Council

## **6. Contact:**

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