

Hasan Ergüler

(PhD, Psychology; MA, Clinical Psychology)

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- 🌐 Part-Time Faculty: Eastern Mediterranean University, Faculty of Arts and Sciences, Department of Psychology, Famagusta, Cyprus (via Mersin 10 Turkey)
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ACADEMIC AND RESEARCH INTERESTS

- Mindfulness theory encompassing emptiness and the self-concept
- Psychological flexibility and processes of Mindfulness-to-Meaning Theory
- Eudaimonic well-being and time perspectives in psychological well-being
- Contemporary issues in adult psychotherapy with respect to Buddhist contemplative science
- Neurocognitive evaluation of contemplative practices primarily focusing on Buddhist psychology, non-attachment, and nature connectedness

RESEARCH

Current collaborations:

- **Visiting Researcher** at UNINT (Universita degli Studi Internazionali di Roma), Rome (Italy)
 - Active participation in joint research projects on links between mindfulness, nature connectedness, and self-narratives.
 - Active engagement in organizing mindfulness workshops within the university's professional network – emphasis on introductory theory and informal applications of mindfulness practice
- Pilot stage of a longitudinal intervention-based study on self-narratives, mindfulness, attachment to self, and the present-eudaimonic focus.
 - **Collaborating researcher** – together with Dr. Luca Simione (affiliated with the Institute of Cognitive Sciences and Technologies, CNR, Rome, Italy) and Dr. Antonino Raffone (affiliated with Sapienza University, Rome, Italy)
- Book chapter entitled:
“Aggression and Mindfulness: A Scoping Review” in an edited book – currently under review (NOVA Publishing)
- Pilot stage of an experimental study on dispositional mindfulness, non-attachment, and nature connectedness.
 - **Collaborating researcher** – together with Dr. Luca Simione (affiliated with the Institute of Cognitive Sciences and Technologies, CNR, Rome, Italy)
- Pilot stage of a systematic review on non-attachment, mindfulness, and well-being.
 - **Collaborating researcher** – together with Dr. William Van Gordon and Dr. Gulcan Garip (both are affiliated with the University of Derby)
- Analysis stage of a correlational study on dispositional mindfulness and eudaimonic well-being.
 - **Collaborating researcher** – together with Dr. Gulcan Garip (University of Derby)

Journal articles published:

- Erguler, H., Ferreira, N., Adonis, M., & Koushiou, M. (in publication). The relationship between time perspective and dispositional mindfulness with respect to well-being: A systematic review of cross-sectional studies. *Mindfulness*. <https://doi.org/10.1007/s12671-023-02225-1>

- Erguler, H., Ferreira, N., Adonis, M., & Koushiou, M. (2023). Moderating Impact of Dispositional Mindfulness in the Relationship Between Future Expectancies and Psychological Well-Being. *Psychological Reports*, 00332941231175614.
- Ergüler, H., & Batıgün, A. D. (2020). Depresyon ile geleceğe yönelik öngörüler ve yürütsel işlevler değişkenleri arasındaki ilişkilerin incelenmesi. *Klinik Psikiyatri Dergisi*, 23, 266-273, DOI: 10.5505/kpd.2020.41033
- Ergüler, H. & Durak Batıgün, A. (2018). Geleceğe Yönelik Öngörüler Ölçeği (GYÖÖ) Geçerlik ve Güvenirlik Çalışması - Subjective Probability Task: Validity and Reliability. *J Clin Psy*, 21, 168-176, DOI:10.5505/kpd.2017.76376.

Unpublished research:

- PhD thesis:
 - Ergüler, H., Adonis, M., & Koushiou, M., & Ferreira, N. (2022). *Dispositional mindfulness: The correlations between time perspectives, prospection, and mental well-being*. The University of Nicosia, School of Humanities and Social Sciences, Unpublished PhD Thesis. Nicosia.
- MSc thesis:
 - Ergüler, H., & Batıgun, A.D. (2017). *Depresyon: Geleceğe yönelik öngörüler ve prefrontal işlevler açısından bir değerlendirme*. Ankara University Institute of Social Sciences, Unpublished MSc Thesis. Ankara.

CONFERENCES

- International Conference on Environmental Mindfulness
13.11.23 – 16.11.23
Member of the Scientific Committee
- Association for Contextual Behavioural Science (ACBS) Virtual World Conference
26.06.21
Presenter in Symposium
“Moderating Impact of Dispositional Mindfulness in the Relationship Between Future Expectancies and Psychological Well-Being”

WORKSHOPS AND PRESENTATIONS

- “Mindfulness and nature connectedness: A brief outline” – presentation made to Bahcesehir University the Cyprus Campus faculty students (30.05.23)
- “Time perception, mindfulness, and self” – presentation made to faculty students Eastern Mediterranean University (09.05.23)
- “Mindfulness practice in nature” – two hours of structured informal mindfulness practice with psychology undergraduate students in a local forest (25.03.23)
- “How to cope with trauma and loss: Coming back to normal” – active involvement in conducting structured workshops with educators and administrative staff in local schools after the Turkey earthquake (throughout late February and March, 2023)
(supporting documents of proof for above events can be stated upon request)

SOFTWARE SKILLS

Data Analysis

- R Studio
- SAS: Enterprise Guide / Miner / Visual Analytics (OLAP)
- SPSS: versions 17+

Online Teaching

- Cisco: Webex Meet / Webex Teams
- MS: Teams / Office Package: Win OS

SKILLS

- **Mindful Self-Compassion (MSC) Core Skills Training:** Workshop conducted by Chris Germer (PhD) and Kristin Neff (PhD), completed on January, 2022 (online).
- **Mindfulness-Based Stress Reduction (MBSR) Training:** Certificate to conduct MBSR acquired from Zumra Atalay (PhD) on March, 2020.
- **Cognitive Behavioural Therapy (CBT):** Acquired professional competence in conducting structured individual adult CBT practice.
- **Minnesota Multiphasic Personality Inventory (MMPI):** Acquired licence in conducting and evaluating the *Turkish* version of the personality test.

WORK EXPERIENCE

Field Experience

2022 May – 2018 January

- **Clinical Psychologist** in *Kunter Güven Hospital, Famagusta / N.Cyprus* (part-time)

Teaching Experience

Ongoing (Since 2023 September)

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Mindfulness (English/Turkish) (PSYC/PSKL 379)

2022 September – 2023 July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Mindfulness (PSYC 379)
Counseling Psychology for Psychology Majors (English/Turkish) (PSYC/PSKL 447)
Introduction to Psychology – II for Psychology Majors (PSYC 109)
- **Adjunct Faculty** in *University of Nicosia (UNic)*
Department of Psychology
Undergraduate Thesis Supervision (DL) (PSYD-480/481)
Practicum (Field Practice) Supervision (PSYD-430)
Experimental Psychology and Research Experience (DL) (PSYD-350)
General Psychology – I (PSY 110)

2021 September – 2022 July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Counseling Psychology for Psychology Majors (English/Turkish) (PSYC/PSKL 447)
Introduction to Psychology – II for Psychology Majors (PSYC 109)
Introduction to Psychology for Psychology Majors (PSYC 107)
- **Adjunct Faculty** in *University of Nicosia (UNic)*

Department of Psychology
Experimental Psychology and Research Experience (DL) (PSYD-350)
General Psychology – I (PSY 110)

2021 February - July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Introduction to Psychology for Psychology Majors (PSYC 107)
Introduction to Psychology – II for Psychology Majors (PSYC 109)
- **Adjunct Faculty** in *University of Nicosia (UNic)*
Department of Psychology
General Psychology – I (PSY 110)

2020 September – 2021 February

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
General Psychology as a University Elective (English) (PSYC 100)
Introduction to Psychology for Psychology Majors (PSYC 107)
Introduction to Psychological Science for Pharmacy Majors (PSYC 108)
General Psychology as a University Elective (Turkish) (PSYC 200)

2020 Summer

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
General Psychology as a University Elective (English) (PSYC 100)

2019 September - 2020 July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Psychopathology for Psychology Majors (English/Turkish) (PSYC 342/PSKL 342)
Introduction to Psychology – II for Psychology Majors (PSYC 109)
- **Senior Lecturer** in *University of Nicosia (UNic)*
Department of Psychology
General Psychology – I (PSY 110)

2019 Summer

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
General Psychology as a University Elective (English) (PSYC 100)

2018 September – 2019 July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Clinical Psychology for Psychology Majors (English/Turkish) (PSYC 441/PSKL 441)
Psychopathology for Psychology Majors (English/Turkish) (PSYC 342/PSKL 342)
Theories of Personality for Psychology Majors (PSYC 340)
Introduction to Psychology-I and II for Psychology Majors (PSYC 107/PSYC109)
- **Senior Lecturer** in *University of Nicosia (UNic)*
Department of Psychology

General Psychology – I

(PSY 110)

2018 February- July

- **Senior Lecturer** in *Eastern Mediterranean University (EMU)*
Department of Psychology
Introduction to Psychology for Psychology Majors (PSYC 107 / PSYC 109)
Introduction to Psychological Science for Pharmacy Majors (PSYC 108)
- **Senior Lecturer** in *Bahçeşehir Cyprus University (BAU)*
Department of Psychology
Biological Bases of Behaviour for Psychology Majors (BIO 1002)

2018 January – 2017 September

- **Part-Time Instructor** in *Dersane'm Eğitim Merkezi, Famagusta / N.Cyprus*

EDUCATION

2022 January – 2018 February

- **PhD, Psychology**
The University of Nicosia, Nicosia/Cyprus
Research-based thesis study on dispositional mindfulness, time perspectives, future expectations, and measures of well-being in non-clinical samples

2017 October – 2015 September

- **MSc, Clinical Psychology (with Thesis)**
Ankara University, Ankara/Turkey
cGPA: 3.86/4.00 , 95.80/100
MSc Thesis Study (committee approval: 17 October 2017)

2015 February – 2012 September

- **BSc Psychology (English, Full Scholarship)**
Eastern Mediterranean University (EMU)
Turkish Republic of Northern Cyprus (TRNC)
cGPA: 3.97/4.00
Second position in faculty

2010 July – 2008 September

- **BSc Biomedical Sciences (Neuroscience)**
The University of Edinburgh
Scotland / United Kingdom (UK)
Degree: *Second Class Division II (2.2)*

2006 September – 2007 June

- **BSc Molecular Biology and Genetics, 1st year full-time student**
Middle East Technical University (METU)
Ankara / Turkey
cGPA: 3.29/4.00

INTERNSHIP TRAINING

2016 September – 2017 January

- **Ankara Üniversitesi Cebeci Hastanesi Otizm Araştırma Merkezi**
(Ankara University Cebeci Hospital Autism Research Center)

Ankara/Turkey

Supervised clinical child psychopathology internship with emphasis on *Autism Spectrum Disorders / Learning Disability / ADHD* (Attention Deficit Hyperactivity Disorder)

- Observing progress in individual sessions
- Active involvement in the autism group game therapy activities and *WISC-R* applications

- **Hacettepe Üniversitesi Sıhhiye Hastanesi Klinik Psikoloji Yatılı Hasta Birimi**
(Hacettepe University Sıhhiye Hospital, Division of Clinical Psychology Adult In-Patient Clinic)

Ankara/Turkey

Supervised clinical adult psychopathology internship, with emphasis on medical case study presentations and weekly visits with mental health professionals

- Observing progress in individual sessions, often under the leadership of head psychiatrist during case presentations
- Active involvement in the applications of numerous neuropsychological test batteries, *WAIS-III* (Tr), the Rorschach projective test and *MMPI* (Tr)

2016 February – 2016 June

- **Cognitive Behavioural Therapy (CBT) Supervised Adult Clinical Practice**

Theoretical insights as well as practical concerns were discussed with the supervisor on a weekly basis

2015 January – 2015 May

- **Voluntary psychologist, Dr. Fazıl Küçük Endüstri Meslek Lisesi**

Dr. Fazıl Küçük Industrial Vocational High School (Mağusa/TRNC)

Involvement, for over 8 hours per week, with educational and vocational counseling sessions with high school students

2015 February – 2015 May

- **Intern psychologist, Mağusa Devlet Hastanesi Çocuk ve Ergen Psikiyatri Kliniği**
Mağusa State Hospital, Child and Adolescent Psychiatry Clinic (Mağusa/TRNC)

Attended for over 40 hours of psychiatric sessions in the child and adolescent psychiatric setting

NON-ACADEMIC VOLUNTARY ACTIVITIES

- August 2019 – Completion of ‘Buddhism and Modern Psychology’ as an online course - over coursera.org (Prof.Dr. Robert Wright – Princeton University)
- 27 September, 2014
Attended the international conference on Jungian psychology, “Time and the Psyche: Jungian Perspectives”
- March – May 2013
Voluntary student assistant
Circulation desk of Eastern Mediterranean University student library.
- 14-16 April, 2012
Contributed to Eastern Mediterranean University Psychology Days
Responsibility: Program presentation in English, for international students.
- 25-26 December, 2010

Certificate of Local Training Course (LTC), AEGEE-Mağusa

- July, 2005

Leadership training: "BoldLeaders Bicommunal Leadership Programme"
Denver, Colorado – USA.

LANGUAGES

Native: Turkish / Fluent: English

- *Elektronik Yabancı Dil Sınavı (e-YDS)*
25 July 2015; Test Score: 96.25 / 100.00; Level: A
- *International English Language Testing System (IELTS) - Academic*
Score: 8.0 (CEFR level C1)
Test Report Form number: 15CY000399ERGH006A / May 2015

REFERENCES

Academic

(Main research collaborator and visiting scholarship supervisor)

- **Luca Simione**

Prof. in General Psychology
UNINT - Università degli Studi Internazionale
Via delle Sette Chiese,
139, 00147,
Rome, Italy
luca.simione@gmail.com

(PhD supervisor and main co-author)

- **Nuno Ferreira**

Prof.
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PhD program Coordinator
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Professional

(Head of department – EMU Psychology)

- **Fatih Bayraktar**

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- **Marios Adonis**

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