

Malik Kubilay CADIRCIOGLU

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PROFESSIONAL SUMMARY

Dedicated mental health professional with over 8 years of experience providing psychological counseling and psychotherapy services. Possesses a Master's degree in Psychological Counseling and a Bachelor's degree in Psychology. Specialized in Cognitive Behavioral Therapy (CBT), Solution-Focused Brief Therapy, and Family Counseling, with extensive training and hands-on experience in these modalities. Registered as a Psychotherapist (Qualifying) with the College of Registered Psychotherapists of Ontario (CRPO). Demonstrated ability to work effectively with clients across all age groups and from diverse cultural backgrounds, fostering a therapeutic environment that supports personal growth and well-being.

EXPERIENCE

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|-----------------|---|-------------------|
| 01/2022-Ongoing | Mental Health Counsellor
<i>Self Employed - www.ikipsikolog.com</i> | Oshawa, ON |
| | <ul style="list-style-type: none">• Conducts over 20 individual and group sessions weekly, specializing in Cognitive Behavioral Therapy (CBT) and integrating techniques from Schema Therapy, DBT, Solution-Focused Therapy, and Mindfulness.• Developed individualized treatment plans for clients facing anxiety, depression, trauma, and relationship issues, achieving high client retention and positive outcomes.• Utilized trauma-informed care with cultural sensitivity to support clients from diverse backgrounds.• Integrated digital tools to ensure confidentiality and effective delivery of therapy.• Engages in supervision and professional development to maintain high standards of care.• Led workshops and contributed to mental health resources to promote wellness. | |
| 09/2022-04/2023 | Youth Advocate
<i>Durham Youth Services</i> | Ajax, ON |
| | <ul style="list-style-type: none">• Completed a student placement at Joanne's House, a housing-focused emergency shelter, and later transitioned to a full-time role in December 2022.• Provided counseling and mentoring to homeless youth, guiding them through the intake process and connecting them with appropriate housing resources in the Durham Region.• Implemented the Housing First model, focusing on the immediate housing needs of youth and supporting long-term stability.• Collaborated with community services and programs to ensure comprehensive care and support for homeless youth in the Durham Region. | |
| 06/2022-04/2023 | Youth Support Worker
<i>Bayfield Treatment Centres</i> | Whitby, ON |
| | <ul style="list-style-type: none">• Fostered a therapeutic environment for children and youth facing diverse social, behavioral, and mental health challenges, ensuring a supportive and nurturing atmosphere.• Assisted in achieving Treatment Plan goals by providing tailored support and interventions, enhancing overall treatment outcomes.• Built strong therapeutic relationships with youth through effective teaching, mentoring, and counseling, facilitating their personal growth and development.• Organized and led recreational activities, promoting social engagement and positive interactions among youth. | |
| 10/2017-01/2022 | Psychologist
<i>Ministry of Justice</i> | Turkiye |

- Conducted comprehensive mental health assessments for inmates, identifying psychological needs and referring individuals to psychiatric care when required, ensuring timely and appropriate treatment.
- Delivered targeted psychological counseling and psychotherapy to inmates, addressing a wide range of mental health issues and promoting rehabilitation and personal development.
- Facilitated group therapy sessions, utilizing evidence-based therapeutic techniques to foster group cohesion, address collective psychological challenges, and support inmates' emotional well-being.
- Monitored and evaluated inmates' psychological progress, providing detailed reports and expert recommendations for their potential transfer to open prisons or supervised release, contributing to informed decision-making processes.

06/2019-01/2022	Psychotherapist <i>Psikologofisi.Com</i>	Turkiye
	<ul style="list-style-type: none"> • Provided online individual counseling and psychotherapy services, incorporating Cognitive Behavioral Therapy (CBT), Solution-Focused Brief Therapy, Schema Therapy, and Mindfulness techniques. • Assessed clients' mental health needs and developed tailored treatment plans. • Addressed issues such as anxiety, depression, and relationship challenges, utilizing diverse therapeutic approaches to enhance clients' well-being. • Maintained accurate client records and engaged in ongoing professional development. 	
10/2016-10/2017	Psychologist <i>Turkish Armed Forces</i>	Turkiye
	<ul style="list-style-type: none"> • Served as a Second Lieutenant and psychologist for the gendarmerie forces during compulsory military service. • Conducted comprehensive mental health assessments of private soldiers, addressing their adaptation to military life and identifying individual psychological needs. • Delivered psychological counseling and support to soldiers across all ranks, fostering resilience and mental well-being. • Facilitated psychoeducational seminars to promote mental health awareness and enhance soldiers' coping strategies. 	
06/2016-10/2016	Research Assistant <i>Tilburg University</i>	The Netherlands
	<ul style="list-style-type: none"> • Contributed to research by conducting literature reviews, gathering data, and analyzing findings. 	

EDUCATION

01/2022 – 12/2022	Durham College <i>Graduate Certificate, Addictions and Mental Health</i> Three-semester post-graduate program, featuring 490 hours of applied student placement experience.	Oshawa, ON
09/2018 – 01/2022	Master's Degree, Counselling Psychology <i>Ege University</i> Evaluated by World Education Services (WES) and deemed equivalent to a Canadian master's degree.	Turkey
09/2012 – 06/2016	Bachelor's Degree, Psychology <i>Hacettepe University</i>	Turkey
01/2015 – 07/2015	Bachelor of Psychology <i>Radboud University</i>	The Netherlands

LICENSURE & CERTIFICATIONS and TRAININGS

2024	Registered Psychotherapist (Qualifying) <i>Registration Number: 18488</i> College of Registered Psychotherapists of Ontario	Canada, ON
2024	Cognitive and Behavioural Approaches for Problem Gambling Treatment Centre for Addiction and Mental Health (CAMH) and University of Toronto	Canada, ON
2024	Immigrant and Refugee Mental Health Course for Health Service Providers Centre for Addiction and Mental Health (CAMH) and University of Toronto	Canada, ON
2023	Intolerance of Uncertainty from the Perspective of Cognitive Behavioral Psychotherapy Certification by Cognitive Behavioral Psychotherapy Association	Turkey
2023	Cognitive Behavioral Therapy Approaches for Clients Without a Diagnosis Certification by Cognitive Behavioral Psychotherapy Association	Turkey
2023	Cognitive Behavioral Therapy Approaches for Eating Disorders Certification by Cognitive Behavioral Psychotherapy Association	Turkey
2023	Cognitive Behavioral Therapy Clinical Education and Supervision Certification by Cognitive Behavioral Psychotherapy Association (186 hours)	Turkey
2023	ASIST (Applied Suicide Intervention Skills Training) Livingworks	Canada, ON
2022	CPR First Aid The Lifesaver 101 Group	Canada, ON
2022	Solution-Focused Therapy Certification of Ankara University	Turkey
2021	Family Counseling Post Graduate Certificate 450 hours of education and supervision, Istanbul Biruni University	Turkey
2020	MMPI Administrator Training - Adult Initial Interview Techniques Certification Program	Turkey