



## Türkiye – Ulster Trauma Research Network

### Knowledge Exchange Event

Thursday 1<sup>st</sup> May 2025

MU310, Derry~Londonderry campus

Morning session	
Trauma & Mental Health: Refugees and Natural Disaster Survivors	
9.30 – 10.00	Arrivals – Tea and Coffee
10.00 – 10.35	<b>Psychological effects of earthquakes</b> Professor Cengiz Kılıç, Professor of Psychiatry, Hacettepe University, Ankara
10.35 – 11.10	<b>The Syrian Mental Health Profile Study</b> Dr Özlem Şeyda Uluğ, Clinical Psychologist
11.10 – 11.45	<b>Assessing ICD-11 mental health problems in refugee and war affected populations</b> Professor Mark Shevlin, Professor of Psychology and Dr Enya Redican, Research Associate, Ulster University
11.45 – 12.05	Discussion/ Q&A
12.05 – 13.00	Lunch
Afternoon session	
Trauma & Young People: Interventions and Initiatives	
13.00 – 13.25	<b>Assessment of and interventions for mental health problems in medical students</b> Professor Cengiz Kılıç, Professor of Psychiatry, Hacettepe University, Ankara
13.25 – 13.50	<b>Turkish and NI educational systems in the context of LI-CBT training</b> Tamara Cetin, trainee Psychological Wellbeing Practitioner (PWP)
13.50 – 14.15	<b>Student Mental Health and Wellbeing on the Island of Ireland (U-WELL)</b> Dr Margaret McLafferty, Research Fellow in Mental Health, ATU Donegal
14.15 – 14.40	<b>Trauma-informed universities</b> Professor Karen Kirby, Professor of Psychology, Ulster University
14.40 – 15.05	<b>Exploring digital mental health: A scoping review of interventions for young people (16-25)</b> Courtney Potts, Research Associate in Digital Health, Ulster University
15.05 – 15.30	<b>Mental health literacy &amp; wellbeing programme for students with ADHD</b> Sophy McFarlane, Associate Psychologist with Pneuma Healthcare
15.30 – 15.50	Discussion/ Q&A
15.50	Close



## Speaker Bios

**Professor Cengiz Kılıç** is a Professor of Psychiatry at Hacettepe University Medical School, Ankara. He is the director of the Stress Assessment and Research Centre with expertise in stress-related disorders, with a particular focus on PTSD and post-traumatic growth after natural disasters. He is a member of the World Mental Health Initiative and was the principal investigator of the first and second nationally representative mental health surveys of Turkey. He is associate editor at both the Turkish Journal of Psychiatry and the Journal of Traumatic Stress. Professor Kılıç has also been involved in a number of migrant and refugee mental health projects and has research interests in the area of student mental health.

**Dr Özlem Şeyda Uluğ** is a clinical psychologist with expertise in Gestalt Therapy. Dr Uluğ balances her clinical work alongside engagement in a number of research projects. She was the project manager of the Mental Health Survey of Turkey that was completed in 2019 and of the Syrian Mental Health Profile that ended in 2022. She has also played a major role in the adaptation of the CIDI-5 to Turkish and has been involved in the training of interviewers in the use of CIDI.

**Professor Mark Shevlin** is a Professor of Psychology at Ulster University and an Honorary Professor of Psychological Research Methods and Statistics at the Southern University of Denmark. He started his academic career as a lecturer at Nottingham Trent University in 1995. His research interests are in the areas of trauma, psychosis, and post-traumatic stress disorder. He is also interested in the applications of latent variable models in mental health research. Mark has published widely and has also co-authored a popular student textbook on statistical analysis. He is currently the Statistical Editor for the Journal of Traumatic Stress.

**Dr Enya Redican** is a Research Associate in the School of Psychology at Ulster University (Coleraine). She completed her PhD at Ulster University in 2023, specialising in trauma and stress-related disorders. Her research interests are in the areas of trauma, stress-related disorders, and bereavement. Dr Redican has published widely in these areas.

**Tamara Cetin** is currently a student on the MSc Applied Psychology (Mental Health and Psychological Therapies) programme. She is training to be a Psychological Wellbeing Practitioner (PWP), using Low-Intensity CBT to treat mild-to-moderate depression and anxiety.

**Dr Margaret McLafferty** is a Research Fellow in mental health in ATU Donegal. She is the principal investigator on the [Student Mental Health and Wellbeing on the Island of Ireland](#) project (known as U-WELL) funded by the Research Ireland Pathway Programme. Margaret's PhD examined the impact of childhood adversities on future psychopathology and suicidal behaviour, focusing on factors which promote psychological wellbeing and the development of adaptive emotion regulation and coping strategies. Margaret helped co-ordinate a large-scale longitudinal study to identify risk and protective factors for suicidal behaviour, mental health and wellbeing, among university students. The Student Psychological Intervention Trial (SPIT) was conducted as part of the World Mental Health International College Student Initiative. The study included a randomised control trial to test the effectiveness of an online CBT based guided intervention for students with mild to moderate levels of depression and/or anxiety. Margaret also worked on the Irish Student Wellbeing and ADHD Project (I-SWAP) funded by the HEA North South Research Programme. Follow Margaret on Twitter @McLaffertyMT



**Professor Karen Kirby** started her psychology career working as a Specialist Practitioner Psychologist in Altnagelvin Hospital (Co. Derry), working in the Clinical Health Psychology department, supporting people diagnosed with Diabetes. Later she worked in Child and Adolescent Mental Health (CAMHS), and Paediatric Psychology services on a consultancy basis, whilst working in Ulster University. Karen moved to a full-time academic lecturing post in 2004 and has worked in Ulster University since, leading on the development of several post graduate applied psychology programmes, and conducting psychological and mental health science related research. Karen is a Fellow of the British Psychological Society since 2021, and Senior Fellow of the Higher Education Academy (SHEA) since 2016. Karen is a Chartered Practitioner Psychologist and is both a Registered Counselling and Health Psychologist with the HCPC and the British Psychological Society. Karen is also a family therapy practitioner, trained in CBT and a qualified Schema Therapist.

**Courtney Potts** is a Research Associate in Digital Health in the School of Psychology at Ulster University. After completing her undergraduate degree in Biomedical Sciences, Courtney went on to study for a Master's degree in Bioinformatics and Computational Genomics, which sparked an interest in data science and a desire to work in research. Her research interests include computing and mental health, digital technologies for wellbeing and data analysis. Courtney is currently working as a researcher on the [Atlantic Futures project](#), exploring digital mental health supports for young people. Courtney previously worked as a project manager on the [ChatPal project](#), which involved co-ordinating the design, development and trialling of a multilingual mental health chatbot. She is also pursuing her PhD by published work on data driven insights in mental health sciences through the School of Computing.

**Sophy McFarlane** is an Associate Psychologist with Pneuma Healthcare, specialising in the design and delivery of groupwork programmes. With over 10 years of experience in the field of mental health and group facilitation, she has designed and delivered groupwork programmes for diverse populations on mental health and wellbeing, ADHD, restorative interventions for hate crime, and intercultural awareness. Sophy holds a BSc in Psychology, a Diploma in Professional Practice, and an MSc in Applied Psychology (Mental Health & Psychological Therapies).