



Zahide DALMAÇ POLAT

Specialist Clinic Psychologist

I was born in Istanbul on 17.09.1989. After graduating from Istanbul Bilim University psychology department, I graduated from Haliç University with a master's degree in applied psychology. I studied family counseling at Hasan Kalyoncu University and pedagogical formation education at Amasya University. I received training on cognitive behavioral therapy, short-term solution-focused therapy, communication conflicts and solutions, marriage and relationship counseling, objective tests, adjustment and behavioral disorders in children and interview techniques with children. I worked as an education coordinator and psychologist in various private education institutions. I gave seminars to families in many primary, secondary and high schools on communication with children and adolescents. I work on marital and relationship problems, childhood and adolescence problems, behavioral problems in special children, anger management, stress and anxiety disorders, depression, OCD / obsession.