

CURRICULUM VITAE  
**SINEM AKAY-SULLIVAN**  
**Ph.D., LPC-S, Registered Play Therapist**  
**Certified Trauma-Focused Cognitive Behavioral Therapist**  
592 Elkins Lk Huntsville, TX 77340  
Phone: (940)808-6542 Email: Sinem.Akay@live.com

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**EDUCATION**

**Ph.D., Counselor Education** (August 2010 – August 2013)

University of North Texas, Denton, Texas (CACREP Accredited)

*Specialty: Mental Health Counseling, Play Therapy*

*Dissertation: "Effects of School-Based Adlerian Play Therapy on Maladaptive Perfectionism and Anxiety in Children"* (Successfully defended on June 2013)

*G.P.A.: 4.00*

**M.Ed., Counseling** (August 2008 – August 2010)

University of North Texas, Denton, Texas

*Specialty: Mental Health Counseling, Play Therapy*

*G.P.A.: 4.00*

**M.S., Clinical Psychology** (August 2006 – January 2010)

Middle East Technical University, Ankara, Turkey

*Specialty: Child, Adolescent, and Adult Psychotherapy; Cognitive Behavioral Therapy; Chronic Illnesses*

*Thesis: "The Effects of Diabetes Mellitus on Cognitive Functioning, Learning Difficulties, and Behavioral Issues in Children."*

*G.P.A.: 3.5*

**B.S., Psychology** (December 2002 – December 2006)

Hacettepe University, Ankara, Turkey

*G.P.A.: 3.2*

**LICENSURE AND CERTIFICATIONS**

**Licensed Professional Counselor Supervisor.** License number: 67767 (11/01/2013 - present)

**Registered Play Therapist.** Registration number: T2406 (03/31/2014 - present)

**Certified Trauma-Focused Cognitive Behavioral Therapist.** (07/01/2015 - present)

**Gottman Method Couples Therapy Level 3 Certificate.** (07/15/2016 - present)

## **PROFESSIONAL EXPERIENCE**

- Assistant Professor (August 2017 – present)  
Sam Houston State University, Huntsville, Texas
- Mental Health Counselor (July 2015 – present)  
Private Practice, The Woodlands, Texas
- Mental Health Counselor and Intern Supervisor (January 2014 – June 2016)  
Children's Safe Harbor, Conroe, Texas
- Adjunct Professor (August 2013 – December 2015)  
Sam Houston State University, Huntsville, Texas
- Mental Health Counselor (June 2013 – August 2014)  
Wellsource Counseling Group, Kingwood, Texas
- Teaching Fellow (September 2012 – May 2013)  
University of North Texas, Denton, Texas
- Research Assistant (September 2010 – May 2013)  
University of North Texas, Denton, Texas
- Teaching Assistant (September 2010 – August 2012)  
University of North Texas, Denton, Texas

## **PROFESSIONAL LEADERSHIP AND SERVICE**

- Brazos Valley Counseling Association, Senator (2017 – present)
- Association for Play Therapy, University Education Committee Member, (2017 – present)
- International Journal of Play Therapy, Guest Reviewer (2015 – 2016)
- Professional Issues in Counseling, Reviewer (2014 – present)
- North Texas Chapter of Association for Play Therapy, Treasurer (2013 – 2014)
- Sam Houston Chapter of Association for Play Therapy, Assistant Secretary (2013 – 2014)
- Texas Association for Play Therapy, Student Director (2012 – 2013)
- Texas Association for Play Therapy, Publication Committee Co-Chair (2012 – 2013)
- North Texas Chapter of Association for Play Therapy, Secretary (2012 – 2013)
- University of North Texas, Doctoral Admissions Assistant (2012 & 2013)
- Chi Sigma Iota International Counseling Honor Society, RHO Kappa Chapter, Awards Committee Co-Chair (2011 – 2012)
- Chi Sigma Iota International Counseling Honor Society, RHO Kappa Chapter, Professional Development Committee Member (2010 – 2011)
- International Counseling Students Club, University of North Texas, President (2009 – 2010)

## **SCHOLARSHIPS & AWARDS**

- William Randolph Hearst Scholarship, University of North Texas (2012 – 2013) \$1000
- **International Peace Scholarship** (2010 – 2012) \$20,000
- College of Education Scholarship, University of North Texas (2010 – 2011) \$1000

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- Academic Achievement Award, University of North Texas (2010 – 2011) \$1000
- Margaret and Rankin Hinds Scholarship, University of North Texas (2009 – 2010) \$1000
- Continuing Student Scholarship, University of North Texas (2009 – 2010) \$1000
- University of North Texas Scholarship (2009 – 2010) \$1000
- Texas Public Education Grant International (2008 – 2010) \$3,000
- **Fulbright Scholarship** (2008 – 2010) \$50,000

### FUNDING AND GRANTS

- **Akay, S., Principal Investigator**, & Bratton, S., Co-investigator. (2013). *Adlerian play therapy for perfectionistic children exhibiting anxiety*. Educational Endowment Fund, Texas Counseling Association. \$500
- **Akay, S., Principal Investigator**, & Bratton, S., Co-investigator. (2012). *Adlerian play therapy for perfectionistic children exhibiting anxiety*. Dan E. Homeyer Research Grant, Texas Association for Play Therapy, Austin, TX. \$500
- **Akay, S., Principal Investigator**, & Bratton, S., Co-investigator. (2012). *Effects of school-based Adlerian play therapy on maladaptive perfectionism and anxiety in children*. College of Education Dissertation Grant, University of North Texas, Denton, TX. \$1000

### ADJUNCT FACULTY TEACHING EXPERIENCE

#### **Play Therapy Basics** (Fall 2015)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level course on practical application and integration of the principles and methods of play therapy.*

#### **Supervised Practicum** (Spring 2015)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level laboratory course on practical application and integration of the principles and methods of counseling.*

#### **Child and Adolescent Counseling** (Spring 2015)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level counseling course on diagnosis, treatment planning, and treatment approaches in child and adolescent counseling.*

#### **Supervised Practicum** (Fall 2014)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level laboratory course on practical application and integration of the principles and methods of counseling.*

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### **Community Counseling** (Fall 2014)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level counseling course on historical and cultural foundations of community counseling and the roles of community counselors.*

### **Child and Adolescent Counseling** (Summer 2014)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level counseling course on diagnosis, treatment planning, and treatment approaches in child and adolescent counseling.*

### **Theories of Counseling** (Spring 2014)

Sam Houston State University, Huntsville, Texas

*Taught a graduate level counseling course on theories in counseling.*

### **Introduction to Helping Relationships (2 Sections)** (Fall 2013)

Sam Houston State University, Huntsville, Texas

*Taught two undergraduate level counseling courses on basic counseling skills.*

## **GUEST LECTURER TEACHING EXPERIENCE**

### **Child and Adolescent Counseling** (Spring 2017)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a three-hour class on age-appropriate interviewing and treatment planning skills for child and adolescent counselors.*

### **Introduction to the Helping Relationships** (Fall 2016)

Sam Houston State University, Huntsville, Texas

*Taught undergraduate level counseling students a two-hour class on play therapy, and a two-hour class on trauma.*

### **Play Therapy Basics** (Summer 2016)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a three-hour class on trauma, and a three-hour class on conducting parent consultations. Supervised two three-hour classes for play therapy micropracticum.*

### **Introduction to Helping Relationships** (Summer 2016)

Sam Houston State University, Huntsville, Texas

*Taught undergraduate level counseling students a two-hour class on trauma, and a two-hour class on conducting parent consultations.*

### **Prepracticum** (Fall 2015)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a three-hour class on basic counseling skills and genograms.*

**Introduction to Play Therapy** (Summer 2015)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a four-hour class on basic play therapy skills.*

**Play Therapy Basics** (Summer 2015)

Sam Houston State University, Huntsville, Texas

*Taught undergraduate level counseling students a three-hour class on trauma-focused cognitive behavioral play therapy.*

**Play Therapy Basics** (Fall 2014)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a three-hour class on trauma-focused cognitive behavioral play therapy and a three-hour class on working with parents through parent consultations.*

**Advanced Play Therapy** (Spring 2014)

Sam Houston State University, Huntsville, Texas

*Taught graduate level counseling students a three-hour class on trauma-focused cognitive behavioral play therapy.*

**GRADUATE STUDENT TEACHING EXPERIENCE**

**Teaching Fellow/Lecturer, Interpersonal Skills in Helping Relationship** (Spring 2013)

University of North Texas, Denton, Texas

*Taught an undergraduate level counseling class on interpersonal skills that are fundamental to helping relationships.*

**Teaching Fellow/Lecturer, Diversity and Cultural Awareness** (Fall 2012)

University of North Texas, Denton, Texas

*Taught an undergraduate level counseling class on the influence of cultural identity, communication style, and experiences on people's worldviews.*

**Co-lecturer, Biopsychosocial Assessment and Wellness in Counseling** (Summer 2012)

University of North Texas, Denton, Texas

*Co-lectured a master's level counseling class on principles and models of biopsychosocial assessment, case conceptualization, and concepts of normalcy leading to an appropriate framework for counseling treatment plans or referral within a managed care framework.*

**Teaching Assistant and Guest Lecturer, Appraisal in Child and Adolescent Counseling**

(Summer 2012) University of North Texas, Denton, Texas

*Provided guidance and feedback for master's level counseling students on child and adolescent assessment. Assisted students in conducting and scoring assessments, and report writing. Presented on WISC-IV intelligence test for children and parent feedback regarding child and adolescent assessment results.*

**Teaching Assistant and Guest Lecturer, Human Development (Spring 2011)**

University of North Texas, Denton, Texas

*Provided feedback to master's level counseling students and facilitated discussions through Blackboard.*

*Presented on attachment styles in relation to cognitive and emotional development and impacts of childhood trauma on development and psychological well-being.*

**Teaching Assistant and Guest Lecturer, Counseling Culturally Diverse Clients (Spring 2011)**

University of North Texas, Denton, Texas

*Provided feedback to counseling master's students and facilitated discussions through Blackboard.*

*Presented on counseling Latino/Latina clients and best practices with diverse populations.*

**Teaching Assistant and Guest Lecturer, Basic Counseling Skills (Fall 2010)**

University of North Texas, Denton, Texas

*Provided feedback to master's level counseling students.*

*Presented on Adlerian concept of personality priorities and facilitating parent cooperation in counseling.*

**PUBLICATIONS**

**Published Peer-Reviewed Journal Articles:**

**Akay, S.** & Bratton, S. (2017). The effects of Adlerian play therapy on maladaptive perfectionism and anxiety in children: A single case design. *International Journal of Play Therapy*, 26(2), 96-110.

**Akay-Sullivan, S.,** Sullivan, J. M., & Bratton, S. C. (2016). The courage to be imperfect: A boy's journey toward becoming a child. *Journal of Individual Psychology*, 72(4), 273-289.

Meany-Walen, K., Lindo, N. A., Turley, E., Chung, C. F., **Akay, S.**, Cheng, Y.J., & Chen, S. Y. (2013). Evaluating the impact of intensive supervision on child-centered play therapy training. *British Journal of Play Therapy*, 9, 16-25.

Lindo, N. A., **Akay, S.**, Sullivan, J., & Meany-Walen, K. (2012). Child parent relationship therapy: Exploring parents' perceptions of intervention, process, and effectiveness. *International Journal of Humanities and Social Science*, 2(1), 51-61.

Lindo, N.A., Chung, C. F., Carlson, S., Sullivan, J., **Akay, S.**, & Meany-Walen, K. (2012). The impact of child centered play therapy training on play therapy attitude, knowledge and skills. *International Journal of Play Therapy*, 21(3), 149-166.

Soysal, S., Karateke, B., Kilic, K. M., **Akay, S.**, & Gucuyener, K. (2011). Relationship between cognitive characteristics of children with attention deficit hyperactivity disorder and problem solving skills of their mothers. *New Symposium Journal*, 49(1), 35-42.

Soysal, S., Karateke, B., Copur, A., Kilic, K. M., & **Akay, S.** (2010). The relationship between WISC-R scores of children with attention deficit hyperactivity disorder and problem solving skills of their

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mothers. *The Journal of Psychiatry and Neurological Sciences*, 23 (4), 256-264.

### **Published Book Chapters:**

Sullivan, J. M. & **Akay, S.** (2017). The play therapist in the court room: preparing yourself and your client for court. In R. Steen (Ed.), *Emerging research in play therapy, child counseling, and consultation* (pp. 345 – 366). Hershey, PA: IGI Global

**Akay, S.** (2015). The extraordinary eight-year-olds. In D. Ray (Ed.), *A therapist's guide to child development: The extraordinarily normal years* (pp. 109-119). New York, NY: Routledge.

Bratton, S., Dillman-Taylor, D., & **Akay, S.** (2013). Integrating play and expressive art therapy into small group counseling with preadolescents: A humanistic approach. In E. J. Green & A. A. Drewes (Eds.), *Integrating expressive arts and play therapy with children and adolescents* (pp. 253 – 282). Hoboken, NJ: John Wiley & Sons.

### **Journal Articles in Review:**

Dillman-Taylor, D., Pronchenko, Y., Purswell, K., Cornett, N., & **Akay, S.**, Bratton, S. (In review). Effects of CCPT on disruptive behavior of at-risk preschool children: A single case design. Submitted to *NHSA Dialog: A Research-to-Practice Journal for the Early Childhood Field*.

## **PROFESSIONAL PRESENTATIONS**

**Akay-Sullivan, S.** (2017, August). *The courage to be imperfect: Helping students with perfectionism and related anxiety issues*. Invited Presentation for School Counselors, Conroe Independent School District, Conroe, Texas.

**Akay-Sullivan, S.** (2017, February). *The courage to be imperfect: Helping students with perfectionism and related anxiety issues*. Invited Presentation for School Counselors, Conroe Independent School District, The Woodlands, Texas.

**Akay, S.** (2016, October). *Supervising crisis and trauma: A primer on supervising interns working with traumatized clients and helping them navigate the court system*. Invited Presentation for Intern Supervisors, Sam Houston State University Counseling Department, The Woodlands, Texas.

**Akay, S.** & Lucas, C. (2016, June). *Playing to heal: Providing trauma-informed care for young children*. The American Professional Society on the Abuse of Children (APSAC) 24<sup>th</sup> Annual Colloquium, New Orleans, Louisiana.

**Akay, S.** (2016, February). *The courage to be imperfect: Helping clients deal with perfectionism and related issues*. Invited Presentation, Memorial Hermann Prevention & Recovery Center, The Woodlands, Texas.

**Akay, S.** (2015, December). *The courage to be imperfect: Helping children and teens with perfectionism*. Invited Presentation, Fusion Academy Community Education Night, The Woodlands, Texas.

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- Akay, S.** (2015, October). *Playful ways to work with traumatized children*. Invited Presentation, Sam Houston Chapter of the Association for Play Therapy, Houston, Texas.
- Sullivan, J. M., & **Akay, S.** (2014, November). *Play on the brain: Connecting neurobiology and play to promote play therapy and play-based interventions*. Texas Counseling Association Growth Conference, Dallas, Texas.
- Akay, S.** (2014, April). *Walking together towards the light: Short-term play therapy approaches for traumatized children*. Invited presentation, Sam Houston Chapter of the Texas Association for Play Therapy, Houston, Texas.
- Ware, J., & **Akay, S.** (2013, October). *The art of supervision: Utilizing expressive arts in the supervision process*. Association for Counselor Education and Supervision Conference, Denver, Colorado.
- Akay, S.** (2013, September). *Single-case research design: Counseling effectiveness in a nutshell*. National Assessment and Research Conference, Houston, Texas.
- Akay, S.** (2012, November). *The courage to be imperfect: Reaching children with perfectionism through play*. Texas Counseling Association Professional Growth Conference, Galveston, Texas.
- Ware, J., Purswell, K., & **Akay, S.** (2012, November). *Experiential supervision: Using expressive arts to facilitate the supervision process*. Texas Counseling Association Professional Growth Conference, Galveston, Texas.
- Fineran, K., & **Akay, S.** (2012, March). *Suicide in schools: School counselor perceptions of and experiences with suicide postvention*. American Counseling Association Annual Conference, San Francisco, California.
- Bratton, S., Purswell, K., & **Akay, S.** (2012, March). *Counselor educators and local schools unite: 'How To's' for research that also provides service-learning opportunities*. American Counseling Association Annual Conference, San Francisco, California.
- Sullivan, J. M., Healey, A. C., & **Akay, S.** (2012, February). *How do I become a counselor? Issues of professional identity development in supervision*. Texas Association for Counselor Education and Supervision Annual Mid-Winter Conference, Austin, Texas.
- Akay, S., & Sheade, H.** (2011, December). *The courage to be imperfect: Reaching children with perfectionism through play*. Invited presentation, North Texas Chapter of the Texas Association for Play Therapy.
- Akay, S.** (2007, July). *Psychological interventions for homeless children*. 12<sup>th</sup> National Conference of Psychology Students, Cyprus.
- Akay, S.** (2007, June). *Using music as a tool in child psychotherapy*. 1<sup>st</sup> National Conference of Graduate Students in Psychology, Turkey.
- Akay, S.** (2006, July). *Basic concepts in play therapy*. 11<sup>th</sup> National Conference of Psychology Students, Turkey.



## **CLINICAL EXPERIENCE**

**Professional Counselor** (July 2015 – present)

Private Practice, The Woodlands, TX

*Providing counseling services for children, adolescents, adults, couples, and families.*

**Professional Counselor** (January 2014 – June 2016)

Children's Safe Harbor, Conroe, TX

*Provided counseling services for sexually and physically abused children and adolescents.*

*Provided emotional support and psychoeducation to families of abused children and adolescents.*

**Professional Counselor** (June 2013 – August 2014)

Wellspring Counseling Group, Kingwood, TX

*Provided counseling services for children, adolescents, adults, and families.*

**Group Co-Leader, Master's Growth Group** (February 2009 – May 2009, February 2013 – May 2013)

University of North Texas, Denton, TX

*Co-led 10-week groups for master's students.*

**Group Co-Leader, Mindfulness Counseling Group** (June 2012 – August 2012)

University of North Texas, Denton, Texas

*Co-facilitated a structured 10-week mindfulness training with clients at Counseling and Testing Center.*

**Counseling Intern** (January 2010 – May 2013)

Child and Family Resource Clinic, University of North Texas, Denton, TX

*Provided counseling services for children, adolescents, adults, groups, couples, and families in clinic and school settings.*

**Assessment Team** (May 2011 – May 2012)

Child and Family Resource Clinic, University of North Texas, Denton, TX

*Received extensive training in child and adolescent assessments.*

*Assessed children and adolescents utilizing a holistic battery of assessments measuring intellectual ability, visual and motor skills, information processing skills, and emotional and behavioral concerns.*

*Provided parents with detailed professional reports that summarized results and included recommendations for the home and school environments.*

**Counseling Intern** (August 2010 – December 2010)

Counseling and Human Development Center, University of North Texas, Denton, TX

*Provided counseling services for children, adolescents, and adults in clinic and school settings.*

**Group Co-Leader, Child-Parent Relationship Training Group** (September 2009-November 2009)

University of North Texas, Denton, Texas

*Co-led a 10-week filial therapy training group for parents with young children.*

*Provided didactic instruction and supervision, and facilitated group processing.*

**Psychology Intern** (September 2005 – January 2008)

Departments of Child, Adolescent, and Adult Psychology, SSK Ankara Education Hospital and Gazi University Hospital, Ankara, Turkey

*Provided psychology services for children, adolescents, and adults.*

**SUPERVISION EXPERIENCE**

**Supervisor, Play Therapy Basics Micropracticum** (Summer 2016)

Sam Houston State University, Huntsville, Texas

*Provided in-person supervision and feedback to counseling graduate students specialized in play therapy.*

**Intern Supervisor** (Fall 2015 – Spring 2016)

Children's Safe Harbor, Conroe, Texas

*Provided in-person individual supervision and feedback to intern-level counseling students.*

**Group Supervisor, Supervised Practicum in Counseling** (Spring 2015)

Sam Houston State University, Huntsville, Texas

*Provided in-person group supervision and feedback to practicum-level counseling students.*

**Group Supervisor, Supervised Practicum in Counseling** (Fall 2014)

Sam Houston State University, Huntsville, Texas

*Provided in-person group supervision and feedback to practicum-level counseling students.*

**Supervisor, Filial Therapy** (Spring 2013)

University of North Texas, Denton, Texas

*Provided in-person supervision and feedback to graduate level counseling students in Filial Therapy class.*

**Supervisor, Introduction to Play Therapy Micropracticum** (Summer 2011 & Summer 2012)

University of North Texas, Denton, Texas

*Provided in-person supervision and feedback to graduate-level counseling students specialized in play therapy.*

**Supervisor, Practicum** (Fall 2011 & Spring 2012)

University of North Texas, Denton, Texas

*Provided in-person supervision and feedback to graduate-level counseling students in practicum specializing in adult and child counseling.*

**Supervisor, Advanced Counseling Skills** (Summer 2011)

University of North Texas, Denton, Texas

*Provided in-person supervision and feedback to graduate-level counseling students.*

**Supervisor, Basic Counseling Skills** (Spring 2011)

University of North Texas, Denton, Texas

*Provided in-person supervision and feedback to graduate-level counseling students.*

**PROFESSIONAL ORGANIZATIONS**

- American Counseling Association
- Texas Counseling Association
- Chi Sigma Iota
- Association for Multicultural Counseling and Development
- Association for Play Therapy
- Texas Association for Play Therapy