

PSYCHIATRY



Emel Sönmez, MD

Acibadem Bodrum Outpatient Clinic, Muğla · Psychiatry &
Psychology · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
40+ years

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

SPECIALTY
Psychiatry

FOCUS
Hyperactivity · Obsessive-
compulsive...

HOSPITAL
Acibadem Bodrum
Outpatient Clinic, Muğla

DEPARTMENT
Psychiatry & Psychology

CLINICAL FOCUS

A substantial part of Dr. Sönmez's work concerns mood and anxiety conditions. She assesses and treats anxiety disorders, panic disorder, obsessive-compulsive disorder, major depression and bipolar disorder. Psychotherapy forms part of her practice and may be considered alongside other approaches, depending on the individual assessment and the nature of the condition.

Her areas of expertise also include sleep disorders, among them insomnia and sleep apnea, as well as hyperactivity, substance dependence and personality disorders. Because these conditions can overlap and present differently from one person to another, the evaluation is centered on the patient's own history, symptoms and previous treatment, and the options discussed are shaped by the findings of that evaluation.

Hyperactivity

Obsessive-compulsive disorder

Anxiety disorders

Bipolar disorder

Sleep disorders

INTERNATIONAL PATIENTS

Dr. Sönmez consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before the visit, the Acibadem international patient team coordinates the collection of prior reports, including previous psychiatric assessments, laboratory results, discharge summaries and any relevant imaging, and arranges appointments and the visit to the clinic.

CONDITIONS TREATED

Hyperactivity

Obsessive-compulsive disorder

Anxiety disorders

Bipolar disorder

Sleep disorders

Insomnia

EDUCATION & TRAINING

1992 Ankara Numune Training and Research Hospital Department of Mental Health and Diseases

1986 İ. Pavlov Higher Medical Institute Faculty of Medicine

PROFESSIONAL EXPERIENCE

2021 Acibadem Healthcare Services

1999-2020 Ortadoğu Teknik University — Psychological Counseling and Guidance Center

1995-1999 Ankara Mental Health Dispensary

1992-1995 Manisa Mental Health and Diseases Hospital — Chief of Neurosis Clinic (Compulsory Service)

1989-1992 Ankara Numune Training and Research Hospital — Psychiatry Clinic Resident

1986-1989 Regional Psychiatry Training and Research Hospital — Psychiatry Resident

PROCEDURES PERFORMED

Major depression

Obsessive compulsive disorder treatment

Insomnia treatment

Sleep apnea treatment

Depression treatment

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+
HOSPITALS & CLINICS

7
JCI-ACCREDITED

90+
COUNTRIES SERVED

20+
LANGUAGES IN-HOUSE

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WEBSITE
acibademinternational.com
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FREE CONSULTATION
Ask Dr. Sönmez about your case
Reply within 24 hours