

PSYCHOLOGY



Emre Ayata, Clinical Psychologist

Acibadem Bakirkoy Hospital, İstanbul · Psychiatry & Psychology ·
Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
9+ years

CONSULTS
On-site

PATIENTS
90+ countries

PROFILE
Verified

SPECIALTY
Psychology

FOCUS
Anxiety disorders ·
Depression

HOSPITAL
Acibadem Bakirkoy
Hospital, İstanbul

DEPARTMENT
Psychiatry & Psychology

CLINICAL FOCUS

Emre Ayata sees individuals with a range of common mental health concerns. These include anxiety disorders and panic disorder, in which persistent worry or sudden episodes of intense fear interfere with daily life; depression, with its effects on mood, energy, sleep and motivation; and obsessive-compulsive disorder, characterized by intrusive thoughts and repetitive behaviors.

His approach begins with psychological assessment, which helps clarify the nature of the difficulties a person is facing and informs the direction of treatment. On this basis he offers individual psychotherapy, drawing on his training in dynamic and integrative psychotherapy.

Anxiety disorders

Depression

Panic disorder

Obsessive-compulsive disorder

Adjustment difficulties

INTERNATIONAL PATIENTS

International patients are supported by the Acibadem international patient team, which coordinates the collection of prior reports before the visit. For psychological care these may include previous psychiatric or psychological assessment reports, treatment summaries and discharge summaries, together with any relevant laboratory results.

CONDITIONS TREATED

Anxiety disorders

Depression

Panic disorder

Obsessive-compulsive disorder

Adjustment difficulties

Psychological assessment

EDUCATION & TRAINING

2023 Psychotherapy Institute, Integrative Psychotherapy
2022 Giunti Psychometrics Turkey, Dynamic Psychotherapy
2020 Kent University, Master's Degree in Clinical Psychology

PROFESSIONAL EXPERIENCE

2023 Acibadem Healthcare Group
2021-2022 Hiwell, Clinical Psychologist
2017 Bona Dea Psychiatry, Clinical Psychologist

PROCEDURES PERFORMED

Relationship problems

Depression treatment

Alcohol use disorder treatment

Anorexia nervosa treatment

Drug addiction treatment

Eating disorders 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
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FREE CONSULTATION
Ask Emre Ayata about your case
 Reply within 24 hours