

PSYCHOLOGY



Helin Tektaş, Clinical Psychologist

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

MEDICALLY VERIFIED PROFILE



EXPERIENCE
14+ years



CONSULTS
On-site



PATIENTS
90+ countries



PROFILE
Verified



SPECIALTY
Psychology



FOCUS
Anxiety disorders ·
Depression assessment



HOSPITAL
Acibadem Altunizade
Hospital, İstanbul



DEPARTMENT
Psychiatry & Psychology



CLINICAL FOCUS

Her areas of expertise include anxiety disorders, depression assessment and obsessive-compulsive disorder. She uses cognitive behavioral therapy as a core therapeutic approach, which involves identifying patterns of thought and behavior that maintain distress and working with the patient on practical, structured strategies to change...

Beyond diagnostic assessment, Helin Tektaş offers stress management counseling, relationship and family counseling, and adjustment and grief counseling for people coping with change, loss or ongoing strain.

Anxiety disorders

Depression assessment

Cognitive behavioral therapy

Psychological testing

Stress management counseling



CONDITIONS TREATED

Anxiety disorders

Psychological testing

Stress management counseling

Relationship and family counseling

Obsessive-compulsive disorder



EDUCATION & TRAINING

2019 Uskudar University Institute of Social Sciences — Clinical Psychologist

2019 Uskudar University — Clinical Psychology

2012–2016 Maltepe University — Psychology



PROFESSIONAL EXPERIENCE

2016 Acibadem Healthcare Group



PROCEDURES PERFORMED

Depression assessment

Cognitive behavioral therapy

Depression treatment

Alcohol use disorder treatment

Anorexia nervosa treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



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+90 535 876 04 89
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WHATSAPP
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WEBSITE
acibademinternational.com
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FREE CONSULTATION
Ask Helin Tektaş about your case
 Reply within 24 hours