



PSYCHOLOGY

İrem Sürmez, Psychologist

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

MEDICALLY VERIFIED PROFILE



EXPERIENCE
28+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY
Psychology



FOCUS
Treatment of Obesity ·
Smoke-Free Life



HOSPITAL
Acibadem Altunizade
Hospital, İstanbul



DEPARTMENT
Psychiatry & Psychology



CLINICAL FOCUS

A significant part of İrem Sürmez's practice involves psychological support for people living with obesity and for those affected by eating disorders. In these areas, psychological evaluation and support may form part of a broader care plan alongside other specialists.

Her areas of expertise further include obsessive-compulsive disorder, support for smoking cessation as part of a smoke-free life approach, and neuropsychological assessment. Neuropsychological assessment involves structured evaluation of cognitive functions and may be requested to help clarify a clinical picture.

Obesity

Eating Disorders

Sleep Disorders

Insomnia

Sleep Apnea



CONDITIONS TREATED

Obesity

Eating disorders

Sleep disorders

Insomnia

Sleep apnea



EDUCATION & TRAINING

- 2015** Acibadem University Health Management Master's Program
- 2006–2009** İstanbul Bilgi University — Clinical Psychology Master's Program
- 2003** Bilgi University Faculty of Arts and Sciences
- 1998–2003** İstanbul Bilgi University — Faculty of Arts and Sciences
Sociology-Psychology (Double Major)



PROFESSIONAL EXPERIENCE

- 2007** Acibadem Healthcare Services
- 2006–2007** Atafiz Physical Therapy and Rehabilitation Specialization Center
- 2006** Logos Psychological Counseling and Education Center —
Individual Therapies-Pregnancy/Postpartum — In Vitro...



PROCEDURES PERFORMED

Smoking cessation

Obesity treatment

Eating disorders treatment

Insomnia treatment

Sleep apnea treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



MEMBERSHIPS

- Türk Psikologlar Association



SELECTED PUBLICATIONS

Publications are listed on the online profile.



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WEBSITE

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FREE CONSULTATION

Ask İrem Sürmez about your case

Reply within 24 hours