

# Malik Kubilay CADIRCIOGLU

North York, ON +1 437 256 9397

kubilaycadircioglu@gmail.com

## PROFESSIONAL SUMMARY

Dedicated mental health professional with over 9 years of international experience providing psychological counseling and psychotherapy services to adolescents and adults (ages 13+). Holds a Master's degree in Psychological Counseling and a Bachelor's degree in Psychology. Specialized in Cognitive Behavioral Therapy (CBT), Solution-Focused Brief Therapy, Family Counseling, and Dialectical Behaviour Therapy (DBT), with extensive training and practical application in these modalities. Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO), authorized for independent practice. Committed to fostering a culturally sensitive, client-centered therapeutic environment that promotes personal growth and emotional well-being.

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## EXPERIENCE

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| 12/2024-Ongoing | <b>Mental Health Settlement Worker</b><br><b><i>Community Development Council Durham (CDCD)</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Ajax, ON</b>    |
|                 | <ul style="list-style-type: none"><li>• Provide individual counselling and psychotherapy to newcomers and immigrants using an integrative approach (CBT, Solution Focused Therapy, DBT, mindfulness).</li><li>• Conduct biopsychosocial and mental health assessments and refer clients to relevant internal and external services and programs if needed.</li><li>• Deliver mental health presentations and outreach activities tailored to newcomer populations.</li><li>• Facilitate psychoeducational and therapeutic group sessions for youth (ages 13–29) and adults.</li><li>• Maintain detailed and confidential case documentation in accordance with organizational and regulatory standards to ensure continuity and quality of care.</li><li>• Liaise with community partners to streamline referrals and support holistic newcomer integration.</li></ul> |                    |
| 01/2022-Ongoing | <b>Psychotherapist</b><br><b><i>Self-Employed – Remote</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Oshawa, ON</b>  |
|                 | <ul style="list-style-type: none"><li>• Conducted over 10 individual and group sessions weekly, specializing in Cognitive Behavioral Therapy (CBT) and integrating techniques from Schema Therapy, DBT, Solution-Focused Therapy, and Mindfulness.</li><li>• Developed individualized treatment plans for clients facing anxiety, depression, trauma, and relationship issues, achieving high client retention and positive outcomes.</li><li>• Utilized trauma-informed care with cultural sensitivity to support clients from diverse backgrounds.</li><li>• Integrated digital tools to ensure confidentiality and effective delivery of therapy.</li><li>• Participated in ongoing supervision and professional development to maintain high standards of care.</li><li>• Led workshops and contributed to mental health resources to promote wellness.</li></ul>  |                    |
| 04/2023-12/2024 | <b>Implementation Specialist – Client Solutions</b><br><b><i>Greenshield Canada - Hybrid</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Toronto, ON</b> |
|                 | <ul style="list-style-type: none"><li>• Built strong client relationships through clear communication and support, enhancing rapport-building skills.</li><li>• Conducted training sessions and tailored solutions to client needs, strengthening patience, empathy, and problem-solving abilities.</li><li>• Collaborated across teams to address complex issues, developing adaptable and client-centered approaches.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                      |                    |
| 09/2022-04/2023 | <b>Youth Advocate</b><br><b><i>Durham Youth Services</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Ajax, ON</b>    |

- Completed a student placement at Joanne's House, a housing-focused emergency shelter, and later transitioned to a full-time role in December 2022.
- Provided counseling, mentoring, and case management support to youth facing homelessness, guiding them through the intake process and connecting them with appropriate housing, mental health, and community resources in the Durham Region..
- Implemented the Housing First model, focusing on the immediate housing needs of youth and supporting long-term stability.
- Collaborated with community services and programs to ensure comprehensive care and support for homeless youth in the Durham Region.

06/2022-04/2023      **Youth Support Worker**      **Whitby, ON**  
**Bayfield Treatment Centres**

- Fostered a therapeutic environment for children and youth facing diverse social, behavioral, and mental health challenges, ensuring a supportive and nurturing atmosphere.
- Assisted in achieving Treatment Plan goals by providing tailored support and interventions, enhancing overall treatment outcomes.
- Built strong therapeutic relationships with youth through effective teaching, mentoring, and counseling, facilitating their personal growth and development.
- Organized and led recreational activities, promoting social engagement and positive interactions among youth.

10/2017-01/2022      **Psychologist**      **Turkiye**  
**Ministry of Justice**

- Conducted comprehensive mental health assessments for inmates, identifying psychological needs and referring individuals to psychiatric care when required, ensuring timely and appropriate treatment.
- Delivered targeted psychological counseling and psychotherapy to inmates, addressing a wide range of mental health issues and promoting rehabilitation and personal development.
- Facilitated group therapy sessions, utilizing evidence-based therapeutic techniques to foster group cohesion, address collective psychological challenges, and support inmates' emotional well-being.
- Monitored and evaluated inmates' psychological progress, providing detailed reports and expert recommendations for their potential transfer to open prisons or supervised release, contributing to informed decision-making processes.

06/2019-01/2022      **Psychotherapist**      **Turkiye**  
**PsikologOfisi.com**

- Provided online individual counseling and psychotherapy services, incorporating Cognitive Behavioral Therapy (CBT), Solution-Focused Brief Therapy, Schema Therapy, and Mindfulness techniques.
- Assessed clients' mental health needs and developed tailored treatment plans.
- Addressed issues such as anxiety, depression, and relationship challenges, utilizing diverse therapeutic approaches to enhance clients' well-being.
- Maintained accurate client records and engaged in ongoing professional development.

10/2016-10/2017      **Psychologist**      **Turkiye**  
**Turkish Armed Forces**

- Served as a Second Lieutenant and psychologist for the gendarmerie forces during compulsory military service.
- Conducted comprehensive mental health assessments of private soldiers, addressing their adaptation to military life and identifying individual psychological needs.
- Delivered psychological counseling and support to soldiers across all ranks, fostering resilience and mental well-being.
- Facilitated psychoeducational seminars to promote mental health awareness and enhance soldiers' coping strategies.

06/2016-10/2016	<b>Research Assistant</b> <b>Tilburg University</b>	<b>The Netherlands</b>
<ul style="list-style-type: none"> <li>Contributed to research by conducting literature reviews, gathering data, and analyzing findings.</li> </ul>		

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#### EDUCATION

01/2022 – 12/2022	<b>Durham College</b> <b>Graduate Certificate, Addictions and Mental Health</b> Three-semester post-graduate program, featuring 490 hours of applied student placement experience.	<b>Oshawa, ON</b>
09/2018 – 01/2022	<b>Master's Degree, Counselling Psychology</b> <b>Ege University</b> Evaluated by World Education Services (WES) and deemed equivalent to a Canadian master's degree.	<b>Turkey</b>
01/2015 – 07/2015	<b>Bachelor's Degree, Psychology</b> <b>Radboud University</b> Exchange Student with EU grant	<b>The Netherlands</b>
09/2012 – 06/2016	<b>Bachelor's Degree, Psychology</b> <b>Hacettepe University</b>	<b>Turkey</b>

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#### LICENSURE & CERTIFICATIONS

2025	<b>Dialectical Behavioral Therapy Training</b> University of Toronto – CAMH (18 Hours)	<b>Canada, ON</b>
2025	<b>Schema Therapy Training</b> Schema Therapy Training Canada (40 Hours)	<b>Canada, ON</b>
2024	<b>Registered Psychotherapist</b> <b>Registration Number: 18488</b> College of Registered Psychotherapists of Ontario	<b>Canada, ON</b>
2024	<b>Cognitive and Behavioural Approaches for Problem Gambling Treatment</b> University of Toronto – CAMH (10 Hours)	<b>Canada, ON</b>
2024	<b>Immigrant and Refugee Mental Health Course for Health Service Providers</b> Centre for Addiction and Mental Health (CAMH)	<b>Canada, ON</b>
2023	<b>Cognitive Behavioral Therapy Approaches for Clients Without a Diagnosis</b> Certification by Cognitive Behavioral Psychotherapy Association	<b>Turkey</b>
2023	<b>Cognitive Behavioral Therapy Approaches for Eating Disorders</b> Certification by Cognitive Behavioral Psychotherapy Association	<b>Turkey</b>
2023	<b>Cognitive Behavioral Therapy Clinical Education and Supervision</b> Certification by Cognitive Behavioral Psychotherapy Association (186 hours)	<b>Turkey</b>

2023	<b>ASIST (Applied Suicide Intervention Skills Training)</b> Livingworks	Canada, ON
2022	<b>CPR First Aid</b> The Lifesaver 101 Group	Canada, ON
2022	<b>Solution-Focused Therapy</b> Certification of Ankara University	Turkey
2021	<b>Family Counseling Post Graduate Certificate</b> 450 hours of education and supervision, Istanbul Biruni University	Turkey
2020	<b>MMPI Administrator Training - Adult Initial Interview Techniques Certification Program</b>	Turkey