

# Demet Çek, Ph.D.

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## EDUCATION

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**Doctor of Philosophy**  
2017  
**University of Miami, Coral Gables, FL**  
APA Accredited Clinical Psychology Program  
Adult Clinical Track

**Master of Science**  
2013  
**University of Miami, Coral Gables, FL**  
APA Accredited Clinical Psychology Program  
Adult Clinical Track

**Bachelor of Arts**  
2009  
**Koç University, Istanbul, Turkey**  
Major: Psychology

## LICENSES

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California Psychologist License PSY 30391  
Florida Psychologist License PY 10965

## CLINICAL EXPERIENCE

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**THERAPY CHANGES**, San Diego, CA  
**Licensed Clinical Psychologist**  
January 2019-Present

Provide evidence-based individual and group psychotherapy for adult clients in a private practice setting. Interventions are grounded in Cognitive Behavioral Therapy and Acceptance and Commitment Therapy.

**ROGERS BEHAVIORAL HEALTH**, San Diego, CA  
**Clinical Supervisor**  
January 2019-March 2020

Supervised therapists and oversaw the clinical treatment program for OCD, anxiety, and mood disorders at partial hospitalization and intensive outpatient levels of care.

**SHARP MCDONALD CENTER**, San Diego, CA  
**Clinical Psychology Post-doctoral Fellowship (APA-Accredited)**  
**Post-doctoral Fellow**  
Specialization: Substance Use and Co-occurring Disorders  
October 2017-October 2018

Provided individual and group psychotherapy using evidence-based treatments, including CBT, ACT, DBT, and Motivational Interviewing for adult patients with substance use disorders and co-occurring

diagnoses, including mood and anxiety disorders, PTSD, psychosis, eating and personality disorders in an inpatient residential program and a partial hospitalization program. Conducted process groups, family psychoeducation and support groups, and family meetings. Provided supervision to predoctoral interns. Developed a Mindfulness-Based Recovery curriculum as part of an evidence-based practice implementation. Developed and provided a cultural competency training on Substance Use and Co-occurring Disorders to staff. Assisted in the collection and aggregation of program evaluation and outcome data. Conducted psychosocial and psychodiagnostic assessments to assist with treatment planning. Conducted crisis evaluation and provided stabilization services for patients with suicidality and self-injurious behaviors. Consulted with an interdisciplinary treatment team. Provided case management and discharge planning services.

**SHARP HEALTHCARE, San Diego, CA**  
**Clinical Psychology Doctoral Internship Program (APA-Accredited)**  
**Doctoral Intern**

August 2016-August 2017

Provided individual and group psychotherapy and conducted psychodiagnostic assessments for adults, children, and adolescents with a variety of diagnoses including substance use disorders, mood and anxiety disorders, thought disorders, personality disorders, post-traumatic stress disorder, and obsessive-compulsive disorder. Supervised practicum students, attended treatment team meetings, and coordinated care within an interdisciplinary treatment team.

**PROGRAM FOR ANXIETY, STRESS, AND OCD, University of Miami, Coral Gables, FL**  
**Graduate Student Therapist**

July 2015-June 2016

Provided weekly exposure-based cognitive-behavioral psychotherapy for adult clients with obsessive-compulsive spectrum disorders.

**MIAMI VETERANS AFFAIRS HEALTHCARE SYSTEM, Miami, FL**  
**Practicum Student Therapist**

September 2014-June 2015

Provided weekly individual therapy for veterans with serious mental illness and comorbid medical conditions. Diagnoses included schizophrenia and bipolar spectrum disorders, major depressive disorder, borderline personality disorder, and post-traumatic stress disorder. Facilitated therapy groups including Cognitive Behavioral Therapy for Psychosis, Dialectical Behavior Therapy, Social Skills Training for Schizophrenia, Mindfulness-Based Cognitive Therapy, and Health Promotion/Disease Prevention. Conducted neuropsychological assessments.

**SOUTH FLORIDA STATE HOSPITAL, Pembroke Pines, FL**  
**Practicum Student Therapist**

August 2013-June 2014

Provided weekly individual therapy to individuals presenting with psychotic and affective disorders, suicidal and homicidal ideation, and personality pathology who were committed under civil and forensic statutes. Most frequent diagnoses included schizophrenia spectrum disorders, personality pathology, affective disorders, and substance use. Case conceptualization and interventions were cognitive and dialectical behavioral. Facilitated weekly groups including Dialectical Behavior Therapy for borderline personality disorder and Risk Management for individuals adjudicated “not guilty by reason of insanity.” Administered neuropsychological batteries, conducted initial and annual psychological evaluations, substance use screenings, and motivational assessments.

**PSYCHOLOGICAL SERVICES CENTER**, University of Miami, Coral Gables, FL  
**Practicum Student Therapist**  
May 2012-July 2013

Provided outpatient individual therapy for adults from the Miami area representing a wealth of racial and ethnic groups, religions, and socioeconomic status. Diagnoses included major depressive disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Treatment orientation was integrative and drew from cognitive behavioral, motivational, and mindfulness-based approaches. Conducted comprehensive psychological evaluations of intellectual, achievement, cognitive, emotional, and behavioral functioning for adults and children.

## **CLINICAL RESEARCH EXPERIENCE**

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**PROGRAM FOR ANXIETY, STRESS, AND OCD**, University of Miami, Coral Gables, FL  
January 2012-June 2016

Conducted diagnostic assessments using the Structured Clinical Interview for DSM to determine eligibility for research studies examining obsessive-compulsive disorder and hoarding disorder. Completed semi-structured outcome assessments for a study investigating the efficacy of a cognitive-behavioral group intervention for hoarding disorder.

**ANXIETY RESEARCH AND TREATMENT CENTER**, University of Miami, Coral Gables, FL  
August 2011-December 2011

Co-facilitated an evidence-based 12-week cognitive-behavioral group intervention for social anxiety disorder.

**SCHIZOPHRENIA FAMILY LABORATORY**, University of Miami, Coral Gables, FL  
September 2009-May 2011

Co-facilitated a weekly culturally informed multi-family group therapy for individuals with schizophrenia and their family members.

## **RESEARCH EXPERIENCE**

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**PROGRAM FOR ANXIETY, STRESS, AND OCD**, University of Miami, Coral Gables, FL  
**Graduate Research Assistant**  
January 2012-July 2016

Served as project coordinator for studies examining cognitive and familial factors in hoarding disorder, variability of obsessive-compulsive symptoms, cognitive vulnerability factors for anxiety disorders, and the role of emotions in disgust reactions. Assisted with data collection, the training and supervision of undergraduate research assistants, data management, statistical analyses, and IRB reports.

**ANXIETY RESEARCH AND TREATMENT CENTER**, University of Miami, Coral Gables, FL  
**Research Coordinator**  
August 2010-December 2011

Assisted with a social anxiety treatment study investigating longitudinal change in attention biases, stress reactivity, self-reported symptoms. Supervised undergraduate research assistants, managed participant recruitment, and conducted outcome assessments.

**SCHIZOPHRENIA FAMILY LABORATORY**, University of Miami, Coral Gables, FL**Laboratory Manager**

September 2009–May 2011

Worked on a longitudinal study examining the effectiveness of a psychosocial intervention for individuals with schizophrenia and their family members. The intervention followed a 15-session format, and included modules on family collectivism, psychoeducation, spiritual coping, communication training and problem solving. Assisted with data management, supervised undergraduate research assistants, and conducted psychosocial assessments.

**SOCIAL PSYCHOLOGY LABORATORY**, Koç University, Istanbul, Turkey**Undergraduate Research Assistant**

June 2007–July 2009

Designed an independent study investigating mother-adolescent relations across European and Turkish cultures, conducted literature reviews, assisted with manuscript preparations, edited chapters of Dr. Çiğdem Kağıtçıbaşı's book, *Human and Humans in the Contemporary World*, and translated chapters of *Family, Self and Human Development Across Cultures* from English to Turkish.

**PUBLICATIONS**

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- Abramovitch, A., Robinson, A., Buckley, M. J., **Çek, D.**, de Putter, L., Timpano, K. R. (2023). Are student cohorts with psychopathology representative of general clinical populations? The case for OCD. *Journal of Obsessive Compulsive and Related Disorders*, 37, 1-8.
- Çek, D.**, Reese, H. E., Broos, H. C., & Timpano, K. R. (2022). Dispositional and Experimentally Induced Mindfulness Are Distinctly Associated with Obsessive Compulsive Symptoms. *Mindfulness*, 1-13.
- Hudiburgh, S. E., Reese, H. E., Carver, C. S., **Çek, D.**, Timpano, K. R. (2021). A multi-method examination of the link between obsessive-compulsive symptomatology and emotion-related impulsivity. *British Journal of Clinical Psychology*, 60 (3), 293-311.
- Çek, D.**, Sánchez, A., Timpano, K. R. (2016). Social anxiety-linked attentional bias to threat is indirectly related to post-event processing via subjective emotional reactivity to social stress. *Behavior Therapy*, 47, 377-387.
- Arditte, K. A., **Çek, D.**, Shaw, A. M., Timpano, K. R. (2016). The importance of assessing clinical phenomena in Mechanical Turk research. *Psychological Assessment*, 684-691.
- Timpano, K. R., Carbonella, J. Y., Zuckerman, S. E., **Çek, D.** (2016). Treatment of Symmetry- Obsessive Compulsive Disorder. In E. A. Storch & A. B. Lewin (Eds). *Clinical Handbook of Obsessive-Compulsive and Related Disorders: A Case-Based Approach to Treating Pediatric and Adult Populations* (pp.69-83). New York, NY: Springer.
- Wester, J., Timpano, K. R., **Çek, D.**, Broad, K. (2016). The psychology of recycled water: Factors predicting disgust and willingness to use. *Water Resources Research*, 52(4), 3212-3226.
- Timpano, K. R., **Çek, D.**, Fu, Z.F., Tang, T., Wang, J. P., Chasson, G.S. (2015). A consideration of hoarding disorder symptoms in China. *Comprehensive Psychiatry*, 57, 36-45.
- Wester, J., Timpano, K. R., **Çek, D.**, Lieberman D., Fieldstone, S. C., Broad, K. (2015). Psychological and social factors associated with wastewater reuse emotional discomfort. *Journal of Environmental Psychology*, 42, 16-23.

Timpano, K. R., **Çek, D.**, Rubenstein, L., Murphy, D., Schmidt, N. B. (2014). The association between obsessive-compulsive symptoms and loneliness: Specificity and gender. *Journal of Cognitive Psychotherapy*, 28 (4), 264-273.

Timpano, K.R., Shaw, A.M., Yang, J.C., **Çek, D.** (2013). Information Processing in Hoarding Disorder. In G. Steketee & R.O. Frost (Eds). *The Oxford Handbook of Hoarding and Acquiring*. Oxford University Press, 100-119.

## **SYMPOSIA AND INVITED ORAL PRESENTATIONS**

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Hudiburgh, S. E., **Çek, D.**, & Timpano, K. R. (May, 2018). OCD and Impulsivity: Considering the Role of Emotion. In J. Pearlstein (Chair), *Neurocognitive Mechanisms and Long Term Outcomes of Emotion-Related Impulsivity*. Symposium conducted at the meeting of the Association for Psychological Science, San Francisco, CA.

Timpano, K.R., Shaw, A.M., & **Çek, D.** (2017, November). Mapping the Boundaries of Pathological Hoarding: Characterizing a Continuum by Comparing Clinical, Healthy, Collector, and At-Risk Populations. In K. Timpano (Chair), *An Update on Research Investigating the Phenomenology of Hoarding Disorder: Consideration of Core Features and Associated Factors*. Presented at the 51<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

**Çek, D.**, Reese, H. E., Timpano, K. R. (2016, October). Does a computerized mindful attention training decrease distress and compulsive urges in a sample at risk for OCD? In J. Siev (Chair), *Cognitive Bias Modification Paradigms for Obsessive Compulsive Disorder*. Presented at the 50<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, New York, NY.

**Çek, D.**, Mendez, N. A., Timpano, K. R. (2015, April). Attentional control and thought suppression independently predict immediate and 24-hour delayed post-event processing. In K. R. Timpano (Chair), *Recent Advances in Understanding Social Anxiety: A Focus on Neural Correlates, Cognitive Risk Factors, and Phenomenology*. Presented at the 35<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Miami, FL.

**Çek, D.**, Timpano, K.R. (2014, December). The effects of attention bias to disgust and subjective emotional reactivity on post-event processing in social anxiety. Presented at Koç University, Istanbul, Turkey.

**Çek, D.**, Timpano, K.R. (2014, November). Considering the effects of attention bias to disgust and subjective emotional reactivity in the prediction of post-event processing. In K.R. Timpano (Chair), *New Directions in Information Processing and Psychopathology*. Presented at the 48<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

## **POSTER PRESENTATIONS**

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Hudiburgh, S. E., **Çek, D.**, & Timpano, K. R. (2017, November). *OCD and impulsivity: considering the role of emotion*. Presented at the 51<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Hudiburgh, S. E., **Çek, D.**, & Timpano, K. R. (2017, July). *Exploring the relationship between emotion-based impulsivity and OCD*. Presented at the 24<sup>th</sup> Annual conference of the International Obsessive-Compulsive Disorder Foundation, San Francisco, CA.

- Hudiburgh, S. E., **Çek, D.**, Timpano, K. R. (2016, October). *Investigating the link between hoarding tendencies and delay discounting: A multi-modal investigation*. Presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies in New York, NY.
- Hudiburgh, S. E., **Çek, D.**, Timpano, K. R. (2016, July). *Investigating the link between delay aversion, delay discounting, and hoarding tendencies*. Presented at the 23<sup>rd</sup> annual conference of the International Obsessive-Compulsive Disorder Foundation, Chicago, IL.
- Çek, D.**, Weintraub, M. J., Rosenfield, E., Timpano, K. R. (2015, November). *Associations between psychosis vulnerability and obsessive compulsive symptom dimensions*. Presented at the 49<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
- Çek, D.**, Timpano, K. R. (2015, November). *Self-focused attention during an impromptu speech mediates the link between heart rate variability and post-event processing*. Presented at the 49<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
- Çek, D.**, Arditte, K. A., Shaw, A. M., Timpano, K. R. (2015, April). *Considering clinical phenomena in Mechanical Turk research*. Presented at the 35<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Miami, FL.
- Çek, D.**, Timpano, K. R. (2014, November). *The nunjudging facet of mindfulness mediates the association between social anxiety symptoms and post-event processing at a 24-hour follow-up*. Presented at the 48<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Çek, D.**, Timpano, K. R. (2014, March). *Considering the effects of attention bias to disgust and subjective emotional reactivity in post-event processing in social anxiety*. Presented at the 34<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Chicago, IL.
- Çek, D.**, Shaw, A. M., Mathes, B., O'Brian, O. C., Timpano, K. R. (2013, November). *Obsessive compulsive symptoms and behavioral avoidance: exploring the mediating role of anxiety sensitivity*. Presented at the 47<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Çek, D.**, Llabre, M. M., Timpano, K. R. (2013, November). *Factor structure and measurement invariance of the Saving Inventory-Revised in European American and African American participants*. Presented at the 47<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Arditte, K. A., **Çek, D.**, Timpano, K. R., Johnson, S. L., Joormann, J., Carver, C. S. (2013, November). *Relations among anger, impulsivity, and affective Go/No-go task performance*. Presented at the 47<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Çek, D.**, Timpano, K. R. (2012, November). *Disgust sensitivity and obsessive-compulsive symptoms: moderating role of anxiety sensitivity*. Presented at the 46<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, National Harbor, MD.
- Çek, D.**, Valea, V., Fieldstone, S. C., Goolsarran, M., Hanson, J. A., Strunin, A., Marker, C.D. (2011, November). *Fear of positive evaluation and approach-avoidance tendencies in social anxiety*. Presented at the 45<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Toronto, CA.

Fieldstone, S.C., **Çek, D.**, Strunin, A., Goolsarran, M., Hanson, J.A., Valea, V., Marker, C.D. (2011, November). *Approach-avoidance tendencies and gaze direction in angry, disgusted and contemptuous faces*. Presented at the 45th Annual Convention of the Association of Behavioral and Cognitive Therapies, Toronto, CA.

**Çek, D.**, Fieldstone, S. C., Marker, C.D., Eilert, S., Plater-Zyberk, E., Englehardt, J. D., Broad, K. (2011, May). *Ideology, moral disgust and waste water reuse*. Presented at the Annual Meeting for the NSF Center for Research on Environmental Decisions, Columbia University, New York, NY.

**Çek, D.**, Weisman de Mamani, A. (2010, November). *Individualism/collectivism and symptom severity in African American, Hispanic, and Anglo patients with schizophrenia spectrum disorders*. Presented at the 44th Annual Convention of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

**Çek, D.** (2009, June). *The role of personality type on social comparison: do individuals with Type A personalities have higher social comparison orientation than individuals with Type B personalities?* Presented at the 3rd National Graduate Psychology Student Conference, Koç University, Istanbul, Turkey.

**Çek, D.** (2009, June). *The effect of emotional intelligence on burnout: Mediation of social problem solving*. Presented at the 3rd National Graduate Psychology Student Conference, Koç University, Istanbul, Turkey.

## **HONORS AND AWARDS**

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2024	<b>Therapist Choice Awards, Above and Beyond Award</b> Therapy Changes, San Diego
2018	<b>Team CORE Award for Chemical Dependency Program Development</b> Sharp HealthCare, San Diego
2014-2016	<b>Commendation for Excellence in Academics, Research, and Clinical Activities</b> Department of Psychology, University of Miami
2015	<b>Academic Excellence, Leadership, and Service Award</b> Graduate Student Association, University of Miami
2015	<b>Research Seed Fund Award</b> Psychology Graduate Student Organization, University of Miami
2011-2015	<b>Max and Peggy Kriloff Graduate Research Travel Award</b> College of Arts & Science, University of Miami
2011-2015	<b>Graduate Activity Fee Allocation Committee Research Travel Award</b> Graduate School, University of Miami
2005-2009	<b>Dean's List &amp; Vehbi Koç Scholar</b> Koç University

## GRANTS AND FELLOWSHIPS

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**Fred C. and Helen Donn Flipse Research Support Fund**, University of Miami, Miami, FL  
Principal Investigator (2012-2013) *Attentional Biases, Emotional Arousal, and Post-Event Processing in Social Anxiety: An Eye-Tracking Study*

**National Science Foundation, Graduate Research Fellowship**, Arlington, VA  
Graduate Research Assistant (2011-2015) *The Relationship between Disgust and Environmental Decision-Making*

## TEACHING EXPERIENCE

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**Course Instructor**, University of Miami, Coral Gables, FL  
**Psychology 650: Adult Psychopathology – SCID Lab** (Fall 2015)

Responsible for teaching appropriate use of the Structured Clinical Interview for DSM-5 (SCID-5), as part of the laboratory component of the Adult Psychopathology course for first year doctoral students.

**Course Instructor**, University of Miami, Coral Gables, FL  
**Psychology 240: Abnormal Psychology** (Spring 2014)

Responsible for a 32-student undergraduate course, including lecturing, testing, and grading. Covered DSM-5 diagnoses, etiological factors, and evidence-based treatments. Encouraged interaction with the empirical study of abnormal psychology through reading and discussion of research articles.

**Language Lab Instructor**, University of Miami, Coral Gables, FL  
**Directed Independent Language Study** (Fall 2013, Fall 2015)

Responsible for providing instruction on grammar and speaking in the Turkish language and teaching the Turkish culture.

**Research Assistant Supervisor**, University of Miami, Coral Gables, FL  
**Program for Anxiety, Stress, and OCD** (Fall 2011-Summer 2016)

Supervised undergraduate research assistants, including providing direct mentorship and assistance with honor's theses.