

BIOGRAPHY

MEHMET Z. SUNGUR, MD

Mehmet Z. Sungur is professor of psychiatry and former president of the psychiatry department at the Medical Faculty of Marmara University, Istanbul, Turkey.

Mehmet Z. Sungur received training in cognitive behaviour therapy (CBT), sexual and marital therapies at the Institute of Psychiatry, Maudsley and Bethlem Royal Hospitals in London. He was accredited as a cognitive behaviour therapist by the UK Council of Psychotherapy and British Association of Behavioural and Cognitive Psychotherapy (BABCP). He is also certified as a cognitive therapist and supervisor by the Academy of Cognitive Therapy (ACT). He is a board member of International Association of Cognitive Psychotherapy (IACP) and was the president of the 7th International Congress of Cognitive Psychotherapy (ICCP) that was held in İstanbul between 2-5 June 2011. He is one of the past presidents of the European Association for Behavioural and Cognitive Therapy (EABCT) and he has organised the 31st EABCT Congress in Istanbul in the year 2001.

Mehmet Z. Sungur's clinical practice covers a wide range of clinical syndromes with a special emphasis on cognitive behavioural treatment of anxiety disorders, depression, schizophrenia, posttraumatic stress disorder and sexual and marital problems. He published numerous articles in national and international scientific journals and presented workshops and keynotes in hundreds of national and international congresses. He played a leading role in the dissemination of the practice of CBT and sex therapy in Turkey. He established the Turkish Association of Cognitive and Behaviour Therapy (TACBT) in 1995 and is the chairman of this Association since its establishment. He is also a founder of Sexual Education, Treatment and Research Association (CETAD) and organised numerous national and international meetings on the assessment and treatment of sexual problems in Turkey and elsewhere. He is also World Sexual Health Country Coordinator of Turkey appointed by WAS.

Mehmet Z. Sungur has received some national and international awards, the first one being "Schizophrenia Reintegration Award" and the recent one being "Gold Medal from European Federation of Sexology" which was presented to him at the 16th Congress of the European Society of Sexual Medicine (ESSM) joint by 12th Congress of European Federation of Sexology (EFS) in January 2014. He has published more than 100 papers mainly about Cognitive Behaviour Therapy and sexual disorders. He has also written books and book chapters mainly about CBT

Apart from BABCP, EABCT, TACBT, IACP Mehmet Z. Sungur is also a Diplomate, and Founding Fellow of Academy of Cognitive Therapy (ACT), a certified supervisor from ACT, member of Association of European Psychiatrists (AEP), American Psychiatric Association (APA), and Turkish Psychiatry Association (TPA). He is the coordinator of the CBT Task Force and Couple Therapy Task Force of the Turkish Psychiatry Association. He is on the advisory and/or editorial board of many national and international journals including Behavioural and Cognitive Psychotherapy (an international multidisciplinary journal) Sexual and Relationship Therapy (journal of the British Association for Sexual and Marital Therapy), Journal of Sex & Marital Therapy, Clinical Psychotherapy: Science and Practice, Cognitive Therapy and Research, Journal of Rational-Emotive and Cognitive-Behavior Therapy and more than 10 journals published in Turkey. He was a member of the task force on certification and accreditation of Cognitive and Behavioural Therapists in Europe (EABCT certification and accreditation task force). He is also a member of the task force of EABCT on 'Common Language in Psychotherapy'.

Mehmet Z. Sungur has currently committed himself to the training of mental health professionals in clinical applications of CBT and sex therapy both in Turkey and abroad. He is running training courses and certified CBT training programmes for a large number of mental health professionals in Turkey and abroad. He has run many workshops and has given keynotes in UK, Denmark, USA, Serbia, Bulgaria, Macedonia, Spain, Poland, USA, Greece, Malaysia, Ireland, Japan, Germany, Hong Kong, France, Egypt, Portugal, Italy and Canada related to CBT and especially on sexual and marital problems. He has been the president of 6 international and many national congresses. In 2012 he co-chaired two international and one national congresses with international participation related to sexual disorders.