

# COUNSELEE EXPERIENCES

IN AYNA EDUCATION AND  
PSYCHOLOGY ADVISORY CENTER



## COUNSELEE EXPERIENCES

### **Clinical Psychologist Funda TEKELİOĞLU** **Adult, Couple/Family EMDR Psychodramatist**

This experience is a journey that is embarked on with a therapist. It starts from the visible, known parts of the client's story, namely consciousness; towards the unknown, towards the unconscious. One day, when we ask "Why me?", "How is it always like this?" and think that our conscious answers are not enough; if we want to learn the real answers in the depths of our story and dare to meet what we will see there, then begins our journey. The expert holds the client's hand, together they discover the unknown or known but unacceptable sides of the story.

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### **Clinical Psychologist Ayşegül ÖNK ERAY** **Psycho-oncologist Adult, Couple/Family EMDR Psychodramatist**

This process is a spiritual journey with a healing effect, which the person embarks on with the support of an expert to know oneself. It is a true discovery experience. We can think of this journey we set out with a guide to find our self like the one in Jules Verne's novel "Journey to the Center of Earth". This inner journey towards our own center makes us live through many experiences and discoveries. Sometimes we cry, sometimes we laugh. Sometimes we get scared, ashamed and sometimes we feel happy. Through this inner experience, we develop awareness and the possibility of knowing ourselves increases. So, what purpose these discoveries serve?



To get to know our own spiritual structure, first of all. Even though we'd like to think we know ourselves, that doesn't happen easily. One similar to the vast universe we see when we look into space does exist in our inner world in actuality. Even if new discoveries are made in this journey, they are never-ending and continue throughout our lives. This experience also helps us gain the ability to transform through these discoveries. Discoveries (our awareness) are important but not sufficient. In order to be able to change/transform, we need to be able to step outside of our own patterns (behavior patterns). We cannot do this alone. Our defense mechanisms prevent it to protect our systems. We can understand the spiritual process and renew it when necessary, only when we are accompanied by our therapist, who had been educated on these subjects. Since our childhood, we try to understand and make sense of this world we live in. Thus, we develop our coping patterns by interpreting our experiences. These patterns, which we have worked hard to develop, are necessary to protect ourselves and adapt to the world we live in. One's inner world consists of complex spiritual processes. Our behaviors are just the tip of the iceberg. More complex processes are active below the iceberg; emotions, perceptions, beliefs, values, defenses, expectations, resources, etc. ... Most of the time, we go on with life without knowing what we are feeling, what we are doing and why. It's like we're on autopilot. In fact, this process of experience allows us to get to know ourselves more, discover our resources, and acquire the competence and skill that enables us to manage our own system. Thus, we can stop being dependent on autopilot and get behind the wheel of our own lives more freely and consciously. The job of the therapist is to make the patient see that the blame for everything that happens.



doesn't lie with others and help them take responsibility of their lives. Only in this way can they develop competencies to manage their own lives. Thus, they can deal more consciously with the problems they may encounter in the next periods of their lives. While trying to perform all these tasks, the specialist should be able to listen to their clients without judgment and accept them as they are. They should be able to empathize and have developed the skills to keep their own judgments out of the therapy sessions. One of the most important rules in this process is the principle of PRIVACY; "Everything that is worked on and spoken stays in that room. Thus, a relationship of "trust" can be established. The therapist is responsible for maintaining a close relationship with the patient and maintaining a neutral and non-judgmental state without being a part of their daily life. For this, the boundaries of the relationship with the patient should be well drawn. In order for a therapist to be able to do this, they must have gone through such an experience themselves. These details are important and explain the need for the relationship with the client to be different from friendship. For this reason, "advice or giving advice" is not included in this process as a method. Only by guiding the patient that one can help them discover themselves and find their own way.



## Clinical Psychologist Zeynep YETKİN Child, Teen, Young Adult EMDR

Think of a movie theater. One that only belongs to you, that only you can enter... All the seats are empty... You can sit wherever you want... Imagine a travel companion with you now. Someone sitting next to you... Or maybe they sit behind you, the decision is yours. The movie starts whenever you want, it is different from the ones you have been to before... The movie of your own life, the one you will watch... You can go to any moment in the past, present or future. You can turn the volume up or down and even zoom in on the images as they stream. Maybe you would like to get up and take a closer look? Some scenes can go very fast, sometimes you can slow down the flow. In those transitional moments the person sitting next to you supports you. They watch the movie with you without judging, making prejudiced comments and without interfering. They keep up with your pace. They are also watching the flowing images with curiosity. Sometimes they ask you questions to understand you better. They try to see images as you see them. Maybe they hand you a napkin if you need it for emotionally intense scenes. Yes, as you can see, this cinema is different from the others... And it has another difference; You can make some changes while watching the movie. You can interfere with the flow of the movie! You might stop and say other things to the characters, for example, details you didn't notice might start to catch your attention and you might imagine that you acted differently, or maybe you realize that things were different from what you remember. Who knows? This cinema also has a tiny rule, the time for these sessions is determined. But good news! No one comes to touch your movie while you are away, you can continue from where you left off or wherever you want next week. You are free! Enjoy watching...



## **Clinical Psychologist Ceyda YANAR**

### **Preschool Education Children, Teen EMDR**

Adults often need words or phrases when they want to express themselves. When it comes to children, we see them using games or pictures. That's why their words are replaced by toys and art materials, and their sentences are replaced by the games they set up and the pictures they create. Working with a child means being an ugly princess, accepting horses that can fly, trains going wrong, or helicopters without propellers. At this point, the boundaries of the world and the game room the child is in are separated. Needs, desires, fears and anxieties that cannot arise when outside, gradually find the opportunity to show themselves in the room. The child, who sees that they are accepted in all aspects, have started to feel understood now... It means that now you have accepted to enter the child's world when you are with them. In the room that belongs to the therapist and the child, the child is now the director and the therapist an actor. Every role that the director gives or refuses to give has a meaning. This is where everything starts... The therapist is the person who interprets everything that comes out and tries to make sense of it. The therapist becomes the voice of the things that the child has difficulty in expressing or does not know how to express. And... The transformation begins.



## THE PROCESS DESCRIBED BY OUR CLINETS' OWN WORDS

One day I shuffled the cards in my hand and couldn't gather them. I decided to go to therapy and left a card that I kept in my hand every time I went out, though, of course I thought of quitting therapy, yet I hurried to every appointment. Now, I hold a few of the old cards in my hand and I have lots of new ones. I know how to use my internal resources; I am scattered to pieces less and for a much shorter time. Most importantly, I know what I want. Luckily...

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Therapy is one of the best ways to regain one's self. When it comes to reuniting with yourself, you can say, "Is there more than one of myself?". Yes, there is. We often live apart from ourselves, so therapy puts an end to this separation and brings us together. This meeting is a "horribly beautiful" experience. The scary part is facing oneself and witnessing the painful truths about one's life. The best part is being able to reach the "original you" inside and contact with it through this process. With therapy, people can accept that they are one and only without using those notions for conceit, and, instead, believe them to be natural.



My therapy started at a time when I was conflicted about things. There had been a threshold, I was going through the pains of wanting to go beyond it and not being able to. I managed to do this analysis during therapy. Before this discovery, I had feelings of boredom, confusion, and anxiety. There was a road ahead of me, but it felt like standing in front of a mountain of stones that prevented me from continuing on that path, I wasn't able to move forward... With therapy, I slowly put those stones in their places, cleared my way and found the strength to continue. Of course, there will be other obstacles and placements I'll need to do again. My road is ahead and I will move forward. Therapy gave me that belief. I thank to all who contributed and myself.

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Ayna Danışma Merkezi is the place where I first came to know therapy. As I was questioning myself about my ability continue the therapy process, which I started at a time filled with mental hardships, I noticed that the more I got into it, discovered my feelings and reflected upon them, the more I realized therapy was good for me. It helped me understand and know myself better. I am very lucky that I have a therapist who has always held my hand with knowledge and understanding and has been my companion in this journey of discovery from the very beginning of my therapy process. Thanks to the steps I took for myself with courage and persistence; I became a woman who started to realize her feelings, developed her communication skills, and started to love herself more.





We started going to Ayna, following the guidance of the school he attended when my son was in kindergarten. At first, we had concerns about whether starting play therapy would help. How could a child's troubles be solved by playing games? However, two months after we started, I started to observe that my son had a more courageous attitude towards friendships. Thanks to therapy, even during the pandemic period, his adaptation to primary school and socialization problems along with losses in our family became easier to process, my son became stronger day by day and I learned how to approach him. Parenting is already a tough road. To our therapist, who did not leave me alone on this path and was reachable even abroad, I can say with all my sincerity: I am glad that our lives intersected. Thanks to them, I am a mother who can support her son's growth in healthier ways.

With all my love to Ayna family

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I can confidently say that this process has changed my life. Because my perspective has changed. I wasn't expecting that much either. In the first meeting, I explained that my aim was to get rid of certain fears. In particular, I said that my fear of getting sick limited me. With every session I realized that I had other fears. More importantly, I got to the root of my fears and understood how they entered my life. I was surprised when I saw the reasons for my fears clearly. By building walls to live in and creating spaces that I thought were safe for myself, I actually cut off communication with the world. The logic of "the lesser the people in my life is, the lesser the problems I will have" has led me unhappiness and even more fear. It was through this process that I got rid of this vicious circle. The more I told, the more I remembered; the more I remembered, the more I was surprised;



the more I was surprised, the more I understood. Old fears weighed heavily on me and exhausted me. I'm not exaggerating when I say it changed my life. When I realized that the root of my fears was my father leaving the house, I understood that the thought of people leaving me were in the foundation of my feelings. When I attributed this fear to the reason why I became closed to new people and new ideas, I managed to get to the root of the problem. I was able to convince myself years by saying that my father and I have met often in the later years, that actually my father didn't abandon me. Awareness is very important. The sessions allowed me to return to myself, as well as let me think and be aware in a peaceful environment. There are new people in my life right now and I am open to all the things I am going to experience with them with all my heart. Meanwhile, my expectations regarding life have changed. It must have happened because of the support I received. I no longer expect people to make me happy. I make myself happy.

