



Nas Çay

Istanbul Turkey ✉ k.nascay@gmail.com

PROFESSIONAL SUMMARY

Nas Çay, MSc, B.A. in Psychology and Psychological Counseling and Guidance from MEF University as well as a M.S. from Middle East Technical University. Currently serving as a 'Protection and Capacity Building Officer' at the Association for Aid and Relief, Japan (AAR Japan), she also volunteers as a trauma counselor with World Human Relief. Her master's thesis explored ecological grief and environmental psychology, reflecting her commitment to research on grief, disaster psychology, trauma-informed communities and schools, and community mental health. With extensive experience in the humanitarian field, particularly in trauma, immigration, and disaster response, she is also in the process of becoming a certified NARM Therapist and a polyvagal-informed mental health worker. She aspires to implement protective and preventive projects for vulnerable groups, focusing on community-based interventions.

SKILLS

- SPSS
- Microsoft Office
- English (fluent)
- Project Management

WORK HISTORY

PROTECTION AND CAPACITY BUILDING OFFICER 11/2022 to CURRENT

Association for Aid and Relief, Japan (AAR Japan) | Turkey

- Responsible for the preparation, organization and delivery of the Capacity Building Trainings to Community-Based Organizations (CBOs) operating in Turkey
- Topics of expertise on training: Protection & Community-based Protection, MHPSS, Case Management, Project cycle management, Working with Interpreters, Supervision in Protection, Child Safeguarding
- Conduct regular case committee meetings to assess the needs and carry out an action plan in Case Management process with the partner CBOs
- Support the Earthquake Emergency Response Project in distributing aids and provide supervision and mentoring to the team members including delivery of Psychological first-aid (PFA) training.

SOCIAL COHESION FIELD WORKER

11/2021 to 11/2022

Maya Foundation | Istanbul, Turkey

- Conducted in-class psychosocial support (PSS) activities with the students regarding social cohesion and bullying
- Organized and delivered capacity building sessions, case studies and awareness raising sessions with the teachers to increase social cohesion in schools and prevent bullying

- Conducted regular seminars with the parents about prevention of bullying and communication skills
- Prepared the activity materials and contents (e.g
- Child groups, teacher capacity building training, seminars).

LAB COORDINATOR

01/2020 to 08/2021

MEF University | İstanbul, Turkey

EDUCATION

Master of Science | Psychological Counseling and Guidance

01/2024

Middle East Technical University, Ankara, Turkey

Bachelor of Arts | Psychology

06/2021

MEF University, İstanbul, Turkey

Bachelor of Arts | Psychological Counseling and Guidance

06/2020

MEF University, İstanbul, Turkey

Exchange Student

02/2007

Middlesex University, London, The UK

CERTIFICATIONS

- The Polyvagal Certificate Course: Safety, Connection, and the Human Experience, 01/01/24
- NeuroAffective Relational Model (NARM) Therapy, Master Level Training, 01/01/23 (In-progress)
- Global Mental Health: Trauma and Recovery Certificate Program, 01/01/23
- Skills for Psychological Recovery, National Child Traumatic Stress Network, 01/01/22
- International Trauma Studies Certificate Program, World Human Relief (WHR) Clinical Level, 01/01/21
- Introduction to Somatic Experiencing, Somatic Experiencing Turkey, 01/01/21
- Experiential Play Therapy-Level 1, Psikoloji İstanbul, 01/01/21
- Summer Institute in Global Mental Health, Teachers College, Columbia University, 01/01/21
- International Trauma Studies Certificate Program, World Human Relief (WHR) Module 1, 01/01/21
- Mindfulness Based Stress Reduction Program, 01/01/18

RESEARCHINTERESTS

- Ecological grief
- Environmental psychology
- Trauma-informed schools
- Community-based mental health interventions
- Community psychology
- Disaster psychology

PUBLICATIONS

Understanding the ecological grief experiences of individuals participating in wildfire fighting, M.S. - Master of Science, Middle East Technical University, 2024