



Specialties Examples

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Anxiety

In the short term, therapy focuses on:

- **Exploring thought patterns** that fuel anxiety
- **Recognizing triggers** that lead to feelings of fear and worry
- **Developing practical strategies** to create a sense of calm
- This short-term focus can help you start feeling more grounded and in control, even as we work through the deeper layers.



Anxiety

Over the long term, therapy allows us to explore :

Past experiences and early life events that may have shaped your relationship with stress

Unconscious fears or unresolved conflicts that contribute to chronic anxiety

Patterns formed over time as a response to stress or trauma

Depression

Early work in therapy might include:

- Naming what you're feeling, even when the words are hard to find
- Soothing emotional overwhelm and softening your inner critic
- Creating small, sustainable moments of steadiness
- Building trust and safety in the therapy space



Depression

From a psychodynamic perspective, we might explore:

- How early relationships shaped how you treat yourself today
- Hidden emotions—grief, fear, anger, longing—that are hard to access alone
- Internal conflicts that keep you feeling stuck or undeserving
- The origins of self-criticism, hopelessness, or deep feelings of shame
- This kind of therapy isn't about giving advice or "fixing" you.
- It's about understanding what your depression is trying to tell us

Work

I help people navigate:

- **Academic pressure**, stress, and burnout
- **Career indecision** or transition
- **Feeling stuck** in unfulfilling work
- **Work-life imbalance** and difficulty setting boundaries
- **Imposter syndrome** and chronic self-doubt



Work

We can work through both **practical decisions** and deeper reflections, such as:

- Clarifying what's working—and what isn't
- Understanding how past experiences may influence your current choices
- Letting go of harsh inner narratives that keep you stuck
- Rebuilding trust in your own voice and process
- Build a **healthier relationship** with your work, your choices, and yourself.

Relationships

- Develop healthier ways of communicating that reduce conflict and increase mutual understanding
- Create space for setting clearer boundaries that honor your needs and respect others





Relationships

- Learn strategies for managing strong emotions and resolving misunderstandings with more ease
- Break negative relational patterns that may have kept you stuck
- Foster emotional resilience