



Certified Self-In-Relationship Psychotherapy Instructor and Supervisor

Ülkem Gümüş (she/her), M.A., R.P.

Registered Psychotherapist (English, Turkish)

Ms. Gümüş is passionate about sharing her knowledge and skill base she developed through training extensively in SIRP alongside her clinical practice working with adult individuals, couples, and families, and other trainings.

Ms. Gümüş works with client complaints that include anxiety, depression, low self-esteem, painful and traumatic experiences, relationship issues, and other work-life stressors. She provides a non-judgmental space to accompany clients in exploring their present issues, linking to their history as appropriate, and to get in touch with their unmet needs and true-self yearnings that are often at the root of emotional distress and relationship issues. She helps clients form a deeper relationship with themselves through which they can find understanding, self-compassion, and a path forward that includes feeling better and empowered. Client populations she works with include LGBTQIA+, immigrants, bi-cultural couples, those in the helping professions, and veterans.

Ms. Gümüş acknowledges the importance of the therapeutic relationship to clients. She notes that her door is open to previous clients whether it is to seek temporary support with new life events or to consider resuming regular therapy.