




BEGUM ERTEN UYUMAZ

MSc, Blogger /
Psychologist

Contact Information

 onthetourney.nl/Contact

 /Begum Erten Uyumaz

About Myself

As an expert in holistic mental wellness, I dedicate my research to uncovering the strategies that foster emotional resilience. Through my website, I translate complex psychological concepts into actionable insights, creating awareness and providing a roadmap for those seeking to maintain lasting mental health.

Kernkwaliteiten

- Supervision
- Coaching
- Visualization (computer science)
- Writing and Reporting
- Communication in various languages (English, Turkish, Dutch)

Work Experience

● Psychologist / Blogger / Entrepreneur

On The Journey / Eindhoven

2023 - present

I write books and articles about mental health, publish on personal website, Amazon Kindle and other mental health platforms.

● Psychological Consultant and Psychodiagnostic Researcher

MTSR Zorg

2020 - 2023

"In my role as a psychologist, my main focus was conducting psychodiagnostic research and evaluations."

● UX Researcher with a background in Psychology.

Philips Design & TU/e Samenwerking

2015 - 2020

Researcher dedicated to identifying creative design solutions for digital sleep systems. I conducted extensive research and published the findings in peer-reviewed journals.

● UX-Onderzoeker

EIT & TU/e Collaboration

2015 - 2020

I primarily worked as a UX Researcher developing creative design solutions for a fitness device tailored to truck drivers. I conducted user research and documented my findings to gain a deeper understanding of their specific needs.

Onderwijs

● Bachelor of Arts (BA)

Psychology

2005-2009

Bilkent University, Ankara, Turkije

● Master of Science (MSC)

Cognitive Science

2010-2013

Middle East Technical University (METU), Ankara, Turkije

● PDEng

User System Interaction

2010-2013

Eindhoven Technical University (TU/e), Eindhoven, Nederland

● Life Coach Certification

Laudius Thuisstudies

2023-2024

● Positive Psychology Certification

Laudius Thuisstudies

2025
(lopend)

● Stress and burnout Certification

Laudius Thuisstudies

2025
(lopend)

Talen

Turks	Engels	Nederlands	Spaans
Mothertongue	Fluent	Advanced (B2)	Intermediate (B1)

Boeken en Publicaties

Uyumaz, Begüm Erten. Reaching to a Firm Sense of Self: A Journey into a Strong Emotions & Self-Confidence. Amazon KDP, 2025.

Uyumaz, Begüm Erten. Getting to know yourself: A journey to wholeness. Amazon KDP, 2024.

Erten Uyumaz, B., Feijs, L., & Hu, J. (2021). A review of digital cognitive behavioral therapy for insomnia (CBT-I apps): are they designed for engagement?. *International journal of environmental research and public health*, 18(6), 2929.

Erten-Uyumaz, Begum, Mohit Ahuja, Tudor Vacaretu, Mili Docampo Rama, Sebastiaan Overeem, Thomas Visser, Jun Hu, and Loe Feijs. "Design and evaluation of a negotiation-based sleep scheduler app for insomnia treatment." In *Proceedings of the 13th EAI International Conference on Pervasive Computing Technologies for Healthcare*, pp. 225-233. 2019.

Uyumaz, B. E., Uyumaz, U., Rama, M. D., Overeem, S., Hu, J., & Feijs, L. (2020, May). The Thought Journal App: Designed to confront thoughts that influence sleep. In *Proceedings of the 14th EAI International Conference on Pervasive Computing Technologies for Healthcare* (pp. 288-295).

Erten, B. (2013). Adapting and testing psycholinguistic toolboxes for Turkish visual word recognition studies (Master's thesis, Middle East Technical University (Turkey)).