



BEGUM ERTEN UYUMAZ

MSc, Blogger /
Psychologist

Contact Information

onthejourney.nl>Contact

[/Begum Erten Uyumaz](https://www.linkedin.com/in/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**

2020 - 2023

MTSR Zorg

"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**

2015 - 2020

EIT & TU/e Collaboration

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**

2023-2024

Laudius Thuisstudies

• **Positive Psychology Certification**

2025 (lopend)

Laudius Thuisstudies

• **Stress and burnout Certification**

2025 (lopend)

Laudius Thuisstudies

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 Vacarelu, 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)).