



**KIBRIS AYDIN
ÜNİVERSİTESİ**

E-BÜLTEN

**Eğitim Bilimleri
Fakültesi**

Nisan 2026



REHBERLİK VE PSİKOLOJİK DANIŞMANLIK BÖLÜMÜ ÖĞRENCİLERİNDEN ÇÖP TOPLAMA ETKİNLİĞİ

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencileri yaptıkları çöp toplama etkinliği ile doğanın korunmasının önemi konusunda farkındalık sağladılar.

STUDENTS FROM THE GUIDANCE AND PSYCHOLOGICAL COUNSELING DEPARTMENT ORGANIZED A GARBAGE COLLECTION EVENT

Students from the Guidance and Psychological Counseling Department raised awareness about the importance of protecting nature through a litter collection activity.



GEÇMİŞE SAYGI, GELECEĞE DEĞER: YAŞLI BAKIM MERKEZİ ZİYARETİMİZ

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencileri Yard.Doç.Dr. Bedriye Y. ALICI tarafından verilen Toplum Hizmet Uygulamaları dersi kapsamında Yaşlı Bakım Merkezini ziyaret etmişlerdir.

RESPECT FOR THE PAST, VALUE FOR THE FUTURE: OUR VISIT TO AN ELDERLY CARE CENTER

Students from the Guidance and Psychological Counseling Department visited an Elderly Care Center as part of the Community Service Practices course taught by Assistant Professor Dr. Bedriye Y. ALICI.



OKUL ÖNCESİ EĞİTİM MERKEZİ ZİYARETİ

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencileri Yard.Doç.Dr. Bedriye Y. ALICI ile Okul Öncesi Eğitim Merkezini ziyaret ederek 23 Nisan Ulusal Egemenlik ve Çocuk Bayramı dolayısıyla çocuklarla yüz boyama, çocuk oyunlarını oynama ve drama etkinlikleri gerçekleştirmişlerdir.

VISIT TO THE PRESCHOOL EDUCATION CENTER

Students from the Guidance and Psychological Counseling Department, accompanied by Assistant Professor Dr. Bedriye Y. ALICI, visited a Preschool Education Center and conducted face painting, children's games, and drama activities with the children in honor of the April 23 National Sovereignty and Children's Day.



REHBERLİK VE PSİKOLOJİK DANIŞMANLIK BÖLÜMÜ MANDALA ETKİNLİĞİ DÜZENLEDİ

Rehberlik ve Psikolojik Danışmanlık bölümü öğrencileri Yard. Doç. Dr. Bedriye Yılmaz Alıcı ile birlikte PDR Kulübü ve Öğrenci Dekanlığı işbirliğinde ve Uzm. Ferdiye Yurdakul'un katılımıyla Mandala atölyesi etkinliğini gerçekleştirmişlerdir.

THE GUIDANCE AND PSYCHOLOGICAL COUNSELING DEPARTMENT ORGANIZED A MANDALA ACTIVITY

Students from the Guidance and Psychological Counseling department, together with Assistant Professor Dr. Bedriye Yılmaz Alıcı, in collaboration with the Guidance and Psychological Counseling Club and the Student Dean's Office, and with the participation of Specialist Ferdiye Yurdakul, held a Mandala workshop.



7. PSİKOLOJİK DANIŞMA VE REHBERLİK ZİRVESİ

Fakültemiz öğretim üyelerinden Prof. Dr. Aslı Bugay SÖKMEZ 7. Psikolojik Danışma ve Rehberlik Zirvesine Sağlıklı İlişkiler konusu ile konuşmacı olarak katılmıştır.

7TH PSYCHOLOGICAL COUNSELING AND GUIDANCE SUMMIT

Our faculty member, Prof. Dr. Aslı Bugay SÖKMEZ, participated as a speaker at the 7th Psychological Counseling and Guidance Summit with a presentation on the topic of Healthy Relationships.



ÖĞRENCİ MATERYALLERİ SERGİSİ

Geleneksel hale gelen "Öğrenme Süreçleri Öğrenci Sergisi" Rehberlik ve Psikolojik Danışmanlık Bölümü tarafından bu yıl 27 Nisan 2026 tarihinde Kıbrıs Aydın Üniversitesi Kampüsünde gerçekleştirildi. Diş ile ilgili olan materyaller Diş Hekimliği Fakültesine bağışlandı.

STUDENT EXHIBITION

MATERIALS

The traditional "Learning Processes Student Exhibition" was held this year on April 27, 2026, at the Cyprus Aydın University Campus by the Guidance and Psychological Counseling Department. Materials related to dentistry were donated to the Faculty of Dentistry.



6 GELENEKSEL PDRFEST

Prof. Dr. Aslı Bugay SÖKMEZ 6. PDRFEST organizasyonuna "Kendinle Barışmanın Yolu: Kendini Affetme" başlığı ile konuşmacı olarak katılmıştır.

MORALE BOOSTING EVENT

Prof. Dr. Aslı Bugay SÖKMEZ participated as a speaker at the 6th PDRFEST event with a presentation titled "The Path to Making Peace with Yourself: Self-Forgiveness".



SEMİNER

Kıbrıs Türk Psikolojik Danışmanlık ve Rehberlik Derneği, İstanbul Aydın Üniversitesi ve Kıbrıs Aydın Üniversitesi işbirliği ile Psikodramatist Dilek Özyürek tarafından psikolojik danışmanlara ve öğrencilerimize yönelik "Dayanıklılık ve İyi Hali" konulu bir seminer düzenlenmiştir.

SEMINAR

The Turkish Cypriot Psychological Counseling and Guidance Association, in collaboration with İstanbul Aydın University and Cyprus Aydın University, organized a seminar on "Resilience and Well-being" for psychological counselors and students, led by psychodramatist Dilek Özyürek.



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Alexithymia, rumination and binge drinking: the mediating role of drinking motives

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Abstract

The objective of this study was to investigate whether the relationship between alexithymia and rumination, reflecting deficits in emotion processing and difficulties in emotion regulation, and binge drinking is mediated by drinking motives. A cross-sectional study was conducted with university students ($N=367$, $Mage=22.59$) who reported alcohol use in the past 30 days. Participants completed an online questionnaire comprising the Toronto Alexithymia Scale, the Alcohol Use Disorders Identification Test, the Drinking Motives Questionnaire, the Ruminative Response Scale, and the EPDS Impulsive Behavior Scale. Binge drinking in the past 30 days was measured with a single item. The results of the mediation analyses indicated that the Difficulties in Identifying Feelings (DIF) component of alexithymia was directly related to risky drinking indexed by binge drinking in the past 30 days or the Alcohol Use Disorders Identification Test (AUDIT). The relationship between the DIF and the AUDIT was mediated by coping motives. Additionally, social motives mediated the relationship between rumination and binge drinking, while coping motives mediated the relationship between rumination and AUDIT, as well as between rumination and AUDIT. These findings confirm the importance of investigating emotion regulation as a proximal factor of risky drinking.

Keywords Alexithymia · Drinking Motives · Rumination · Impulsivity · Binge drinking · Alcohol use

Introduction

It is well documented that alcohol is one of the most widely consumed psychoactive substances in the world (Degenhardt et al., 2018). The consumption of alcohol usually

begins during adolescence, increases during early adulthood, and gradually decreases in later ages (Kranzke & Cirrel, 2013). An earlier study found that young people who consume alcohol at an early age are more likely to develop alcohol use disorders later in life (Dawson et al., 2000).

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YENİ YAYIN

Rehberlik ve Psikolojik Danışmanlık Bölümü öğretim üyelerinden Prof. Dr. Aslı Bugay SÖKMEZ'in "Alexithymia, rumination and binge drinking: The mediating role of drinking motives" başlıklı makalesi Current Psychology dergisinde yayınlanmıştır.

NEW ARTICLE PUBLICATION

Professor Aslı Bugay SÖKMEZ, a faculty member of the Department of Guidance and Psychological Counseling, has had her article titled "Alexithymia, rumination and binge drinking: The mediating role of drinking motives" published in the journal Current Psychology.



ÖĞRENCİ SUNUMLARI

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencileri kuramcılar ile ilgili sunum gerçekleştirdiler.

STUDENT PRESENTATIONS

Students from the Guidance and Psychological Counseling Department gave presentations about theorists.



YENİ KİTAP BÖLÜMLERİ YAYINI

NEW BOOK PUBLICATION

CHAPTER

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencilerinden Fatma Canbolat ve Tuba Koltan Memili Yard. Doç.Dr. Bedriye Yılmaz Alıcı ile kaleme aldıkları iki ayrı bölüm ile Çocukların Gözünden Çocuk Gelişimi 2 isimli kitaba katkıda bulunmuşlardır.

Fatma Canbolat and Tuba Koltan Memili, students from the Guidance and Psychological Counseling Department, contributed to the book "Child Development from the Children's Perspective 2" with two separate chapters co-authored with Assistant Professor Dr. Bedriye Yılmaz Alıcı.



BİLİM ÇADIRI

Rehberlik ve Psikolojik Danışmanlık Bölümü öğrencileri ve PDR Kulübü Yard. Doç. Dr. Bedriye Yılmaz Alıcı ile hazırlanan bilim çadırında çocuklara yönelik etkinlikler düzenlediler.



SCIENCE TENT

Students from the Guidance and Psychological Counseling Department and the Guidance and Psychological Counseling Club, together with Assistant Professor Dr. Bedriye Yılmaz Alıcı, organized activities for children in a science tent they had prepared.