I received a bachelor's degree from Hacettepe University in 1984. Between 1984 and 2003, I have worked as a headnurse in the psychiatric clinic for 10 years and 9 years in the nursing management department on administration, education, research and quality improvement. Due to these works, I was awarded "Outstanding Service Award in Public Officer" in 1991. During my business life, I involved in International and National scientific conferences etc.. While I was continuing my working life, I completed Master degree in 1986 and PhD. degree in 1996 from Hacettepe University Institute of Health Sciences. Then I invited to Ankara University with an academic position in 2003, got academic degree as Associate Professor in 2010 and full Professor in 2015.

Until now, I have been giving courses on Mental Health and Psychiatric Nursing, in Bachelor's, Master's, and Doctoral Degree programs in Psychiatric Mental Health Nursing and Family Counseling and conducts a wide range of thesis advisories. I also gave a nursing management course in Bachelor's program between 2003-2013. Currently I am a senior lecturer and associate editor in an international journal, scientific reviewer in national and international journals and have published many scientific articles in national and international journals, a book on codependency and many book chapters.

In addition to my academic duties, I have worked as the head of Nursing Department of the Health Sciences Faculty and Health Institution of Ankara University. I've been working as vice-dean OF Nursing Faculty since 2018.

In order to provide my professional development and to provide effective service to the society, I participated in various training and scientific activities in Turkey and abroad. With Erasmus training mobility, I visited to Keele University and worked as "Honorary Research Visitors" in City University in London. Within the scope of service to the community I have been involved in the following projects and studies;

- Population Studies in the Institute of Population Studies in Turkey, 1984
- With the support of the World Bank, The creation of Professional Standards in Health Sector, 1999-2000
- Rehabilitation studies, with the Turkish Psychological Association (after the earthquake in 17 August 1999 Ihsaniye Earthquake Camp-Gölcük)
- In the Ministry of Health, Job Descriptions and Definitions of Nursing and also Psychiatric Mental Health Nursing in Turkey.2007
- Researcher, Ankara Üniversity, İbn-i Sina Hospital, New Horizons in Nursing: Transplantation Unit, a Pilot Study, Vehbi Koç Vakfı Hemşirelik Fonu, 2007.
- Researcher, Nursing-Midwifery Museum Project, Koç Vakfı Hemşirelik Fonu, 2008.
- Member of Commission, Creation of the Mental Health Act in Turkey as a member of the Psychiatric Nursing Association.2018
- National Counselor and Trainer for World Health Organization, European Union and Turkish Ministry of Health funded an International Project titled Promoting Services for People with Disabilities(psychiatric, mental), World Health Organisation, Government of Republic of Turkey(Ministry of Health and Ministry of Family and Social Policies), European Union, Ekim 2011-Haziran 2014
- Lecturer, "Mental health of Syrian Nurses and Midwives" Project that supported by Turkish and International Organizations, 2015-2018.