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She completed her nursing degree at Istanbul University Florence Nightingale School of Nursing and her master's degree and Doctoral degree in Istanbul University Health Science Institute. Her PhD thesis is associated with mental health and psychiatric nursing.

Her interests are more related to developmental and situational crisis, consultation-liaison psychiatry nursing, violence, ageing and elderly person, ageism, substance use, sexuality and, more broadly, mental health and psychiatric nursing.

She was the President of the Turkish Psychiatric Nurses Association (2009-2013). Also she is a Member of the Horatio (European Association for Psychiatric Nurses) Expert Panel (Education Working Group).

She worked to translate into the Turkish language of the Turku Declaration prepared by Horatio (European Association for Psychiatric Nurses). She has papers, chapters, abstracts/congress proceedings in Turkish and English.

You can access Professor Kutlu's current academic profile http://avesis.istanbulc.edu.tr/KimlikBilgileri.aspx