She was born in Nicosia in 1990. She graduated from Kyrenia Anafartalar Highschool in 2007 and started to her bachelors degree in psychology in Near East University. She completed her undergraduate dissertation with supervision of Prof. Dr. Mehmet Cakici and it was titled as “Prevelance of Gambling Bahaviour in Kyrenia”. She finished her undergraduate study as highest degree in Faculty of Arts and Science. Afterwards, she started her postgraduate study in Applied Clinical Psychology in Near East University. She completed her postgraduate dissertation with the supervision of Associate Prof. Dr. Ebru Cakici, it was titled as “The prevalence of intimate partner violence in women in TRNC; risk factors and psychological symptoms”. Same year, she completed her postgraduate study with full mark (4.00/4.00) and she started phd of clinical psychology programme.

During her education life, she completed her clinical psychology internships in Bakırköy State Hospital for Mental and Neurological Diseases and Barış State Hospital for Mental and Neurological Diseases, also she completed her developmental psychology internship in a private nursery. She works in a private hospital as a clinical psychologist. In 2012-2013 fall semester, she worked as a research assistance. From 2013-2014 summer semester, she is working in the department of psychology in Near East University as a lecturer.

She also completed basic hours of Positive Psychotherapy Training as 120 hours during her undergraduate and 145 hours during her postgraduate study. Since 2013, she has the directory membership of Association of Cyprus Psychotherapy. Since 2014, She writes at several newspapers also does interviews at different television programs as a clinical psychologist. She also contributes at different conferences, symposiums and conducts researches.