Dr. Sebiha Unal followed the Clinical Psychology study. After this study, she conducted research in the field of autism as a scientist. She has written 4 books about a positive approach to autism and pscyho education from the Positive Mind Method. In Turkey and Europe she has and is engaged in various activities related to autism such as the establishment of an educational institution, conducting research and giving guest lessons / information / lectures in the field of autism.

She is currently working as a teacher, clinical psychologist, researcher and autism specialist from her autism centers. She also has various projects in the Netherlands, Belgium and Turkey. She gives lectures / information / training on autism from the positive approach. With her own positive experiences and research, she came to the conclusion that a positive approach worked well with people with autism and as a result, she has now delved into positive psychology and has thus developed her own method (Positive Mind Method) for which she is now also professionals train to become a Positive Mind Autism Coach (PMAC). Meanwhile, 600 coaches have already been trained as Positive Mind Autism Coach (PMAC).

Research has already demonstrated the scientific effectiveness of the Positive Mind Method. The method in which the talents in particular should receive more attention instead of the less strong sides.