

CV

➤ Personal Information

First Name: Anis

Last Name: Khosh lahje sedgh

Birth: 1979

Academic Status:

Email Address : Anissedq@yahoo.com

➤ Academic Education

2010-2014: Ph.D. in Health Psychology

Thesis Title: Preparing meta-diagnostic preliminary treatment package based on ACT and MCT component and Determining its effectiveness on transcendence, metacognitive belief, acceptance and commitment, psychological capital and life satisfaction of breast cancer patients

2007-2010: M.Sc. in Clinical Psychology

Thesis Title: Information processing focused therapy in the treatment of depression

2003-2007: B.Sc. in Russian Language Translation

Thesis Title: Translation of the poem by the great Russian writer (poet Pushkin)

➤ Summary of Honors

- Participating in the 11th International Competitions and Exhibitions of Inventions, Initiatives and Industrial Property of Archimedes with an invention, Russia ,2008.
- Receiving an honorary diploma and a special award from the Romanian Elite Academy of the Archimedes competition, Romanian, 2008.
- Receiving an honorary diploma and a medal from the youngest female inventor of the Archimedes competition, Croatia,2008.
- Receiving an honorary diploma and federal registration in Archimedes competitions, Russia,2008.
- Receiving a certificate from the Scientific Association of Electrical Engineering,Iran,2007.

- Receiving a certificate from the Scientific Association of Electrical Engineering, Iran, 2007.
- Second rank in PHD, Iran, 2013

➤ **Teaching Experiences**

- Teaching psychopathology and Child pathology, Faculty of Psychology, Islamic Azad University of Arak, 2013-2015.
- Teaching Pure and Clinical Psychology, General Psychology, Physiology, Preliminary Study of Psychotherapy Theories, Educational Psychology, Basic Topics in Psychology, Specialized Texts, Mental Health, Mental Pathology, Counseling Psychology, Addiction, Thinking And language, social work, principles of clinical psychology, individual research, children with special needs, psychological pathology, Islamic Azad University of Karaj, 2013-2019.
- Teaching Learning Disabilities, Children with Special Needs, Experimental Psychology, developmental psychology, family therapy theories, Islamic Azad University, Roodehenm, 2013-2015.
- Teaching Decision Making and Problem Solving, Behavior Modification, Family and Population Knowledge, Common Diseases in Prison, Mental Pathology and Child Development, Common Mental Illnesses in Prison, Clinical Psychology, Mental Health, Comprehensive University of Science and Technology, University of Social Welfare and Rehabilitation Sciences, 2014-2017

➤ **Publications:**

A) Journal Papers

1. Comparison of maladaptive schemas of successful and unsuccessful addicts with non-clinical population, Journal of New Findings, Young Researchers Club, 2011.
2. Comparison of maladaptive schemas of successful and unsuccessful addicts with non-clinical population, Journal of Addiction Research, Young Researchers Club, 2009.

3. The effect of metacognitive therapy in reducing the symptoms of depression and anxiety in female patients with constipation, *Journal of Health Psychology*, Payame Noor University, 2016.
4. Comparison of the effectiveness of acceptance and commitment-based therapy and metacognitive therapy in reducing the symptoms of psychological capital and quality of life in patients with irritable bowel syndrome (*Quarterly Journal of Medical Sciences of Islamic Azad University*, 2007).
5. The effect of family meetings on increasing the level of family awareness and continuity of treatment of the addicted person in the rehabilitation centers of the rebirth charity population in Tehran (*Razi Hospital Quarterly*), 2011.
6. Twenty-first Century Thinking Necessary for Accepting Psychoanalysis in Societies (*Razi Hospital Quarterly*, 2011).
7. Parents' emotional dependence and its effect on the incidence of psychological incompatibility in children from Bowen's perspective (*Razi Hospital Quarterly*), 2011.
8. Abstract of Research in Psychology and Health (*Razi Hospital Quarterly*), 2011.

B) Conference Papers

1. 15th Iranian Seminar of Organic Chemistry, Razi University of Kermanshah, 2008.
"An Improved Procedure for the Synthesis of Pyrimidine-2-thione Derivatives under Ultrasonic Irradiation" J. Safaei-Ghomi, M. A. Ghasemzadeh
 1. The effect of family education in reducing substance abuse, regional conference speech 2009.
 2. Investigating the relationship between metacognition skills and attachment in adolescents (lecture of the International Conference on Children), 2011.
 3. The effect of cognitive education in reducing opioid recurrence in addicts (International Conference on Children), 2011.
 4. Comparison of addiction tendencies and symptoms of anxiety and depression among acting and psychology students (University Health Congress Poster), 2011.
 5. The effect of spatial visual and auditory pathway training in reducing depressive symptoms (poster of the Congress of Clinical Psychology Research, review for publication in the scientific journal *Thought and Behavior*, 2012).
 6. Comparison of metacognitive beliefs of art and psychology students (poster of students' mental health congress), 2012.
 7. Cognitive mechanisms of obsessive-compulsive disorder symptoms in a non-clinical sample (Poster of the Congress of Clinical Psychology Research, *Journal of Thought and Behavior*, 2012).
 8. The comparison of effects information processing therapy and instruction of communication skills in reducing depression Poster at the International Congress - ICCP2011 in Istanbul, Turkey, indexed in *Psych med.*, 2013.

9. Do Maladaptive Schemas Change as for Withdrawal in Addicts? At the ICCP2011 International Congress in Africa (poster and lecture)
10. Predicting self-esteem based on attachment style, metacognitive belief and emotional intelligence in students in the Second International Congress of Behavioral Sciences,2016
11. The effect of information processing approach based on reducing the symptoms of depression and anxiety in female patients with constipation in the first congress of the third wave of behavioral therapies,2016.
12. The effect of commitment and acceptance therapy in reducing the symptoms of depression and anxiety in female patients with constipation in the first congress of the third wave of behavioral therapies,2016
13. The effect of metacognitive therapy in reducing the symptoms of depression and anxiety in female patients with constipation in the first congress of the third wave of behavioral therapies,2016.
14. Relationship between attachment, emotional intelligence and personality traits with mental security in students (4th International Congress of Health Psychology, poster
15. The effectiveness of commitment and acceptance therapy on self-efficacy, quality of life and life satisfaction in female patients with constipation (4th International Congress of Health Psychology, poster,2016
16. The effectiveness of metacognitive therapy on self-efficacy, quality of life and life satisfaction in female patients with breast cancer (11th International Breast Cancer Congress, poster,2016
17. The effectiveness of commitment and acceptance therapy on self-efficacy, quality of life and perceived stress in female patients with breast cancer (9th International Congress on Psychotherapy - Asian Summit, Poster,2017.
18. The effectiveness of metacognitive therapy on self-efficacy, quality of life and perceived stress in female patients with obsessive-compulsive disorder (9th International Congress on Psychotherapy - Asian Summit, poster,2017.
19. The effectiveness of cognitive-behavioral therapy on psychological capital in female patients with my disease. S (Fourth Conference on Cognitive-Behavioral Psychotherapy, Poster,2107.
20. Determining the contribution of components of emotional intelligence, spiritual intelligence on self-efficacy and burnout in the staff of Tehran Free Universities,2017
21. Effectiveness of cognitive-behavior therapy on psychological and somatic symptoms in patients with dyssynergic defecation (the International Conference and Expo on Novel Physiotherapies (Novel Physiotherapies 2017)” which is going to be held during August 21-22, 2017 at Birmingham, UK)
22. The effects of cognitive-behavioral therapy with biofeedback on the quality of life, anxiety and physical symptoms in patients with dyssynergic defecation ("6th International Meeting on Clinical and Medical Case Reports" in San Francisco, California, USA during October 16-18, 2017.)

C) Books

1. Translating 3 books for children and adolescents translated from Russian

2. Translating 4 books written in the field of psychology (Besat Publications: Bowen and family therapy (2012), Freud and psychoanalysis (2011), information processing of a new approach in the treatment of depression (2012), meta-diagnostic therapy package and breast cancer (2015)
3. Edition of 1 translation book in the field of psychology (Besat Publications: Cognitive therapy based on mindfulness (2012).
4. Publication of 2 collection books in the field of educational aid (Knowledge Publications: Collection of test questions of the Department of Psychology (2013), Collection of questions of the Department of Education (2013)
5. Collaboration in translating a chapter of the book Developmental Development under the supervision of Dr. Madahi (in the initial stage)
6. Collaboration in translating two chapters of the book Physiology of Pain (in the editing stage)
7. Collaboration in translating three chapters of the book Positive Psychology (in the editing stage)
8. Handbook for teaching physician-patient interaction (breast cancer) (ongoing)
9. Handbook for teaching physician-patient interaction (clone and rectum diseases) (ongoing)

➤ **Participation in Workshops**

1. Professional Conference on Psychotherapy and Counseling (Theorizing and Application)
2. Professional Conference on Psychological and Social Pathology (Psychopathology)
3. The First National Congress of Art Therapy
4. The Second National Congress of Family Pathology in Iran
5. First International Congress of Child and Adolescent Psychology
6. First University Health Congress
7. The first national conference on urban health
8. Seventh International Congress of Cognitive Therapy
9. ICP Congress in Africa
10. Sixth National Student Mental Health Seminar
11. Third National Congress of Clinical Psychology Research
12. Fourth Iranian Congress of Psychology
13. First International Congress of Neuropsychology
14. Second International Congress of Behavioral Sciences
15. The first congress of the third wave of behavioral science therapies
16. Fourth International Congress of Health Psychology
17. 11th International Breast Cancer Congress
18. 9th International Congress of Psychotherapy - Asian Summit

➤ **Contribution to Projects**

1. Information plan for conferences and seminars in collaboration with the Iranian Institute for the Support of Researchers, Inventors and Innovators
2. Research project in collaboration with the Young Researchers Club of Roodehen Branch (2 projects)
3. Comparison of maladaptive schemas of successful and unsuccessful addicts with non-clinical population (2009)
4. Determining the share of components of emotional intelligence, spiritual intelligence on self-efficacy and burnout in employees of free universities in Tehran (2014)
5. Invention of intelligent fire-retardant module with bullet and fire detection and additional capabilities (2008)
6. Invention of hydroelectric power plant with the help of magnetic force (2007)
7. Research project in collaboration with the Department of Accidents and Disasters, University of Social Welfare and Rehabilitation Sciences (1 project)
8. Determination of psychological trauma and life satisfaction of Tehran emergency personnel based on resilience, psychological capital, coping strategies and social support (2015)
9. Project with Shahid Beheshti University of Medical Sciences (1 project)
10. Development of a preliminary meta-diagnostic treatment package based on the components of metacognitive therapy and commitment and acceptance therapy and determining its effectiveness on metacognitive belief, acceptance and commitment and psychological capital in cancer patients (2015)
11. Research project in cooperation with Karaj Branch of Azad University (1 project)
12. Comparison of the effectiveness of metacognitive therapy and commitment and acceptance therapy on psychological capital, life satisfaction and quality of life in patients with constipation (2016)

➤ **Memberships of committees**

1. Young Researchers Club
2. Organization of Counseling and Psychology of Iran
3. Iranian Scientific Society of Clinical Psychology

4. Iranian Psychological Association
5. Iranian Psychotherapy Association
6. Scientific Association of Social Workers of Iran
7. Scientific Association of Social Workers of Iran
8. Health Psychology Association
9. International Association of Iranian Psychoanalysis
10. International Historical Association
11. American International Association of Psychologists and Psychiatrists
12. Children and Adolescents Association
13. Young Journalists Club
14. Fund for Support of Journalists and Artists
15. Basij of the medical community

➤ **Holding and designing training courses**

1. Holding workshops in psychological institutions and holding workshops for experts in the growth conference
2. Holding a workshop on classical cognitive-behavioral therapy for psychologists in Razi Psychiatric Hospital
3. Holding a life skills workshop for psychologists in Razi Psychiatric Hospital
4. Holding a workshop on classical cognitive-behavioral therapy techniques for psychologists at Razi Psychiatric Hospital
5. Holding a workshop on negotiation techniques and effective communication for colleagues and occupational therapists in Razi Psychiatric Hospital
6. Holding a training workshop for obese patients in the health clinic
7. Holding a workshop on stress management and interpersonal relations for small and small workshops in the workshops under the supervision of the municipality of District 15

8. Holding training courses for physicians and specialists in order to reduce the psychological complications of patients in Rasoul Akram Hospital
9. Holding training workshops for psychologists to work with patients with cancer and chronic diseases (MS, AIDS)
10. Holding a workshop on metacognitive therapy at the Center for the Art of Life
11. Holding a workshop on cognitive therapy, schema therapy, couple therapy in Hoda Center
12. Speaker of the scientific roundtable of the new fields ahead: Occupational therapy in the lumbar rehabilitation team at the 19th National Occupational Therapy Congress
13. Speaker and organizer of a workshop on the application of psychology in pelvic floor disorders at Iran University of Medical Sciences (2 courses)
14. Speaker and organizer of a one-day conference on fasting health and psychology at the Ministry of Labor, Cooperation and Social Welfare

➤ Skills

1. Familiarity with English and Russian at intermediate level (Reading, Writing, Speaking)
2. Familiarity with various software and computer requirements in research and statistical work
3. MBA certificate under the supervision of the National Assembly of Elites
4. Conducting life skills coaching courses at Segal Counseling Services Center under the supervision of Dr. Laden Fati, Fereshteh Mutabi and Karineh Tahmassian
5. Passing the course of cognitive-behavioral therapy, schema therapy, couple therapy and treatment of people with personality disorder in the presence of professors Dr. Fati and Motabi
6. Passing the analytical treatment course in the presence of professors Dr. Abedin and Dr. Homayounpour
7. Training courses with renowned professors such as Dr. Judith Beck, Professor Wells, Professor Hayes, Dr. Papagorgio, Dr. Datilio, Dr. Dobson
8. Internship for working with psychotic patients for 700 hours in Razi Psychiatric Hospital

9. Passing the psycho-analysis course for three individual years and one group year

➤ **Accompaniment in senior dissertations**

1. The Relationship between Tendency to Critical Thinking and Quality of Professional Life and Tendency to Self-Prosperity in Students of Karaj Islamic Azad University
2. Comparison of perceived social support, mental well-being and moral intelligence and job satisfaction between managers and employees of Dana Insurance (Guide-2016)
3. Comparison of psychological toughness and early maladaptive schemas and coping styles between cardiovascular patients and healthy individuals (Guide-2016)
4. Comparison of aggression and conduct disorder in adolescents born by natural methods and cesarean section (Guide-1396)
5. Comparison of personality traits and coping strategies and well-being of mothers with children with special learning difficulties or mothers with normal children (Guide - 1396)
6. Relationship between personality traits, self-efficacy and quality of life of drug addicts (Guide-1396)
7. The relationship between the five major factors of personality and psychological toughness and the level of differentiation in couples (Guide-1397)
8. Marital Satisfaction and Attitude Towards Quality of Life in Housewives and Working Women (Guide-1397)
9. Predicting body image based on perfectionism, personality traits and self-concept among girls applying for cosmetic surgery (Consultant - 2016)
10. Determining the effectiveness of mindfulness on reducing stress, anxiety and depression in infertile women (Consultant - 2016)
11. The effectiveness of mindfulness components training on anxiety and death and psychological well-being of the elderly (Consultant - 2017)
12. Comparison of resilience and attribution styles in women with breast cancer and MS (Consultant - 2017)
13. The role of psychological well-being and parenting styles of mothers in predicting children's self-efficacy (Consultant-1396)

14. The role of metacognitive beliefs and dysfunctional schemas in creating obsessive symptoms in students (Consultant - 1397)

➤ **Employment and executive records**

1. Razi Psychiatric Hospital (2 years educational plan)
2. Rafideh Rehabilitation Hospital (2013)
3. Rasoul Akram Hospital (2016 so far)
4. Therapeutic activity in the psychiatrist's office, the late Dr. Asghar Elahi (two years psychologist)
5. Therapeutic activity in a psychiatrist's office, Dr. Zahra Yadalahi (2012-present)
6. Therapeutic activity in Hoda Psychological Center (year 93 so far)
7. Therapeutic activity in the Psychological Center of the Art of Life (1995 to date)
8. Therapeutic activity in Rahnemoun Psychological Center (1995 until now)
9. Working in Shush orphanage with working children (2011)
10. Work in the municipal health house of district 1, district 14 (one and a half years of psychologist)
11. Therapeutic activity in the welfare child home, District 1, District 14 (one year psychologist)
12. Director of the Technical and Vocational Center for the Art of Contemporary Life (1995 to date)
13. Senior Educational Instructor, Technical and Vocational Center for Contemporary Life Art (1995)
14. Executive member of the First International Conference on Children and Adolescents
15. Executive member of the 3rd National Congress of Clinical Psychology Research
16. Executive member of the 4th National Congress of Iranian Psychologists
17. Teaching Russian language at the Institute of Literary Language Teaching (6 months teacher)
18. Executive Vice President at Rahpooyan Research Institute (one year)

19. Deputy Director of Education of Iran New Education Development Center (one year)
20. Head and technical director of Anis Andisheh Psychological Center
21. The owner and managing director of the monthly magazine and news site
22. Secretary General and Vice Chairman of the Board of the House of Psychologists and Counselors and Assistant Professions
23. Director and Instructor of the Technical and Vocational Center for the Art of Contemporary Life
24. Shareholder and board member of the Addiction Treatment Institute
25. Interpreter at the International Conference of Muslim Women Thinkers in March 2009
26. Interpreter at the International Conference on Children and Adolescents
27. Author and reporter in the Artist Magazine in the section on pages related to Russian literature
28. Translator, author, interviewer in Roshd magazines, Madrasa Publications (since 1982)
29. Collaboration with various newspapers and psychology publications
30. Collaboration with Young Radio
31. Member of the think tank and group of writers of the evening TV program for teenagers of the Islamic Republic of Iran Radio and Television
32. Collaborate with a health clinic as a psychologist in the treatment of obese and diabetic patients
33. Collaboration in research projects of the University of Social Welfare and Rehabilitation Sciences as a psychologist
34. Cooperation with Razi Psychiatric Hospital in projects related to accreditation in the hospital to organize the work of psychologists
35. Cooperation with Razi Psychiatric Hospital in the clinical governance plan to organize the work of psychologists

➤ **Miscellaneous training courses**

1. Self-knowledge (Surah Higher Education Institute - 2006)
2. Story Therapy (Art Therapy Congress - 2006)
3. Drama therapy for hyperactive children (Art Therapy Congress - 2006)
4. Life skills for children and adolescents (Congress of Family Pathology - 2006)
5. Evaluation of psychological interventions for victims of domestic violence (Congress of Family Pathology - 2006)
6. Double effort and double work (University of Social Welfare and Rehabilitation Sciences - 2011)
7. Clinical Governance (University of Social Welfare and Rehabilitation Sciences - 2011)
8. Education and Empowerment System for Government Employees (University of Social Welfare and Rehabilitation Sciences - 2012)
9. Familiarity with ten programs of administrative transformation and related cognitions (University of Social Welfare and Rehabilitation Sciences - 2012)
10. Cognitive therapy (University of Social Welfare and Psychological Sciences - 2012)
11. Scientific Conference on Patient Rights (University of Social Welfare and Rehabilitation Sciences - 2012)
12. Method of essay writing and source writing (University of Social Welfare and Rehabilitation Sciences - 2012)
13. . Science Direct (University of Social Welfare and Rehabilitation Sciences - 2012)
14. Bio Feedback (Aloo University of Welfare and Rehabilitation-2013)
15. Firefighting (Aloo University of Welfare and Rehabilitation - 2013)
16. Introduction to Psychoanalysis (Aloo University of Welfare and Rehabilitation - 2013)
17. Introduction to non-pharmacological treatments of addiction (Aloo University of Welfare and Rehabilitation-2012)
18. SPSS statistical software (Aloo University of Welfare and Rehabilitation - 2013)
19. WORD training course (University Jihad - 2006)
20. SPSS statistical software (University Jihad - 2006)
21. National Assembly of Elites (one-year training course MBA-1387)

22. Cognitive and Behavioral Therapy Training Course (Direct from Professor Joddt Beck-2011)
23. Metacognitive therapy (direct from Professor Papaeorgio-2011)
24. Couples therapy (direct from Professor Datilio-2011)
25. Couple therapy based on cognitive-behavioral model (Segal Center-2012)
26. Cognitive-Behavioral Techniques and Therapy in Marital Infidelity (Segal Center - 2012)
27. Schema therapy (Segal Center-1391)
28. Cognitive techniques in the treatment of mental disorders (Segal Center-2012)
29. Life Skills Training for Adults (Segal Center-2010)
30. Safety, Health and Nutrition Management (Technical and Professional-1396)
31. Treatment and intervention techniques from theory to treatment (Nezam Organization-1396)