

تحصیلات

کارشناسی ارشد	روانشناسی، دانشگاه پیام نور تبریز
کارشناسی	روانشناسی، دانشگاه پیام نور تهران

فعالیت‌های حرفه‌ای

روانشناس مرکز مشاوره اکسیر
روانشناس مرکز خدمات روان‌شناختی صدرا (آذرشهر) ۳ سال
روانشناس مرکز مشاوره و خدمات روان‌شناختی کامیاب (تبریز) ۲ سال
روانشناس مرکز مشاوره و خدمات روان‌شناختی آتیه (کرج) ۱ سال
روانشناس مرکز مشاوره و خدمات روان‌شناختی مهر یاران (تهران) ۲ سال
روانشناس مرکز مشاوره و خدمات روان‌شناختی راز تحول خانواده (تهران)
پژوهشگر موسسه پژوهشی همنا (تهران) ۱۰ سال
مدرس مرکز دانش بنیان پرتو دانش
مدرس دانشگاه پیام نور (بناب، آذرشهر، گوگان) ۴ سال
مدرس دوره مهارت‌های زندگی و آموزش قبل از ازدواج در بهزیستی شهرستان آذرشهر

انتشارات

Studying the mental health of students in Payame Noor University of East Azerbaijan (original collaborator), 2006.
The main collaborator of the longitudinal research "Urban for children and children for the future" (continued)
"The Effect of Gradual Muscular Detoxification on Perceived Stress in Patients with Essential Hypertension. Scientific-Research Papers in Clinical Psychology. 1. 1390; 3 (1): 79-88
Effectiveness of Lazarus multifaceted treatment on the wide disability status in patients with multiple sclerosis. Journal of Mental Health, Fourth Edition, No. 50: 2011.
Investigating the Relationship between Religiousness and Electoral Behavior (Student Case Study of Tabriz University). Scientific-Political Science Study.
Personality and political attitude: Comparing the personality factors of

conservative people with liberty. Quarterly Journal of Political Science.
Analyzing the Relationship between Feeling of Relative Exclusion and Political Participation among Iranian Students (Case Study: Ardabil University Students), journal of Science Series Data Report, Vol 4, No. 4; Apr 2012

کارگاه‌های آموزشی

Neurofeedback Training.

Sponsored by Farmed school for 16-hours of continuing education Credits through the Biofeedback Federation of Europe (BFE), 2015

Advanced Neurofeedback Training.

Sponsored by Farmed school for 16-hours of continuing education Credits through the Biofeedback Federation of Europe (BFE), 2015

Introduction to Quantitative Electroencephalography.

Farmed school the Educational Department and University of Tehran, 2015.

Cognitive Rehabilitation of Attention – Deficit/Hyperactivity Disorder.

Raftar Cognitive Neuro Science Research center, 2016.

Introduction to Biofeedback.

Sponsored by Farmed school for 24-hours of continuing education Credits through the Biofeedback Federation of Europe (BFE), 2016

Biofeedback Training – Stress Control.

Sponsored by Farmed school for 16-hours of continuing education Credits through the Biofeedback Federation of Europe (BFE), 2017.

Conferences

"The Role of Parenting Styles in the Hardship of High School Students of Azarshahr" The First National Seminar on Psychology, Payame Noor University, November 23-29, Payame Noor University of Tabriz, Iran.

"Relationship between Personality Factors and Attachment Styles with BMI in Obese and Overweight Women". 3rd National Congress of Iranian Psychology Association, 11-12 September 1989, Iranian Psychology Association.

"Personality factors and lipid profiles" The 3rd National Congress of the Iranian Psychological Association, September 11-12, 1989, Iranian Psychological Association

"Investigating Personality Factors and Attachment Styles in People with High Blood Pressure". First National Conference on Social Factors Affecting Health, October 21-22, 2009, Iran University of Medical Sciences, Iran.

"The effect of gradual muscle relaxation on reducing stress and blood pressure in people with major blood pressure". First National Conference on Social Factors Affecting Health, 21-22 Mehr 89, Iran University of Medical Sciences, Iran,

Tehran.

Crisis Therapy Group: Score against Restrictions" First Symposium on Psychology of Crisis and Earthquake, Iranian Psychological Association, Feb. 26, 91.

Comparison of personality factors and attachment styles in people with hypertension and healthy people" Second International Congress of Behavioral Sciences, March 9, 2013, Iran.

Comparison of Resilience, Mental Health and Happiness among Normal and Well-Being Students" Second International Congress on Behavioral Sciences, March 9, 2013, Iran.

Comparison of Perceived Stress Levels and Social Support in People with Hyperglycemia, Diabetes and Healthy" Second International Congress of Behavioral Sciences, March 9, 2013, Iran.

Effects of perceived psychological stress on serum lipid concentration, The First International & 4th National Congress on health Education & Promotion, 2011.

Relationship between perceived stress and metabolic syndrome components, The First International & 4th National Congress on health Education & Promotion, 2011.