



# Sajad Sohrabnejad

Assistant professor of clinical psychology Department

## EDUCATION

**PhD. of Counselling Psychology** 2017 - 2022

University of Social Welfare and Rehabilitation Sciences, Tehran. Iran

**Master of Counselling psychology** 2013 - 2015

University of Social Welfare and Rehabilitation Sciences, Tehran. Iran

**Bachelor of psychology** 2007 - 2011

University of Tarbiat Modares, Ilam, iran

## WORK EXPERIENCE

**Job Title: Assistant professor of clinical psychology Department**

### Responsibility:

- Lead of counselling and health office in ILam medical sciences
- Counselor and psychotherapist in health office in ILam medical sciences

## CONTACT

📞 09120543044

✉ [sohrabnejad1989@gmail.com](mailto:sohrabnejad1989@gmail.com)

📍 Ilam , IRAN

## SOFTWARES

- Office Word
- SPSS Training Software
- Endnote software
- STATA
- MaxQDA

## CERTIFICATES

- Data Analytics
- CBT
- ACT
- CBCT
- MBCT

## LANGUAGES

English, Francis

Reading ● ● ● ● ●

Writing ● ● ● ● ●

Speaking ● ● ● ● ●

## SOFT SKILLS

- Adaptability
- Teamwork
- Leadership
- Time Management
- Communication
- Creativity
- Decision-Making
- Self-Awareness

## HARD SKILLS

- Problem Solving
- Communication
- Critical Thinking
- Data Structures
- Programming
- Psychotherapist

## CAREER OBJECTIVE

Assistant professor in the Department of Clinical Psychology who teaches and educates psychology and counseling courses.

## PROJECTS

- |  |             |
|--|-------------|
| The effectiveness of acceptance and commitment therapy on distress tolerance in substance abusers.                                   | <b>2022</b> |
| Investigating the professional competence of employees of the Positive Life Centers of the Ilam Welfare Department                   | <b>2021</b> |
| The effectiveness of teaching reality therapy concepts on parent-child conflicts and self-efficacy of male adolescents in Ilam city. | <b>2016</b> |
| Investigating the relationship between anxiety and speaking skills among English language learners in Ilam city.                     | <b>2008</b> |

## Articles in Journals

- Relationship between Deterministic Thinking and Locus of control in Students
- Effectiveness of Cognitive Behavior Therapy on the Quality of Life and Reduction of Symptoms in Women with Body Dysmorphic Disorder (BDD)
- Therapy (ACT) on the Co-dependency of a Group of the Mothers of Addicted Individuals
- Prevalence of addiction to the internet in schools and its relationship with the symptom of mental disorders
- The effectiveness of cognitive-behavioral stress management training on depression in women with multiple sclerosis.
- The effectiveness of teaching reality therapy concepts on parent-child conflicts and self-efficacy in male adolescents
- Effectiveness of concepts of reality therapy on parent-child conflicts father-son