



MINA ASKARIZADEH

Psychology and counseling

DoB: 1984/8/10

Marital Status: Married

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📍 Bahçeşehir 1.Kısım Mah. Vali
Recep Yazıcioglu Cd. A1 Blok
Daire 32 Vaditepe Göl Evleri,
Başakşehir, İstanbul,

Skills

Computer Skills (ICDL)

Languages

Persian

Reading Level ● ● ● ● ●

Writing Level ● ● ● ● ●

Speaking Level ● ● ● ● ●

Listening Level ● ● ● ● ●

English

Reading Level ● ● ● ● ●

Writing Level ● ● ● ● ●

Speaking Level ● ● ● ● ●

Listening Level ● ● ● ● ●

About

Member of the American Psychological Association "APA" number C2103150705
Psychology system membership number: 10174 Psychology and Counseling
System License Number: 3853 Consultant in the field of personal problems,
Couples therapy, Sexual disorders, Premarital counseling, divorce and emotional
relationships

Education

Diploma of Humanities

Institute/School: Beit Al-Zahra High School
1997 - 2000

GPA : 96.5

Bachelor of Psychology

Branch: Psychology and counseling
Institute/University: Allameh Tabataba'i University
2002 - 2006

GPA : 87.45

Master of Psychology

Branch: Psychology and counseling
Institute/University: Kermanshah University of Research Sciences
2010 - 2013

GPA : 89.45

Work Experiences

Consensual divorce plan consultant

Organization: Welfare Organization
August 2018 - February 2020

Tasks and Achievements

- Welfare consensual divorce plan consultant

Consultant

Institute: Iranian Star Counseling Center
October 2017 - January 2020

Consultant

Organization: Municipality of Tehran
2012 - 2020

Tasks and Achievements

- Individual and group counseling

Course Instructor

Organization: Municipality & Welfare of Tehran
2012 - 2020

Tasks and Achievements

- Instructor of courses (parents, child and adolescent sex education, infidelity in married life, anger management group therapy, marriage, couples communication skills, etc.)

Course Instructor

Institute: Mehrvarzan institute
2014 - 2015

Turkish

Reading Level	● ● ● ● ●
Writing Level	● ● ● ● ●
Speaking Level	● ● ● ● ●
Listening Level	● ● ● ● ●



Social Network



+98 912 926 4878



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Tasks and Achievements

- Instructor of courses in marital and communication skills, parenting, marital infidelity

Consultant

Institute: Baran Counseling Center
2013 - 2015

Tasks and Achievements

- Counselor at Baran Counseling Center (individual problems, premarital, couple therapy).

Intern and consultant

Institute: Noandish
2013 - 2015

Tasks and Achievements

- Marital and family

Consultant

Institute: hese no va zendegi no
2014 - 2015

Consultant

Institute: hese no va zendegi no

Consultant

School: Royaye rangarang
2014 - 2018

Tasks and Achievements

- Conducting assessments of children as well as holding monthly workshops for mothers

Consultant and Lecturer

Institute: Ferdos
2016 - 2018



Certificates

Premarital counseling

Institute: Iranian Psychological Association (Dr. Ashraf Mousavi)

Cognitive therapy for children

Institute: Iranian Psychological Association (Dr. Karineh Tahmasian)

Cognitive-behavioral therapy for obsessive-compulsive disorder

Institute: Iranian Psychological Association (Dr. Majid Mohammad Alilou)

Cognitive-behavioral therapy for generalized anxiety disorder

Institute: Iranian Psychological Association (Dr. Ladan Fata)

Family Therapy

Institute: Iranian Psychological Association (Dr. Ashraf Mousavi)

Schema therapy

Institute: Iranian Psychological Association (Dr. Hassan Hamidpour)

Marital infidelities

Institute: Iranian Psychological Association (Dr. Hamid Hassanpour)

Cognitive-behavioral therapy for sexual problems

Institute: Iranian Psychological Association (Dr. Hossein Kaviani)

Family Therapy

Institute: NO ANDISH Counseling Center (Dr. Kianoosh Zaharakar)

Psychodynamic Psychotherapy

Institute: BARAN Counseling Center (Dr. Morteza Nourbakhsh)

Divorce and ways to prevent it

Institute: Psychology and counseling system (Dr. Abdullah Shafiabadi)

Treatment of anxiety and depression

Institute: Iranian Psychology and Counseling Association (Ms. Shaghayegh Farzad)

Treatment of learning disorders

Institute: Roozbeh Counseling Center (Dr. Mostafa Tabrizi)

Treatment of sexual problems

Institute: Iran Sexology Clinic (Dr. Behnam Ohadi)

Preliminary reality therapy

Institute: Salamat Counseling Center (Habibullah Akbari)

Couples therapy and conflict resolution skills based on reality therapy

Institute: Entekhab Institute Dr. Sahebi



Researches

The effect of anger management skills training on couples communication patterns (Tehran)



Projects

Field of work and therapeutic approach:

I first started with the CBT approach, now according to the third wave theories of psychology, and my interest in it, I use it more based on reality therapy, especially in the treatment of couples and premarital. I also have a relative mastery of approaches such as act and schema therapy. Most of my activities are couple therapy before marriage and divorce.