

Curriculum Vitae

Saeideh Mohseni-Nezhad

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Personal Data:

Name Saeideh Mohseni-Nezhad
Date of Birth July 12, 1979
Birthplace Tehran
Citizenship Iran

Highlights

- multidisciplinary academic studying (physics, psychology)
- being mostly top student at school and the university
- developing a theory (named H-theory), based on Quantum Field Theory
- the author of the book ‘Systemic Balancing and Anxiety Reduction’
I have used information theory and quantum field aspects to develop a novel approach of tension and anxiety reduction (2nd edition is translated to English. Read in [here](#)).
- qualified psychotherapist
- well-experienced in programming (MATLAB, Python, C#)
- interested in memory, information networks, nervous system diseases and consciousness researches

Education

M.Sc. in Psychology 2013 – 2015, Tehran
The University of Tehran, Faculty of Psychology and Education
thesis: *the Study of Self-Image and Affect in Adolescents with Physical Motor Impairment in Projective and Objective Tests*
thesis score: 20 out of 20 (top score)
GPA: 19.05 out of 20 (Top Student)

M.Sc. in Physics 2007 – 2010, Tabriz
Azarbayjan Shahid Madani University, Faculty of Science
thesis: *Unified Theories in Gravity and Higher Dimensions*
thesis score: 20 out of 20 (top score)
GPA: 16.69 out of 20 (3.4 out of 4)

B.Sc. in Physics 1997 – 2001, Tehran
Kharazmi University, Faculty of Science
GPA: 14.44 out of 20 (3 out of 4)

Selected Awards and Honors

2016: best researcher in Iran Ministry of Education

2015: ranked 2nd in class among all master students of psychology, the University of Tehran, Iran

1997-2001: Iran Ministry of Education scholarship

Workshops

QEEG Analysis	Mar. 2017
<i>Introduction to Quantitative ElectroEncephaloGraphy</i> (16 hours) In National Brain Mapping Lab	
M. A. Nazari, PhD., Associate Professor, the University of Tabriz	
EEG Signal Processing	Jan. 2017
<i>EEG Signal Processing and its Application to Computational Neuroscience</i> (30 hours) In National Brain Mapping Lab	
Iman Mohammad Rezazadeh, UCLA School of Medicine	
Mohammad Mikaeili, Associate Professor, Shahed University	
Ali Motie-Nasrabadi, Associate Professor, Shahed University	
Project Management	Oct. 2016 – Feb. 2017
<i>Project Management</i> (220 hours) at the University of Tehran	
Cognitive Functions	Aug. 2015
<i>Assessment of Cognitive Functions</i> at the Eksir Institute	
<u>Vahid Nejadi</u> , Associate Professor, Shahid Beheshti University	
LISREL	2014
<i>Structural Equation Modeling in LISREL</i> (8 hours)	
Esmaeili, PhD., Shahed University	
SPSS	2014
<i>SPSS Workshop</i> (16 hours)	
Esmaeili, PhD., Shahed University	
Rorschach	2014
<i>Implementation and Interpretation of Rorschach</i>	
A. Hoseini Nasab, PhD., Department of Psychiatry, Roozbeh Hospital	
CBP Counselling	2013
<i>Cognitive-Behavioral Premarital Counseling</i>	
Y. Shafiei Fard, PhD., Counseling Center of the University of Tehran	
Schema Therapy	2013
<i>Clinical Application of Schema Therapy</i>	
Y. Shafiei Fard, PhD., Counseling Center of the University of Tehran	

Workshops

CBT 2013

Cognitive-Behavioral Therapy, Treatment Plans

Y. Shafiei Fard, PhD., Counseling Center of the University of Tehran

Meditation 2001-2004

A Long Term Informal Course, Jamaledin Khour-Kiaei, Hypnotist

Publications

Book Publication preparing

Life Skills for Children at Elementary Schools. [In Persian].

Article Publication submitted

Performance Assessment System: a new view of Self-care and Self-destructiveness

Book Publication 2017

Mohseninezhad, S. *Systemic Balancing and Anxiety Reduction* (2nd edition). [In English] available [here](#).

ISBN-13: 978-1975861544. ISBN-10: 197586154X

Book Publication 2016

Mohseninezhad, S. *Systemic Balancing and Anxiety Reduction* (1st edition). Tehran: Golden Point Publisher. [In Persian].

ISBN: 978-600-93803-7-4.

Article Publication 2016

Original Research:

Mohseninezhad, S., Afrooz, G. Ali, & Ghorbani, N. (2015). Ego Impairment and Thought Disorder of Adolescents with Movement Impairment: an Interpretation of Object Relation Theory. *Journal of Empowering Exceptional Children*, 6(14), 38-49. [In Persian].

Article Publication 2014

Original Research:

Manouchehri, M., Mehryar, A. H., Ahadi, H., Rahgozar, M., Jomehri, F., Mohseninezhad, S., & Sadeghi, N. (2014). Effectiveness of Mindfulness-Based Cognitive Therapy to Reduce Anxious Thoughts Elderly People. *National Park-Forschung*, 104(2).

Congresses

15-17 Nov. 2018

Mohseninezhad, S. (2018). Performance Assessment System (PAS): a Function to Create Self-destruction. *9th RSEP International Social Sciences Conference*. Rome, Italy [oral presentation].

3-5 Jan. 2018

Participated in 7th Iranian Conference on Bioinformatics

Congresses	<p style="text-align: right;">2016</p> <p>Mohseninezhad, S. (2016). The Effectiveness of Free Movements and Harmonic Movements Training on symptoms of general Anxiety and Depression in adolescents. <i>9th International Congress of Psychotherapy, Asian Chapter of WCP</i>. Tehran, Iran [poster presentation].</p> <p style="text-align: right;">2015</p> <p>Mohseninezhad, S. (2015). Cognitive and Motivational Aspects of Self-Image, Adolescent Girls with Physical Motor Impairment. <i>2nd Congress on Child and Adolescent Psychology</i>. Tehran, Iran [poster presentation].</p>
Work Experience	(sorted by end time)
Researcher	<p style="text-align: right;">June, 2017 onward</p> <p>Researcher at the Institute for Cognitive and Brain Science, Shahid Beheshti University, Tehran</p> <p>Research on brain information networks and memory, developing a theory, named H-theory.</p>
School Principal	<p style="text-align: right;">2017 onwards</p> <p>Managing and designing psychological programs and Life Skills for children and parents, and teach to teachers.</p>
Teacher	<p style="text-align: right;">2001 onwards</p> <p>Physics and Mathematics Teacher, at some high schools, Tehran</p>
Psychotherapist	<p style="text-align: right;">2014 - 2017</p> <p>Adolescent Psychotherapist Ehya Clinical Psychology Center, Tehran</p>
Team Worker	<p style="text-align: right;">October, 2015 – May, 2016</p> <p>Executive Committee Member 9th International Congress for Psychotherapy/Asian Chapter, Tehran</p>
Technical Manager	<p style="text-align: right;">2015 – 2016</p> <p>Journal of Slow-Paced Children Iranian journal, editor-in-chief: G. Ali Afrooz, distinguished professor</p>
Psychotherapist	<p style="text-align: right;">2014 – 2016</p> <p>Adolescent and Adult Psychotherapist using mindfulness-based approaches for anxiety reduction and self-observation capacity building Mental Health Clinic of the University of Tehran, and Zi-Ba-Mehr clinic, Tehran supervisor: Farhad Changizi, PhD.</p>
Lecturer	<p style="text-align: right;">2014 – 2015</p> <p>Lecturer for Mental Health Clinic of the University of Tehran Systemic Balancing and Anxiety Reduction workshops</p>

Group Psychotherapist 2014 – 2015
 Group Psychotherapy of Anxiety Disorders, Depression, and Chronic Pain
 Mental Health Clinic of the University of Tehran, and Ehya Clinical
 Psychology Center
 supervisor: Farhad Changizi, PhD.

Lecturer & Group Leader 2014 – 2015
 Mindfulness and Meditation Courses for Stress Management and Anxiety
 Reduction
 for adolescents and university students, at high schools and municipal health
 care system, Tehran

Project Manager 2014 – 2015
 Managing the Project: Psychological Assessment System – Online Service
 project. www.pas-os.com

Psychotherapist Assistant 2013 – 2014
 psychotherapy for reduce anxiety, chronic pain, intrusive thoughts in OCD,
 and self-observation and Self-regulatory capacity building in adolescents
 therapist: Farhad Changizi, PhD.

Project Manager 2013
 Managing the C# Programming 2-Dimensional Simulation Kohs Cubes
 Project
 included more than 1200 random patterns, for 3-5 years children, financially
 supported by G&D Group

Computer Programmer 2007 – 2013
 Web Designing and Web Programming; Programming for Windows

Additional Information

English Certificate Upgrading

Computer Skills *Very Good:* Python (data analysis), MATLAB , SQL, C#, ASP.net, MS
 OFFICE, Internet exploring
Good: PHOTOSHOP, VISUAL STUDIO, Primavera (P6)
Improving: Python, MATLAB (GUI)

Organizational and Social Skills an Effective Team Player, a Responsible and Committed Colleague, Good at
 Time Management

Personal Interests Reading Avidly, Painting for Pleasure, Traveling for Learning More, a
 Staunch Supporter of Protecting Environment

Helping Charities:

Mahak (a charity for cancer-afflicted children)

Kahrizak Charity Foundation (honorary teacher for exceptional adolescents)
 (2008 - 2011)

Shervin Roben Zadeh Charity Foundation (a charity for helping people– first
 professional center of grief therapy in Iran) (2004 - 2007)