

Curriculum Vitae

Dr. Alaleh Adibkia, Ph.D.

Clinical Psychologist | Individual Therapy | Couple & Family Therapist

Licensed by the Iranian Psychological Association

Therapeutic Approach:

Cognitive Behavioral Therapy (CBT) and integrative approaches

Contact Information

Email: a.adibikia2068@gamil.om

Phone: +98-912-362-8615

Location: Tehran, Iran

Professional Summary

Licensed clinical psychologist with extensive experience in delivering evidence-based psychological interventions to diverse populations. Skilled in assessment, individualized treatment planning, and culturally sensitive therapeutic approaches. Experienced in working with adolescents, young adults, families, couples, and especially Iranian expatriates and cultural minorities. Proficient in using psychological assessment tools and questionnaires, with a strong focus on promoting mental well-being across different cultural contexts. Committed to providing high-quality, compassionate care in both individual and group therapy settings.

Professional Memberships

- Member of the Iranian psychological
- Member of the Iranian wrestling federation
- Member of the House of Counselors and Advocates

Education

- **Ph.D. in General Psychology** – Islamic Azad University, Central Tehran (2023)
- **M.A. in General Psychology** – Islamic Azad University, Karaj (2015)
- **B.A. in English Translation** – Payam Noor University, Karaj (2010)
-

Professional Experience

- **Clinical Psychologist** – Over 12 years of professional experience as a therapist in several psychological clinics including Arghvan& Neday-e-darun- kimiayedaroon (2014 –Present)
- **Head of Therapy** – Kimia-ye Rahayi Addiction Center
- **Reviewer for clinical psychology journals.**

Other activities:

- Counselor at Khavaran Cultural Center.
- Participation in projects of various NGOs and charities such as "Noor Ehsan Foundation". Yarigharan khorshig ,Hekmat
- Consultant & Therapist – Ehsan Noor Foundation, Khorshid-e-Garan NGO, Hekmat Plan
- Clinical Supervisor – Graduate students at Razi Psychiatric Hospital, University of Tehran
- Writer for the Women's Health Magazine.
- Employee at CNPC (Oil Company).
- Organizer of workshops and training courses in addiction
- prevention, life skills, parenting skills, personality types, family education, and group therapy.

Teaching

- Conducting CBT training course for psychology students under the supervision of the Iranian psychological association
- Instructor for Matrix Model (CBT in Addiction)
- Conducting a Motivational Interviewing training course
- Conducting diagnostic interviews.(Supervising graduate students of Tehran University of Medical Sciences at Razi Hospital)
 - Conducting various workshops in different institutions:
 - Assertive communication
 - Conflict management
 - Personality clusters
 - Parenting skills
 - Coping with negative mood
 - Stress and anger management
 - Life skills
 - Relapse prevention
 - Crisis management workshops for life problems.
 - Courses for drug users and their families regarding addiction recovery.
 - Self-awareness and building healthy emotional relationships.

Educational Workshops

- Parenting Skills Workshops – University of Tehran
- Facial Recognition Training Course
- MMT Course – Addiction Studies Center
- Matrix Course – Addiction Studies Center (Non-Pharmacological Interventions)
- Motivational Interviewing – Dr. Taheri
- 100-hour CBT (Cognitive Behavioral Therapy) Course
- Introduction to Matrix Therapy – Dr. Joghalian
- Various addiction-related workshops (motivational interviewing, habit change, relapse prevention, etc.)
- Child Drawing Interpretation Workshop
- Three Major Psychotherapy Approaches to Depression
- Advanced and Introductory Dynamic Psychotherapy Courses
- 100-hour Cognitive Behavioral Therapy (CBT) Course
- Introduction to Matrix Therapy – Dr. Joghalian
- Various addiction-related workshops such as motivational interviewing, relapse prevention, habit change, etc.
- Child Drawing Interpretation Workshop
- Educational Workshop on Three Major Approaches to Depression Treatment
- Educational Workshop on Psychotherapy of Depression with Three Major Approaches (CBT, Interpersonal, Psychodynamic)

Educational Workshops

- Couple Therapy Training Workshop
- Supervision sessions in the field of Dynamic Psychotherapy
- Supervision sessions in the field of Cognitive Behavioral Psychotherapy
- One-day Symposiums in the field of Addiction
- Introductory and Advanced Courses in Dynamic Psychotherapy

Research & Publications

- Structural model of maladaptive schemas in relation to parenting styles and social anxiety.
- Structural model of marital satisfaction based on personal authority in the family system with the mediation on conflict resolution strategies and marital stress.
- The Effectiveness of mindfulness training on academic procrastination in adolescents from single-parent families
- The Relation Between irrational beliefs and the marital satisfaction based on the mediating role of the conflict resolution behavior and the marital stress

- Prediction of social anxiety based on maladaptive schemas and body image.
- the Effectiveness of Acceptance and commitment therapy on Family functioning women with spouses suffering from substance use Disorder
- The Effectiveness of logotherapy on distress tolerance in women with spouses suffering from substance abuse

Author of articles in Women's Health Journal

Selected works:

- The beginning of device the story starts (passing through the divorce crisis)
- The definite singlehood (tragedy or drama)
- Sleep disorder (sleep well)
- Alcoholism pathology (the monster under the it skin)
- Becoming familiar with drug induced hallucinations (on the path of illusion)
- Recommendation for parents of Divorced girls (returning to family)
- Happiness (because we don't laugh we grow old
- Hope and Therapy (tomorrow is bright),.....

Skills

Clinical: CBT, psychodynamic therapy, Motivational Interviewing, Couple Therapy, Group Therapy

Populations Served:

- Individuals with substance use disorders, couples in conflict, families and couples , migrants and cultural minorities
- Skilled in administering and interpreting psychological questionnaires and sales

Foreign Languages:

- English

Technical:

MS Office (Word, PowerPoint), International Computer Driving License

Microsoft Excel (Professional)