

In the name of God

Maryam Sayad Shirazi

Assistant Professor, Department of Psychology, Women's Research Institute of Alzahra University

Academic education

PhD

Ph.D. in General Psychology, University of Tehran, 2016.

Ph.D. Thesis Title: Compare the Effectiveness of Group Therapy Based on Acceptance and Commitment and Cognitive-Behavioral Therapy for Reducing Anxiety of Mothers of Autistic Children

Master's Degree

Master of Counseling, Allameh Tabatabai University, 2004.

Thesis Title: The Relationship between Parents 'Educational Styles and the Formation of Adolescents' Religious Identity (Male and Female Third Year High School Students in Tehran)

Bachelor's Degree

Bachelor of Clinical Psychology, Central Azad University of Tehran, 1996

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Educational experiences

Teaching areas

Teaching the lesson unit "Moral psychology" in the Faculty of Educational Sciences and Psychology of Alzahra University in the second half of the academic year 2024-2023.

Teaching the lesson unit "Psychology of old age" in the Faculty of Educational Sciences and Psychology of Alzahra University in the second half of the academic year 2024-2023.

Teaching the lesson unit "Educational opinions of Muslim scholars" in the Faculty of Educational Sciences and Psychology of Alzahra University in the second half of the academic year 2023-2022.

Teaching the lesson unit "Educational opinions of Muslim scholars" in the Faculty of Educational Sciences and Psychology of Alzahra University in the second half of the academic year 2023-2022.

Teaching the "Psychopathology" course in the Faculty of Educational Sciences and Psychology of Alzahra University in the first half of the academic year 2023-2022.

Teaching the subject "History and schools of psychology and its criticism" in the Faculty of Educational Sciences and Psychology of Alzahra University in the first half of the academic year 2022-2021.

Teaching the "Family Psychology" course in the Faculty of Educational Sciences and Psychology of Alzahra University in the second half of the academic year 2020-2019.

Teaching the "Theories of Counseling and Psychotherapy" course at the Faculty of Educational Sciences and Psychology, University of Tehran in the first half of the academic year 2013-2014.

Research experiences

❖ Articles published in scientific and research journals

Sayad Shirazi, Maryam (2009). Strategies for coping with students' behavioral and emotional problems: Familiarity with students' anxiety disorders and ways to cope with it at school. Quarterly Journal of School Counselor Education Development, 17, 40-43.

Sayad Shirazi, Maryam (2009). Coping Strategies with students' behavioral and emotional problems; Unmotivated students in school and motivation-enhancing strategies. Quarterly Journal of School Counselor Education Development. (18) 42-43.

Sayad Shirazi, Maryam (2009). Coping Strategies with students' behavioral and emotional problems: Hyperactive children with attention deficit. *Quarterly Journal of School Counselor Education Development*. (16) 38-41.

Sayad Shirazi, Maryam (2010). Coping Strategies with students' behavioral and emotional problems; Familiarity with grief in children and ways to cope with it. *Quarterly Journal of School Counselor Education Development*. (22) 42-45.

Sayad Shirazi, Maryam (2010). Strategies for coping with children and adolescents' problems: Children's stubbornness. *Quarterly Journal of School Counselor Education Development*. 21, 49.

Sayad Shirazi, Maryam (2011). Strategies for coping with children and adolescents: How to raise independent children? *Quarterly Journal of School Counselor Education Development*. 23, 56-58.

Sayad Shirazi, Maryam (2011). Strategies for coping with students' behavioral problems: Arguments between children, causes, and coping strategies. *Quarterly Journal of School Counselor Education Development*. 25,52.

Sayad Shirazi, Maryam (2012). Lie, escape from reality, children's lying and coping strategies with it. *Quarterly Journal of School Counselor Education Development*. 27, 50-52.

Khodayarifard, Mohammed, **Sayad Shirazi, Maryam** (2012). The Effectiveness of Cognitive – behavior Family Therapy to the Narcissistic Disorder: A case study. *Journal of Rooyesh-e-Ravanshenasi*, 4 (10), 25-40.

Ejei, Javad; **Sayad Shirazi, Maryam**; Gholamali Lavasani, Masoud; Kasaei Esfahani, Abdolrahim (2018). Compare the Effectiveness of Group Therapy Based on Acceptance and Commitment and Cognitive-Behavioral Therapy for Reducing Anxiety of Mothers of Autistic Children. *Journal of Psychology*, 2018, 22, 3-21.

Sayad Shirazi, Maryam; Ramezani, Mohammad Arash; Taqwa, Hadih (2023). Understanding emotional pain in the lived experience of women with traumatic childhood experiences. *Journal of Psychological Sciences*, 22 (121), 93-106.

Moosivand, Mahboobeh; Bagian Koulemarzi, Mohammad Javad; **Sayad Shirazi, Maryam** (2023). Flexibility and inflexibility in an Iranian sample: Psychometric properties of MPFI based on the Hexaflex model. PREPRINT (Version 1) available at Research Square [<https://doi.org/10.21203/rs.3.rs-2837031/v1>].

Sayad Shirazi, Maryam; Zaghian, Iman (in progress). Examining the role of attachment style and identity styles in predicting religious adherence of female students with the mediation of family functioning dimensions. *Social psychological studies of women*, (accepted article).

Sayad Shirazi, Maryam; Vafadari Mehrizi, Maryam (in progress). Prediction of religious adherence based on locus of control and attachment style in female students. *Achievements in clinical psychology*, (accepted paper).

Sayad Shirazi, Maryam; Bahadivand, Mohammad Reza (in progress). Investigating the relationship between attachment styles and religious adherence in female students: the mediating role of family functioning dimensions. *Islam and psychological research*, (accepted article).

❖ **The articles presented at scientific conferences**

Sayad Shirazi, Maryam; Karami, Abolfazl; Golzari, Mahmood (2006). Investigating the relationship between parenting practices and religious identity. The Second Congress of Family Pathology in Iran. Beheshti University, Tehran.

Khodayarifard, Mohammad; **Sayad Shirazi, Maryam** (2014). The Effectiveness of Cognitive – behavior Family Therapy to the Narcissistic Disorder: A case study. The First National Congress of Family Psychology: A Step in Drawing the Optimal Pattern Family. Shahid Chamran University in Ahvaz, Iran.

Sayad Shirazi, Maryam; Shams-al-Ahrari, Mina (2023). Investigating the relationship between religious adherence and coping strategies of women with adverse childhood experiences. The first international conference on family and spiritual education (with the permission of ISC). Tehran: Research Institute of Hawzah and University (RIHU).

Nejati, Nadia; Khorram-del, Kazem; Fayyaz, Fatemeh; **Sayad Shirazi, Maryam** (2023). Investigating the relationship between Quran-based dimensions of depression and marital adjustment of married women. The first international conference on family and spiritual education (with the permission of ISC). Tehran: Research Institute of Hawzah and University (RIHU).

Judging articles

Judging the articles of the scientific-research journal "Social Psychological Studies of Women, 2022-2023.

Judging the articles of the scientific quarterly "Women and Family Studies, 2023.

❖ **Honors / Awards**

Exemplary employee of Alzahra University in 2006.

A national employee about providing counseling services to students and obtain a position for the Student Counseling Center of Alzahra University by the Central Counseling Office of the Ministry of Science, Research and Technology in 2011.

Research Projects

Sayad Shirazi, Maryam (2023). Designing and testing the structural model of students' religious orientation based on the components of attachment style and identity style with the mediation of family functioning dimensions (qualitative research). Tehran: Alzahra University (doing).

Sayad Shirazi, Maryam (2022). Understanding emotional pain in the lived experience of women with traumatic childhood experiences (qualitative research). Tehran: Alzahra University (terminated).

❖ Translated books

C. Maxwell, John (2003). How successful people think. Translator: Sayad Shirazi, Maryam. Adineh publication, 2012. Third edition: 2018.

Executive Records

Head of Counseling, Health and Lifestyle Center, Alzahra University, 2022-Present.

Member of the technical and vocational university's general qualification review working group since 2023 for 4 years.

Member of the Humanities University Promotion Committee at the Women's Research Institute, Alzahra University, 2022-Present.

Participating and cooperating in the successful implementation of the Conference on Injury, Skill and Immunity / Student Counseling Center of Alzahra University, 2022.

Specialized manager of virtual counseling and psychotherapy webinar for therapists and counselors of state universities across the country in 2020.

Participating in the implementation of the creative and message projects with the Student Counseling Center of Alzahra University in 2019.

Cooperating with Student Counseling Center of Alzahra University in Khodaqovat project and holding educational workshops for new students in 2018.

The Executive director of the Crisis Intervention Committee of Alzahra University in 2018.

Responsible for holding a crisis intervention training course for Alzahra University dormitory authorities in 2017.

Cooperating with Alzahra University Mental Health Monitoring Project since 2016.

Cooperating in the implementation of workshops to the prevention of addiction for university staff from the Student Counseling Center and the Planning Office of Alzahra University in July 2011.

Cooperating with the university in holding life skills workshops for freshmen in 2009 and 2010.

Cooperating in the implementation of premarital workshops at Alzahra University between 2007 and 2009.

Cooperating in the program of life skills training-recreational camp for students in 2007.

Responsible for documenting the AIDS Conference at Alzahra University in 2006.

Cooperating in the premarital education project at Alzahra University between 2005 and 2006.

Technical Director of Welfare Unit of Baran Counseling Center from 2005 to 2006.

Executive collaborator of the girls' educational conference, Tehran and upcoming injuries in Alzahra University, 2005.

Psychotherapist in student Counseling Center of Alzahra University from September 1999 until now.

Education courses

A) Teaching in workshops

Educational workshop "Mourning: passing through the pain of losing loved ones", Alzahra University, 2024.

Training workshop "Resilience", Alzahra University, 2023.

Holding an online training workshop "How to regulate our excitement" in cooperation with the Student Counseling Center by holding special training workshops for students and employees of Alzahra University, 2021.

Webinar Lecturer on The role of the general dimensions of girls' health in sustainable development / Alzahra University in 2020.

Effective communication skills/ Alzahra University, 2016.

Anger Management Skills Training in Student Counseling Center of Alzahra University in 2010.

The Educational Promotion Project of Kindergarten Teachers at Alzahra University in 2009.

Holding ten premarital training workshops at Alzahra University between 2007 and 2008.

Family training course in Fajr Shahed primary school, 2005.

B) Participating in training workshops

Advanced Workshop on Emotion-focused therapy for the trauma/Iranian Institute of Emotion Focused Therapy, 2020 (24 hours).

Emotion-Focused Therapy: Advanced course/ Iranian Institute of Emotion Focused Therapy, 2020 (50 hours).

Matching personality course of premarital/ Modat Higher Education Institute, 2020 (4 hours).

Emotion-Focused Therapy: Basic course / Iranian Institute of Emotion Focused Therapy, 2019 (100 hours).

Citizenship rights and behavior/ Alzahra University, 2017 (8 hours).

Managing interaction with students who has psychosocial problems/ Counseling and Health center of the Ministry of Science, Research and Technology, 2017 (16 hours).

Suicide crisis management/ The counseling and health center of Alzahra university, 2017 (12 hours).

Dialectical Behavior therapy/ The counseling center of Rooyesh-e-Andisheh, 2016 (30 hours).

Psychopathology (personality from the viewpoint of psychological approaches)/ The counseling center of Rooyesh-e-Andisheh, 2016 (60 hours).

Suicide crisis intervention/ Foundation of Martyr, 2016 (9 hours).

Supervision of depression based on cognitive behavioral therapy approach/ The counseling center of Rooyesh-e-Andisheh, 2016 (40 hours).

Supervision of Obsession- Compulsive Disorder/ The counseling center of Rooyesh-e-Andisheh, 2016 (40 hours).

The second semester of Dialectical Behavior therapy/ The counseling center of Rooyesh-e-Andisheh, 2016 (45 hours).

Problem-Solving and Stress Management based on Cognitive Behavioral Therapy/ The counseling center of Rooyesh-e-Andisheh, 2016 (30 hours).

Acceptance and Commitment therapy/ The counseling center of Tohid, 2015 (45 hours).

Assertiveness and Stress Management based on Cognitive Behavioral therapy/ The counseling center of Rooyesh-e-Andisheh, 2015 (30 hours).

Diagnostic Interview/ The counseling center of Rooyesh-e-Andisheh, 2015 (30 hours).

Suicide crisis intervention/ Foundation of Martyr, 2015 (16 hours).

Cognitive Behavior Therapy in Marital Infidelity/ The counseling center of Rooyesh-e-Andisheh, 2014-2015 (15 hours).

Dialectical Behavioral therapy/ Exir counselling center, 2014-2015(45 hours).

Psychopathology (Diagnosis and etiology from the perspective of psychological approaches)/ The counseling center of Rooyesh-e-Andisheh, 2014-2015 (75 hours).

Acceptance and Commitment-based Couple Therapy and improving interpersonal relationships/ Modat Higher Education Institute, 2014 (16 hours).

Acceptance and Commitment Therapy/ Tohid Counseling Center, 2014 (16 hours).

How to write a proposal and dissertation/ the Ministry of Science, Research and Technology (Iranian Research Institute for information Science and Technology), 2014 (9 hours).

Marital infidelity: etiology and psychological interventions/ Psychology and Counseling Organization of Iran, 2014 (8 hours).

Mindfulness-integrated CBT (MICBT)/ Institute of Psychology and Educational Sciences of Dr. Kardan, 2014 (10 hours).

Schema-focused Therapy/ The counseling center of Tarhinow, 2014 (hours).

Schema therapy/ The counseling center of Tarhinow, 2014 (51 hours).

Making process in psychotherapy/ The counseling center of Aramesh (license of Psychology and Counseling Organization of Iran), 2012 (20 hours).

Marriage psychology and the glory of marriage/ Secretariat of University Counseling Centers of district one, the Ministry of Science, Research and Technology (Tehran University), 2011 (8 hours).

Course justification at the beginning of service/ Education and research office of Tehran provincial government, 2010 (60 hours).

Promoting the mental health of dormitory students with a community- oriented approach and emphasis on the voluntary movement/ The central Counseling Office of the Ministry of Science, Research and Technology, 2010 (16 hours).

Psychopathology using cinematic works/ teacher training unit of Jihad University, 2010 (40 hours).

Spiritual skills for students/ Secretariat of University Counseling Centers of district one and five, the Ministry of Science, Research and Technology (Tehran University), 2010 (16 hours).

Counseling and coping ways to Paraphilias/ Psychology and Counseling Organization of Iran, 2009 (3 hours and 30 minutes).

Interview skills / Secretariat of University Counseling Centers of district one, the Ministry of Science, Research and Technology (Tehran University), 2009 (8 hours).

Psychopharmacology/ Secretariat of University Counseling Centers of district one, the Ministry of Science, Research and Technology (Tehran University), 2009 (16 hours).

Cognitive behavioral therapy for depression/ Secretariat of University Counseling Centers of district one, the Ministry of Science, Research and Technology (Tehran University), 2008 (32 hours).

Counselling Microskills/ The Student Counseling Center of Alzahra University, 2007 (4 hours).

Family therapy for university counselors across the country/ Counseling Center of the Ministry of Science and Student Counseling Center of Sharif University of Technology, 2007 (16 hours).

Premarital training (T.O.T)/ The Central Counseling Office of the Ministry of Science, Research and Technology and Student Counseling Center of Tehran University, 2007 (24 hours).

Religious-based counseling/ Consultants of counseling centers at Tehran University of Medical Sciences, 2007 (24 hours).

Study and curriculum skills/ The central Counseling Office of the Ministry of Science, Research and Technology and Student Counseling Center of Tehran University, 2007 (18 hours).

Intensive short-term dynamic psychotherapy (1), 2006 (16 hours).

Retraining Diagnosis and Treatment of Mental Disorders/ Secretariat of University Counseling Centers of district one, the Ministry of Science, Research and Technology (Tehran University), 2006 (27 hours).

Academic counseling and guidance, 2005 (20 hours).

Premarital training/ Alzahra University, 2005 (24 hours).

Substance abuse and marriage/ Planning and consulting office of Alzahra University, 2004 (8 hours).

Family therapy/ Central Office of Student Counseling of Alzahra University, 2001 (20 hours).

Counseling Techniques and Skills/ Central Office of Student Counseling, 2000 (16 hours).