



Noushin Rashidi

Contact information:

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Academic Background:

- MSc of consultation and guidance
2014-2016 in Islamic Azad University south Tehran branch, Faculty of Education and Psychology
Department of family consulting
Thesis: The Locus of Control and Happiness: Mediating Role of Gratitude
- M.S of Clinical Psychology
1996- 1999 in Islamic Azad University, University of Clinical Psychology
Thesis: A Study of Happiness in Marital Life from the Perspective of Married and Single People

Training:

- Life Skills
- Compassion-focused therapy(CFT)
- Therapeutic therapy of choice theory
- Motivational interviewing techniques
- Dialectical behavior therapy
- CBT Cognitive Behavior Therapy
- Schema therapy
- Extramarital affairs
- Treatment of couple problems and couple therapy
- Acceptance on Admission and Admission Treatment (ACT)
- Marital interventions and divorce
- Conflict Resolution Management Training
- Treatment of short-term circuit solutions
- Anger management
- Meditation and relaxation skills
- Art therapy
- Hand and foot reflexology
- Massage user
- Swedish massage
- Thai massage

- Shiatsu massage
- Ayurvedic massage
- Iridology
- Feng shui

Technical skills:

- Relaxation and meditation skills
- Painting
- Art therapy
- Massage therapy
- yoga
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Executive position:

- Counselor and Psychologist- Clinic youtop- Year 1397.....
- Counselor and Psychologist- Clinic Assena- Year 1395.....
- Psychologist - Molecular Cell Research Center of Iran University of Medical Sciences Year 1396 to 1398
- Teaching at the comprehensive scientific-applied sports, cultural and cultural university of Persepolis at the undergraduate level
- Courses of energy channels (meridians) and reflexology massage (reflexology) Academic year 1395-1396
- Psychiatrist and Therapist - Brain and Cognition Clinic Year 1396
- Instructor of oil painting, acrylic painting and calligraphy courses Year 1391
- Instructor to discharge psychological emotions with colors Year 1397
- Counselor and Psychologist - Rezvan Counseling Center Year 1396
- Counseling and massage therapy (types of massages such as Swedish, Thai and reflexology) - Green Clinic
- Counseling and massage therapy (types of massages such as Swedish, Thai and reflexology) - Ryan Green Clinic, Year 1392-1393
- Parsian Insurance Consultant, Africa Branch 1388
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Workshops:

- Self-esteem and self-confidence – September, 22, 20
- Color therapy workshop - July 18, 2019 - Kiandokht Gallery
- Color Therapy Workshop - June 20, 2017 - Gallery and Chrysanthemum Art Cultural Institute
- Workshop on Inner Attraction and Women's Authority - April 20, 2017 - Mehrmaya Center
- Workshop on inner charm and female authority - September 10, 2016 - Mana Clinic
- Painting courses - from 2012 until now
- Painting Exhibition - February 2011
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Language Skill:

- Farsi: Native
- English