



Roghieh Taghizadeh

Psychologist & Lecturer / M.A. in Psychology

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Professional Summary

Experienced psychologist and educator with over a decade of expertise in individual and family counseling, mental health education, and workshop facilitation. Proven ability to deliver impactful training sessions, develop research-based content, and apply innovative therapeutic approaches. Committed to promoting psychological well-being through evidence-based methods and effective communication.

Education

M.A. in Psychology

Islamic Azad University, Science and Research Branch,
Graduation Year: February 2015

B.A. in English Literature

Allameh Tabataba'i University, Tehran, Iran
Graduation Year: February 2001

Current Position

Counselor & Lecturer

Department of Education, Northwest International University
May 2024 – Present

- Teaching specialized courses in mental health and personal development
- Providing individual and family counseling
- Leading interdisciplinary projects in collaboration with the Resilience Road team
- Organizing and facilitating workshops in applied psychology

Areas of Expertise

Individual Counseling

- Emotional awareness and regulation
- Enhancing self-esteem and confidence

Family Counseling

- Relationship improvement and conflict resolution
- Building healthy communication patterns

Stress Management

- Practical strategies to reduce anxiety and promote mental calmness

Teaching & Research Experience

- Instructor of mental health and personal development programs
- Research contributor in psychology-related studies
- Active collaborator with Resilience Road in training and academic projects

Workshops & Specialized Training Programs

- Cognitive Behavioral Therapy (CBT) for Depression
- Couples Therapy and Relationship Enhancement using CBT
- Schema Therapy: Transforming Maladaptive Patterns
- Infidelity Recovery and Relationship Rebuilding

Skills

- Psychotherapy (CBT and Schema Therapy)
- Workshop planning and delivery
- Strong interpersonal and counseling skills
- Effective case management for diverse clients
- Academic research, data analysis, and scientific writing

Other Skills

- Languages: Fluent in Persian and Azerbaijani; intermediate in English
- Digital tools: MS Office, research databases, online teaching platforms

Professional Memberships

- Member of the American Psychological Association (APA)