

MS Shahrbanoo Ghahari

PhD, Assistant professor of clinical psychology, Iran University of Medical Sciences (IUMS). Center of Excellence in psychiatry, School of Behavioral Sciences and Mental Health, Department of Mental Health Tehran, Iran .Tel:

Satarkhan St., Nyayesh Ave.,

Tehran – Iran

Tel: (0098-21) 982163471299

Fax: (0098-21) 66506853

E-mail:**Ghahhari.sh@iums.ac.ir**

michka2004@gmail.com

Education

Clinical psychology (Ph.D), Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute.

M. A., Clinical Psychology, Iran University of Medical Sciences, Tehran Psychiatric Institute, Tehran-Iran, 1993-1996.

B. A., Clinical Psychology, Allame Tabatabai University, Tehran-Iran. 1985__1989.

Training

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . . **A workshop on Quantitative research methodology , Tehran ,Iran**, May, 2016.

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . **A workshop on Review of original articles , Tehran ,Iran**, Jun, 2016.

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . **1-day workshop on Exel .** January, 2016.

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . . **A workshop on Management of research and research project, Tehran ,Iran**, March, 2016.

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . . A 6 days workshop on **systematic review research and meta analysis by Dr Keshtkar, Tehran,Iran**,January, 2016.

A workshop on **Spirituality and professional Ethics Workshop** by professor Terry Lynn Gall. Jan, 8, 2015.

Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute . . **A workshop on methodology research in spirituality and Spirituality Health , Tehran ,Iran**, Feb, 2015.

University of Welfare & Rehabilitation, Tehran, Iran, Jan 2006. A workshop on **Techniques in cognitive behaviour therapy for marital problems" by professor Keith Dobson**. Clinical psychologist(PhD) in Canada. University of Welfare & Rehabilitation, Tehran, Iran, July 18-21, 2005.

A workshop on **"Implementing qualitative methods to cultural models of explaining Depression among women in Iran"** by Dr Solvig Ekblad.

Tehran Psychiatric Institute, Tehran-Iran. May 2003 A workshop on **"Techniques in cognitive behavior therapy" by professor Keith Dobson**. Clinical psychologist (PhD) in Canada.

Mazandran University of medical science and health service. Chahalus and Nowshahr health center. October-1995. **A training workshop on primary prevention of mental disorders in rural communities**

Mazandaran University of Medical Sciences, Sari-Mazandaran August, 1997.

A workshop on counseling patients diagnosed as HIV+"

Workshop presentations

1-day workshop on skills training for university students (Manager in workshop)
June, 2016.

1-day workshop on Diagnostic Interview for psychologists (Manager in workshop)
May 2016.

1-day workshop on premarital counselling for psychologists (Manager in workshop)
March 2016.

1-day workshop on divorce counselling for psychologists (Manager in workshop)
January 2016.

1-day workshop on Psychiatric Interview Techniques for counsellors (Manager in workshop) .March, 2016.

1-day workshop on premarital counselling for counsellors (Manager in workshop)
June, 2016.

8 hours' workshop on Mental Health for university students (Manager in workshop)
May, 2016.

1-day seminar on Love and satisfaction for couples (Speaker in Seminar) Feb, 2015.

1-day workshop on coping with craving and triggers in addiction (Manager in workshop) January, 2015.

1-day workshop on activating techniques in addicted patients (Manager in workshop) January, 2015.

1-day workshop on premarital counselling for psychologists (Manager in workshop)
March 2015.

A workshop on **DBT skills and mood disorders for teachers** Jan, 2015

1-day workshop on divorce counselling for psychologists (Manager in workshop)
January 2015.

3-day workshop on DBT Techniques for psychologists (Manager in workshop) Feb
2015.

3-day workshop on CBT Techniques for psychologists (Manager in workshop)
February 2015.

A 2-day workshop on motivational interview (Manager in workshop) February 2015.

A 8-day workshop on schema therapy techniques (Manager in workshop)
February 2015.

A 2-day workshop on CBT Techniques (Manager in workshop) February 2014.

- A 2-day workshop on CBT for couples** (Manager in workshop) February 2014.
- A 2-day workshop on CBT Techniques** (Manager in workshop) February 2014.
- A 2-day workshop on life skills training** (Manager in workshop) February 2015.
- A 2-day workshop on CBT for couples** (Manager in workshop) February 2013.
- A 3-day workshop on DBT skills** (Manager in workshop) February 2013.
- A 1-day workshop on chair work in psychotherapy** (Manager in workshop) February 2013.
- A 3-day workshop on CBT for couples** (Manager in workshop) February 2012.
- A 5-day workshop on DBT for bipolar disorders** (Manager in workshop) February 2012
- A 2-day workshop on couple therapy** (Manager in workshop) February 2012.
- A 2-day workshop on divorce counselling** (Manager in workshop) February 2012.
- A 2-day workshop on chair work in psychotherapy** (Manager in workshop) February 2012.
- A 2-day workshop on marital counselling** (Manager in workshop) February 2012.
- A 2-day workshop on divorce counselling** (Manager in workshop) February 2011.
- A 2-day workshop on premarital counselling** (Manager in workshop) February 2011.
- A 1-day workshop on CBT for panic disorders** (Manager in workshop) February 2011.
- A 5-day workshop on parenting** (Manager in workshop) February 2010.
- A 12-day workshop on DBT & CBT for breast cancer women** (Manager in workshop) February 2010
- A 3-day workshop on CBT for couples** (Manager in workshop) February 2009.
- A 5-day workshop on DBT for bipolar disorders** (Manager in workshop) February 2008
- A 5 -day workshop on DBT for addiction** (Manager in workshop) February 2008.

A 10-day workshop on CBT for anxiety disorders (Manager in workshop)
February 2007.

A 3-day workshop on life skills training for health workers (Manager in workshop) Feb 2006.

A 9-day workshop on life skills training for HIV counsellors (Facilatore in workshop) Sep 2005.

A 1-day workshop on mental health promotion for adolescents (Facilator in workshop). February 2005.

A 1-day workshop on problem solving skill (director in workshop)

A 3-day workshop on life skills training for women (Facilator in workshop)
February 2005.

Ghahari, Sh., & et al. (2005__present). **Life skills training for battered women in Tehran.**

Work experiences

2015- at present as a assistant professor in Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health. Department of mental Health. Teacher for lessens such as: Community mental health, crisis intervention, Education of health, General psychology and individual and social psychology.

2005__ present 2016__ present , teacher in university.

2005-2006, Health Ministry, Tehran Iran, Manager of **workshop life skill training for battered women in Tehran population.**

2005 __ UNICEF, Bam-Kerman, 28 Feb. – 30 April, counselor for evaluation of **"Psychosocial Support for Schools Project in Bam City"**

Supervisor: Dr. Ladan Fata, director of psychology office. Mainly cognitive behavior therapy for Anxiety disorders and depression.

2005__ present, part time private practice

Supervisor: Dr. M. Malakouti, director of psychiatric office. Mainly cognitive behavior therapy for Anxiety disorders and depression.

Zojaji, A., Ghahari, Sh., & et al. (2003). **Mental health primary and secondary prevention in Tehran city by volunteers** project.

2003__present, part time private practice supervisor: Dr. J. Bolhari, director of counselor center of Tehran University. Mainly cognitive therapy for anxiety and depression in students university.

2015_ present Faculty member Iran University of Medical Sciences (IUMS). School of Behavioral Sciences and Mental Health- Tehran Psychiatric of Institute

1999 __ 2014, Faculty member, Azad University, Tonekaboon-Iran.

Responsibilities: Teaching graduate and undergraduate courses in clinical psychology including: Clinical psychology, psychiatric interview and applied psychotherapy, psychological assessment, and supportive psychotherapy.

1999__2014 Psychological expert, Mazandran University of Medical Sciences, Saari-Zare Psychiatric Hospital.

Responsibilities: Case management, psychological assessment, individual psychotherapy, supportive counseling, and psych education for families of patients.

1999__1999- Instructor, the personals of ministry education, Chalus-Iran.

Responsibilities: Teaching teachers and parents about mental health of child and adolescence, child and adolescence psychiatric disorders and how to communication to children & adolescents

1996- Instruction and training women. Volunteers about mental health prevention projects in urban and suburban communities in Chalus city.

1990__1999, Present expert of mental health, Mazandaran University of Medical Science, Chalus-Iran.

Responsibilities: Training health workers and the other personal of health center about mental health prevention & promotion, monitoring and training of health work in secondary prevention, counseling for HIV⁺ patient, counseling for minor Tallasemic couples, Training mental disorders to health workers.

Publication Books

Ghahari,Sh.(2016). **MS coping strategies**. .Tehran. Dilmaj press.

Ghahari,Sh.(2016).**Case Formulation**. Tehran: Danjeh press.

Ghahari,Sh.(2016).**DBT Techniques**. Tehran: Danjeh press

Ghahari,Sh.(2015) Ghahari,Sh.(2016). **Chairwork**. Tehran. Danjeh press.

Ghahari,Sh.(2015) . **Behavioural Tecniques**. Tehran: Danjeh press

Ghahari,Sh.(2012).**Stress Management**. Tehran:Ghatreh press

Ghahari,Sh.(2009).**Phobia: A Manual for therapist**. Tehran:Ghatreh press

Ghahari,Sh.(2008). **Stop Smoking: A Manual for therapist**. Tehran:Ghatreh press

Ghahari, Sh., & Bolhari, J. (2009). **Spiritual skills for university students**, Tehran:Boshra Publication.

Ghahari,Sh.(2007).**Premarital Counselling**. Tehran:Ghatreh press.

Ghahari,Sh.(2006).**Anger management**. Tehran: Danjeh press

Ghahari, Sh., & Bolhari, J. (2015). **Divorce counseling** , Tehran: Danjeh press

Ghahari,Sh.(2006).**Anger management for university students** .

Ghahari,Sh.(2006).**Communication skills for university of students** .

Ghahari,Sh Bolhari , J.(2006).**Life skills training for battered women** Tehran.Danjeh press.

Zarghami , M , Ghahari,Sh (2002).**Adiction**. Tehran:Roshd press.

Zarghami , M , Ghahari,Sh (2006).**The Taming of the Black Dog: A Manual for Depression.** Tehran:Tandis press.

Zarghami , M , Ghahari,Sh (2003).**Depression.** Tehran:Ghatreh press.

Ghahari,Sh. Zarghami , M (2003).**paranoia.** Tehran:Ghatreh press.

Ghahari,Sh Bolhari , J.(2006).**Life skills training for battered women** Tehran.Danjeh press.

Ghahari,Sh. Bolhari , J (2006).**Life skills training for healths ministry staffs with work battered women .**

Ghahari, Sh., & Bolhari, J. (2004). **Psychoeducation for schizophrenic patients families,** Tehran:Boshra Publication.

Published Articles

- **Hayati, E and Ghahari, Sh (2016).** Relationship Between Sexual Dysfunction Symptoms and Body Image and Quality of Life in Women. **The Social Sciences** 11 (14): 3506-3509.

- **Sepehri, S. Ghahari , Shand 1Ramezan, H (2016).** Efficacy of Dialectical Behavior Therapy (DBT) Techniques onImproving Cognitive Emotion Regulation Strategies in Women with MS. **The Social Sciences** 11 (14): 3395-3400.

- **Moradi, I , Ghahari, Sh et al (2016).** The relation between identity style, fear of negative evaluation and social sience. **The social sciences**11 (14): 3349-3453.

- **Naeemi, N., Gheyarani , B ., and Ghahari, Sh.(2016).** The Role of Early Maladaptive Schemas in Prediction of Dysfunctional Attitudes toward Drug Abuse among Students of university. **International Journal of Medical Research & Health Sciences,** 2016, 5, 7S:571-575.

-**Ghasemnezhad, S., Ghasemian, D. Gheyarani, B ., Ghorbani, F ., and Ghahari, Sh(2016).**The Effectiveness of Matrix Treatment to Relapse prevention and Increase Self-Efficacy inPeople Withdrawing Methamphetamine. **International Journal of Medical Research &Health Sciences,** 2016, 5, 8:340-345.

- Naghdi Babae , Sh ., and Ghahari, Sh(2016). Effectiveness of communication skills training on intimacy and marital adjustment among married women. **International Journal of Medical Research & Health Sciences**, 2016, 5, 8:375-380
- Ebrahimi A and Ghahari Sh.(2016). Effectiveness of Mindfulness-Based Stress Reduction (MBSR) In Stress and Fatigue in Patients with Multiple Sclerosis (MS). **International Journal of Medical Research & Health Sciences**, 5, 7S:486-491.
- Barzegari,S. Ahadi,M., Barzegar, Z ., Ghahari,Sh (2016). The Effectiveness of Social Skills Training on Reducing Negative Symptoms of Chronic Schizophrenia. **International Journal of Medical Research & Health Sciences**, 2016, 5, 7S:323-327.
- Yarmohammadi, F., & Ghahari, Sh., (2016). Psychological rehabilitation in terms of anxiety and hopelessness in addicts during treatment period: a positive approach. **INTERNATIONAL JOURNAL OF HUMANITIES AND CULTURAL STUDIES**.May.P:1978-1985.
- Ghasemnejad, S. & Ghahari, Sh.(2016). The efficacy of matrix protocole on relapse prevention. And quality of life in Methamphetamine abusers (90 days follow up) .The **Turkish Online Journal of Educational Technology** .Jully. 215-224.
- Azemnia,Z.,& Ghahari,Sh.(2016). The efficacy of behavioural skills training on a mothers anxiety reduction and conduct problem in ADHD children. **Online Journal of Educational Technology** .Jully. 215-224.205-210.
- Khosravi,T. Ghaharim.Sh .& Ahadi,F. (2015). Relationship between Attachment Style and Alexithymia With Marital Dissatisfaction . **Middle East J Rehabil Health**. July; 2(3): 297 -09.
- Sobhkhiz Talouki1 ,M., Hosseinian, S. and Ghahhari, Sh(2013).The effect of Training Communicative Skills on Self-esteem of 15-20 year-old Deaf and Partially Deaf Teenagers. *Maryam SobhKhiz Talouki et al./ Elixir Psychology 60 (2013) 16266-16269.*
- Alijani , A. Rahman,M. A, & Ghahari, Sh.(2013). The effectiveness mothers cognitive behavioural group intervention on number of ADHD children problems. *Procedia - Social and Behavioral Sciences* 84 ,874 – 878.

-Ghahari, Sh et al(2006). Mental Health in abused women in Iran. *Journal of Gorgan*. 8(4).PP: 58- 63.

-Ezzattalab Moghddam Abatari, F. (2013) .The Effectiveness of a Cognitive Technique on Reducing of Anxiety and Depression in Patient with Multiple Sclerosis. *J. Basic. Appl. Sci. Res.*, 3(7)584-591.

-Panaghi, L. Ghahari, Gh. , & Yousefi, H.(2007) . violence against women and correlated variables: A Qualititative study. *Khanevadeh Pajouhi*, 2(7).PP: 257-267.

-Panaghi, L. Ghahari,Sh et al.(2008) . Spouse abusr and menta; health: The role of social support and coping strategies. *Journal of Iranian psychologist*. 5(17).PP:69-79.

-Hamideh A. Lolaty, Sharbanoo Ghahari₁, Abdolhakim Tirgari₂, Jabbar Heydari Fard. (2012).The Effect of Life Skills Training on Emotional Intelligence of the Medical Sciences Students in Iran. **Indian Journal of Psychological Medicine** . Oct - Dec | Vol 34 , Issue 4.PP: 350-355.

-Atef Vahid , M. Ghahari,Sh. Et al (2008) . The Role of Demographic and Psychological Variables in Predicting Violence in Victims of Spouse Abuse in Tehran. **Iranian Journal of Psychiatry and Clinical Psychology**, Vol. 16, No. 4, Winter 2011, 403- 411

-Ghahhari ,Sh , Mazdarani ,Sh .Khalilian ,Kh , Zarghami ,M (2008) . Spouse Abuse in Sari-Iran. *Iranian Journal of Psychiatry and Behavioral Sciences (IJPBS)*, Volume 2, Number 1, Spring and Summer.

- Salemi Khamene, A., Ghahari , Sh, Soltanlou M ,& Darabi J .(2013) . Effectiveness of pivotal response treatment on communicative and behavioral disorder of 8-12 years-old autistic boys. **Journal of Gorgan University of Medical Sciences**. 15(1).PP: 6- 10.

-Zadbagher Seyghalani,M. Ghahari, Sh,& Zarbakhsh,M.(2013) . The Efficiency of Music Therapy on Depression, Anxiety and Self-Esteem of MS Patients. **Advances in Environmental Biology**, 8(9) Special 2014, Pages: 253-260.

-Ghahari Sh, et al (2012) . Effectiveness of Cognitive-behavioral and Spiritual-religious Interventions on Reducing Anxiety and Depression of Women with Breast Cancer. *Knowledge & Research in Applied Psychology* Vol 13. No. 4 (Continuous No. 50)- Winter.PP: 33- 40.

-Ghahari, Sh., Omid, F., Abolghasemi, Sh., & Zarbakhsh, M (2003). The Effectiveness of Training Life Skills (Stress Management, Anger Management, Problem Solving, Self Awareness) on Life Quality of Gastrointestinal Cancer Patients. *J. Basic. Appl. Sci. Res.*, 3(6)872-878, 2013.

-Ghahari,Sh.,Atrf Vahid., M.&Yousefi,H. (2006).Prevalence of spouse abuse in university students. **journal of Mazandaran university of Medical Sciences.**

Ghahari,Sh.,& Jazayeri.A.(2006). Students mental health **.Journal of Rehabilitation for university of Welfare an Rehabilitation** .Research and programming ,summer 2006, p:155-157.

-Rostami Nezhad, Ghahari,sh Khalatbari, J (2013). Assess the prevalence Alexithymia referred to the addiction treatment centers in West Mazandaran , **Bultein of Applied research science** ,Volume 3, Number 3,

-Ghahari, Sh., Mehryar, A.H., & Birashk, B. (2004). Comparative study of some mental disorders in children of fatherless, Martyred's, veterans and normal (7-12 years old) in Chalus city. **Journal of Mazandaran University of Medical Science.** Vol. 13(41): 81-88.

Seminars/Lectures/Poster Presentations

Spiritual techniques for coping with craving and relapse preention : oral presentation in spirituality panel.Annual international addiction congress. Razi convention center . Iran , Tehran.14- 16 september 2016.

Spiritual techniques for coping with craving and relapse preention.Annual international addiction congress. Razi convention center . Iran , Tehran.14- 16 september 2016.

-Psychological rehabilitation in terms of anxiety and hopelessness in addicts during treatment period: a positive approach.. Oral presentation in GLOBAL CONFERENCE on psychology and educational Sciences at beginning of Third Millennium. Shiraz university. Shiraz.Iran.May,19.2016.

-A comparison of depression and anxiety among female victims of spouse violence and healthy controls. Oral presentation in 2nd International conference on modern Research in Management , Economics and Humanities. 27 Feb,Dubai, 2016.

-The efficacy of skills training on students self efficacy. **Oral presentation in 2nd International conference on modern Research in Management , Economics and Humanities. 27 Feb, Dubai,2016.**

Comparison study executive functions of brain in addicted, abstinent and control persons. **Oral presentation in 2nd International conference on modern Research in Management, Economics and Humanities. 27 Feb, Dubai, 2016.**

Cognitive Techniques on anxiety reduction in MS patients. **Oral presentation in 2nd International conference on Research in Behavioral and social Science, 9 March in . Tehran, 2016.**

- Life skills training on reduction of anger and improvement of individual and social adjustment in addicted patients. **Oral presentation in 2nd International conference on Research in Behavioural and social Science, 9 March in . Tehran, 2016.**

-Cognitive restructuring on anxiety and depression in in OCD patients.**Oral presentation in 2nd International conference on Research in Behavioural and social Science, 9 March in . Tehran, 2016.**

poster presented in 2th siminar of mental health of university students. Tehran. May 2016

-The frequency of espouse abuse in university of students (in Tonekaboon City) **poster presented in 2th siminar of mental health of university students. (March, 2005), Tarbiat Modarees University Tehran-Iran.**

-The father death and his disability on children mental health. **Paper presented in the first Gulf conference on mental health (December, 2003). State of Kuwait-Kuwait.**

- The prevalence of depression among psychology students. **Paper presented in the - first Gulf conference on mental health (December, 2003). State of Kuwait-Kuwait.**

- Relational therapy. **Paper presented at the second congress of non-pharmacological treatments in psychiatry, (March-2003). Tehran-Iran University of medical Sciences, Tehran Psychiatric Institute.**

- Guided self change. **Paper presented at the second congress of non-pharmacological treatments in psychiatry**, (March, 2003). Tehran-Iran University of Medical Sciences, Tehran Psychiatric Institute.
- The psychiatric problems among battered women. **Poster presented in the second congress of clinical psychology & Psychiatry**, (May, 2002), Tehran-Iran.