

## Curriculum Vitae

### PERSONAL DETAILS

Sara Keshavarz-Moqadam, Ph. D., RCC (She/ Hers)

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### EDUCATION

**Adler University**, GPA: 4.047 out of 4.3  
Master of Industrial and Organizational Psychology  
**Vancouver, Canada**  
Jan 2022- April 2024

**University of Tehran**, GPA: 18.50 out of 20  
Ph. D. in Health Psychology  
Dissertation Title: *"The Effect of Elicited Emotion on Heart Rate Variability, Evaluating the Mediator Role of Bio-Behavioral Risk Factors, Personality Disorders and Attachment Styles"*  
**Tehran, Iran**  
Sep 2013- Feb 2018

**Tarbiat Modares University**, GPA 18.70 out of 20  
Master of Art in General Psychology  
Thesis Title: *"The Effect of Guided Mental Imagery on Performance Enhancement and Competitive Anxiety Reduction in Aerobic Dance Athletes"*  
**Tehran, Iran**  
Sep 2009 – Feb 2012

**University of Allamah Tabatabaei**  
Bachelor in Clinical Psychology  
**Tehran, Iran**  
Sep 2004 – June 2008

### PROFESSIONAL EXPERIENCE

**First Nation Health Authority**  
Mental Health Clinician and Senior Clinical Counselor  
**Northern Region, BC, Canada**  
January 2025- Present

- Organizing and delivering lunch and learn workshops for youth and adults
- Providing one-on-one counseling sessions for addressing issues such as addiction, self-harm behaviors, impulse control, interpersonal conflicts

**Private Practice (On-Site & Online)**  
Registered Clinical Counselor  
**Vancouver, Canada**  
April 2023- Present

- Providing counseling sessions for a diverse range of clients suffering from interpersonal difficulties, depression, anxiety, impulse control, suicidal thoughts

**Jalapeño Employee Engagement (Online)****Vancouver, Canada**

Organizational Psychology Consultant Assistant

Jan 2024- April 2024

- Introduced the concept of Intensive Short-Term Dynamic Psychotherapy (ISTDP) for identifying, clarifying, and showing the costs of psychological issues at the workplace. Examples include:
  - <https://jalapeno.app/insights/how-do-businesses-die-because-they-cannot-recognize-the-root-cause-of-their-destructive-behavioural>
  - <https://jalapeno.app/insights/embracing-stress-and-emotions-in-the-workplace-constructively?>
  - <https://jalapeno.app/insights/how-istdp-improves-relationships-at-the-workplace>
- Integrated the importance of principles of health psychology, clinical psychology, and organizational psychology to establish preventive interventions for Jalapeño clients. Wrote blogs:
  - <https://jalapeno.app/insights/what-is-organizational-and-occupational-health-psychology>
  - <https://jalapeno.app/insights/the-necessity-of-psychological-approach-at-the-workplace>

**Nalaga Consulting (Online)****BC, Canada**

Researcher and Data Analyst

Sep 2022- April 2023

- Researched to find the scientific base of interventions that increased the efficacy of the 10-week healing program & helped re-design the program
- Analyzed data obtained from pre-test and post-test, which showed 100% improvement in emotional awareness, 166% increase in connecting with culture, and 48% decrease in suicidality, which demonstrated the efficacy of designed interventions and resulted in fundraising for the organization
- Contributed effectively in teamwork to providing scientific materials, writing, and editing a workbook:
  - <https://www.nalagaconsulting.com/guidebooks/>

**Hillan Psychologic Clinic (On-Site & Online)****Tehran, Iran**

Psychologist and Clinical Counselor

Sep 2018- Dec 2023

- Held about 3000 counseling and psychotherapy sessions for vulnerable clients suffering from anxiety, depression, suicidal thoughts, addiction, acute stress, personality disorders, or interpersonal problems
- Applied the most effective psychodynamic, EFIT, CBT, and trauma-informed interventions, based on the client's needs and their psychological assessment. The comparison of pre and post-psychological assessments revealed significant positive changes in clients' mental health
- Designed treatment plans based on psychological assessments and guided other mental health therapists with the best treatment plans for their clients, meaningfully impacting the success of treatment and the organization's reputation
- Applied Psychological assessment based on DSM-V and Swap-200 personality interviews
- Organized and Held Swap-200 workshops to improve therapists' psycho-diagnostic knowledge and interview skills

**Binesh No (On-Site & Online)****Tehran, Iran**

Psychologist and Clinical Counselor

May 2017 - Apr 2023

- Provided in-person and online psychotherapy sessions for clients, who suffered from anxiety, depression, and personality disorders
- Organized and held psycho-diagnostic workshops based on "Swap-200 Personality Interview" for other mental health therapists
- Conducted Swap-200 personality interview, and DSM-V interview for assessing clients' mental health issues, personality disorders, and personality traits to customize the psychotherapy interventions

#### **University of Tehran (On-Site)**

**Tehran, Iran**

Lecturer for the Master Program of Sport Psychology

Sep 2018- Jan 2020

- Delivered courses: Neuroscience & Movement, Stress & Performance, and Inferential Statistics

#### **Atieh Clinical Neuroscience Center (On-Site)**

**Tehran, Iran**

Director and the Head of Psycho-diagnostics and Psychometry Department

Jan 2016- Jan 2019

- Led a team, consisting of 20 employees
- Established a new psychological assessment protocol based on the integration of DSM-V interview, SWAP-200 Personality interview, and psychometrics tools
- Interpreted and signed approximately 300 reports of psychometrics tools, such as EQi, Stanford Binet, IVA, CANTAB, QEEG, Vienna Test System, Career Interest, etc. every week
- Reviewed assessment reports from the psycho-diagnostic committee on a daily basis to validate the accuracy of the assessment before sending them to the therapeutic department, which increased the efficacy of treatment plans
- Designed customized quarterly and yearly performance evaluations based on organizational changes and needs to provide continuous and customized performance evaluations and keep 20 employees up to date
- Organized psycho-diagnostics and psychometrics workshops for 20 employees to improve their psychological assessment skills and update their knowledge of new technologies
- Monitored 20 employees' performance and gave them specific and real-time feedback for continuous development
- Facilitated relationship and conflict management styles

#### **Sina Hospital, Tehran University of Medical Science (On-Site)**

**Tehran, Iran**

Research Assistant and Psychologist

Sep 2015- Jan 2017

- Applied Motivational Interview (MI) and psychological assessment for 100 sleeve surgery candidates to assess their independent mental health disorders and readiness level for behavior change
- Identified the prognosis of obesity treatment and sleeve surgery, based on MI and DSM-V
- Analyzed the data obtained from MI to obtain insight into the motivational levels of Sina Hospital clients

#### **Azad University Counselling Center (On-Site)**

**Guilan, Iran**

Counsellor

Sep 2012- June 2013

- Provided Students with counseling sessions and psychoeducational workshop

#### **Azad University (On-Site)**

**Guilan, Iran**

Lecturer for the Master Program of Clinical Psychology Program

Sep 2012- June 2013

- Delivered courses: Criminal Psychology, Experimental Psychology, Learning Psychology, Social Psychology and Well-being, Descriptive Statistics, Inferential Statistics

### **PSYCHOTHERAPY SUPERVISION (600 hours)**

Internation Experiential Dynamic Therapy Association

May 2014- Present

- Core Training of Intensive Short-Term Dynamic Psychotherapy 2014- 2019
- Advanced Supervision of Intensive Short-term Dynamic Psychotherapy 2018-Present

### **WORKSHOPS & CERTIFICATES**

Certificates:

- Certificate for "Grief, Bereavement & Strategies for Self-Care" 2025
- Certificate for "Respect in the Workplace" 2025
- Certificate for "Eating Disorder and Substance Abuse" 2025
- Certificate for "Sensory Intervention" 2025
- Certificate for "Assessing and Intervening in Suicide Crises" 2024
- Certificate for "Transforming Trauma with Emotionally Focused Individual Therapy" 2024
- Certificate for "Introduction to the Standards and Code of Ethical Conduct" 2024
- Certificate for "Intensive Short-term Dynamic Psychotherapy" 2019
- Certificate for "QEEG in Diagnostics and Therapeutics Plans" 2017
- Certificate for "EEG Signal Processing Techniques in EEGLAB" 2016
- Certificate for "Neurofeedback of Slow Cortical Potentials (SCP)" 2016
- Certificate for "Qualification of Instructorship" 2014
- Certificate for "Conflictual Core Relation Therapy" 2011
- Certificate for " Interpersonal Psychotherapy" 2011

Workshops:

- Delivered Workshop: "Youth Greif & Loss" 2025
- Delivered Workshops "Communication Skills in Workplace" 2023
- Delivered Workshop "Interpersonal Conflict Resolution at Workplace" 2023
- Delivered Workshop "SWAP-200, Personality Disorder Assessment Interview" 2019-2021

### **ASSOCIATIONS & DESIGNATIONS**

- Membership of American Psychological Association 2025- Present
- Membership of Internation Experiential Dynamic Therapy Association 2025- Present

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|---|---------------|
| • Registered Clinical Counselor, BCACC  | 2023- Present |
| • Registered Psychologist & Counselor, Iran Association of Psych & Counseling | 2023- Present |
| • Membership of Iran Association of Psych & Counseling                        | 2014-Present  |

## PUBLICATIONS

- **Keshavarz Moqadam, S.,** Rostami, R., Ghorbani, N., Rahiminezhad, A., Vasheghani Farahani, A. (2019). The Effect of Excitement Induced on Heart Rate Variability: Evaluating the Moderating Role of Personality Disorders. *Psychosience*, Vol. 19, Issue 68. <https://psychologicalscience.ir/article-1-126-en.html>
- Rostami, R., **Keshavarz Moqadam, S.,** Ghorbani, N., Rahiminezhad, A., Vasheghani Farahani, A. (2018). The Effect of Elicited Emotion on Heart Rate Variability, Evaluating the Mediator Role of Bio-behavioral Risk Factors. *Applied Psychological Research Quarterly*, 9(2), 93-108. [https://japrr.ut.ac.ir/article\\_69113.html?lang=en](https://japrr.ut.ac.ir/article_69113.html?lang=en)
- **Keshavarz Moqadam, S.,** Azadfallah, P. (2013). The Effect of Guided Imagery on the Promotion of Self-Efficacy in the Aerobic Dance Athletics. *Journal of Psychology*, 17(2), 156-168. <https://www.sid.ir/paper/475401/fa#downloadbottom>
- **Keshavarz Moqadam, S.,** Azadfallah, P., Daneshmandi, H. (2013). The Effect of Mental Imagery on the Motor Performance Enhancement among Athletes in the Sport of Aerobic Dance. *Journal of Cognitive Psychology*, 1(1): 33-45. [magiran.com/p1409206](http://magiran.com/p1409206)

## LANGUAGES

English and Farsi: Full working proficiency/ bilingual

## COMPUTER SKILLS & VIRTUAL EDUCATION PLATFORMS

### Software

- Ms. Office
- Adobe Photoshop

### Platform

- Riipen education platform
- Blackboards, Canvas, & E-learn
- Turnitin