

Dr. Sara Keshavarz-Moqadam, Ph.D., RCC

Adjunct Faculty | Mental Health Clinician

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EDUCATION

Master of Industrial and Organizational Psychology

Adler University, Vancouver, Canada | Jan 2022 – April 2024

GPA: 4.047/4.3

Ph.D. in Health Psychology

University of Tehran, Tehran, Iran | Sep 2013 – Feb 2018

GPA: 18.50/20

Dissertation Title: The Effect of Elicited Emotion on Heart Rate Variability: Evaluating the Mediating Role of Bio-Behavioral Risk Factors, Personality Disorders, and Attachment Styles

Master of Arts in General Psychology

Tarbiat Modares University, Tehran, Iran | Sep 2009 – Feb 2012

GPA: 18.70/20

Thesis Title: The Effect of Guided Mental Imagery on Performance Enhancement and Competitive Anxiety Reduction in Aerobic Dance Athletes

Bachelor of Arts in Clinical Psychology

Allameh Tabataba'i University, Tehran, Iran | Sep 2004 – June 2008

PROFESSIONAL EXPERIENCE

First Nations Health Authority (FNHA), BC, Canada

Senior Clinical Counsellor / Mental Health Clinician | January 2025 – Present

- Organize and deliver Lunch and Learn workshops for youth and adults.
- Provide one-on-one counselling addressing addiction, self-harm behaviors, impulse control, and interpersonal conflicts.

Private Practice, Vancouver, Canada

Registered Clinical Counsellor | August 2023 – Present

- Provide counselling for clients experiencing interpersonal difficulties, depression, anxiety, impulse control challenges, and suicidal ideation.

Adler University, Vancouver, Canada

Adjunct Faculty, Master of Psychology in Health & Wellness | Sep 2025 – December 2025

Course: MOPHW 514 VANA – Biological Bases for Health & Wellness (3 Credits)

Jalapeño Employee Engagement (Practicum), Vancouver, Canada

Organizational Psychology Consultant Assistant | Jan 2024 – April 2024

- Introduced Intensive Short-Term Dynamic Psychotherapy (ISTDP) concepts to identify and clarify psychological dynamics in workplace settings.

- Integrated principles of health, clinical, and organizational psychology to establish preventive interventions.

Publications and blogs:

- <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>
- <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 (Social Justice Practicum), BC, Canada

Co-Author, Researcher & Data Analyst | Sep 2022 – April 2023

- Researched the scientific basis of interventions to increase the efficacy of a 10-week healing program and contributed to program redesign.

- Analyzed pre- and post-test data demonstrating improvements in emotional awareness, cultural connection, and reduction in suicidality.

Workbook contribution: <https://www.nalagaconsulting.com/guidebooks/>

Hillan Counselling & Psychological Center, Tehran, Iran

Psychologist & Clinical Counsellor | May 2019 – December 2024

- Delivered psychotherapy for clients experiencing anxiety, depression, suicidal ideation, addiction, acute stress, personality disorders, and interpersonal problems.
- Applied ISTDP, EFIT, CBT, and trauma-informed interventions based on psychological assessment.
- Designed treatment plans and supervised therapists to enhance clinical outcomes.
- Conducted psychological assessments using DSM-5 and SWAP-200 interviews.
- Organized and delivered SWAP-200 workshops to enhance psycho-diagnostic skills.

Binesh No Clinic, Tehran, Iran

Psychologist & Psychotherapist | May 2017 – April 2023

- Provided psychotherapy for clients experiencing anxiety, depression, and personality disorders.
- Delivered psycho-diagnostic workshops on SWAP-200 Personality Interview.
- Conducted DSM-5 and SWAP-200 assessments to inform treatment planning.

University of Tehran, Tehran, Iran

Lecturer, Master's Program in Sport Psychology | Sep 2018 – Jan 2020

Courses: Neuroscience & Movement; Stress & Performance; Inferential Statistics

Atieh Clinical Neuroscience Center, Tehran, Iran

Director & Head of Psycho-Diagnostics and Psychometry | Jan 2016 – Jan 2019

- Led a multidisciplinary team of 20 professionals.
- Developed integrated assessment protocols (DSM-5, SWAP-200, psychometrics).
- Interpreted and signed approximately 300 psychometric reports weekly (EQ-i, Stanford-Binet, IVA, CANTAB, QEEG, Vienna Test System, Career Interest, etc.).
- Reviewed assessment reports daily to ensure clinical accuracy and treatment efficacy.
- Designed quarterly and annual performance evaluation systems aligned with organizational needs.
- Organized psychometrics workshops and provided real-time performance feedback.
- Facilitated relationship and conflict management strategies.

Sina Hospital, Tehran University of Medical Sciences, Tehran, Iran

Research Assistant | Sep 2015 – Jan 2017

- Conducted Motivational Interviewing (MI) and psychological assessments for 100 sleeve surgery candidates.
- Evaluated prognosis of obesity treatment using MI and DSM-5 criteria.
- Analyzed motivational data to inform clinical insights.

Azad University, Guilan, Iran

Lecturer, Master's Program in Clinical Psychology | Sep 2012 – June 2013

Courses: Criminal Psychology; Experimental Psychology; Learning Psychology; Social Psychology and Well-being; Descriptive Statistics; Inferential Statistics

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. *Psychological Science*, 19(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 mediating role of bio-behavioral risk factors. *Applied Psychological Research Quarterly*, 9(2), 93–108. https://japr.ut.ac.ir/article_69113.html?lang=en

Keshavarz Moqadam, S., & Azadfallah, P. (2013). The effect of guided imagery on self-efficacy in aerobic dance athletes. *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 motor performance enhancement among athletes in aerobic dance. *Journal of Cognitive Psychology*, 1(1), 33–45. <https://www.magiran.com/p1409206>

PSYCHOTHERAPY SUPERVISION (700 Hours)

International Experiential Dynamic Therapy Association | May 2014 – Present

- Core Training in Intensive Short-Term Dynamic Psychotherapy (2014–2019)
- Advanced Supervision in Intensive Short-Term Dynamic Psychotherapy (2018–Present)

WORKSHOPS & CERTIFICATES

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

Workshops Delivered:

- Youth Grief & Loss (2025)
- Communication Skills in the Workplace (2023)
- Interpersonal Conflict Resolution in the Workplace (2023)
- SWAP-200 Personality Disorder Assessment Interview (2019–2021)

ASSOCIATIONS & DESIGNATIONS

Member, American Psychological Association (2025–Present)

Member, International Experiential Dynamic Therapy Association (2025–Present)

Registered Clinical Counsellor (RCC), British Columbia Association of Clinical Counsellors (2023–Present)

Registered Psychologist, Psychology and Counseling Organization of Iran (2023–Present)

Member, Psychology and Counseling Organization of Iran (2014–Present)

AWARDS

Recipient, National Ph.D. Dissertation Award (Prof. M. A. Kardan Award), Iran (2018)

Recipient, Best Leader Award, Atieh Clinical Neuroscience Center, Iran (2017)

LANGUAGES

English – Full Professional Proficiency

Farsi – Native / Bilingual

COMPUTER SKILLS & VIRTUAL EDUCATION PLATFORMS

Software: MS Office, Adobe Photoshop

Platforms: Riipen Education Platform, Blackboard, Canvas, E-Learn, Turnitin