



# Mirsadig Mukhtarov

**Nationality:** Azerbaijani **Date of birth:** 27/09/2002 **Gender:** Male

✉ **Email address:** [mmukhtarov@khazar.org](mailto:mmukhtarov@khazar.org)

## ABOUT ME

---

Psychologist with a passion for using active listening, patience, communication skills, and scientific knowledge to study human behavior and thought. Known as solution-oriented, self-aware, eager to learn, and loves astronomy and art, studying cross-cultural differences, keen on reading philosophical, classic, personal development books. I graduated my bachelor's degree with distinction and worked as an assistant in many researches. I have gained valuable practical experience running psychotherapy sessions with adults.

## WORK EXPERIENCE

---

**Department Assistant of Psychology/Psychologist at "Khazar Psychology Counselling Center"**  
*Khazar University* [01/10/2023 - Current]

**City:** Baku

**Country:** Azerbaijan

## EDUCATION AND TRAINING

---

**Bachelor of Science: Psychology**

*Khazar University* [15/09/2019 - 09/07/2023]

**City:** Baku

**Country:** Azerbaijan

**Certificate of Academic Excellence** [09/07/2023] - The highest score is graduate of the School of Humanity, Education and Social Sciences/ in recognition of achieving a GPA of 97,33 during his enrollment in Psychology bachelor's program at Khazar University from 2019-2023 academic years.

### Practical experience

*The Republican Psychiatric Hospital No1*

Three Term;

[10/02/2021 – 31/05/2021]

[10/02/2022 – 31/05/2022]

[10/02/2023 – 31/05/2023]

**City:** Baku

**Country:** Azerbaijan

### Practical experience

*Republic Narcological Center*

[15/02/2022– 15/10/2022]

**City:** Baku

**Country:** Azerbaijan



### **Practical experience**

*Mental Health Center of the Ministry of Health of the Republic of Azerbaijan*

[01/05/2022– 08/08/2022]

**City:** Baku

**Country:** Azerbaijan

### **CONFERENCES, SEMINARS and PROFESSIONAL TRAININGS**

---

#### **Psychology Seminar**

[Association of Entrepreneurial Psychologists/ Psychology Seminar (Turkey), 14/11/2023- current]

14.11.2023 – Anger management techniques for kids

15.11.2023 – Psychopharmacology therapy

24.11.2023 – Acceptance and commitment therapy (ACT) techniques in psychotherapy

#### **Schema Therapy Seminar**

[Association of Entrepreneurial Psychologists/ Schema Therapy Seminar (Turkey), 27/09/2023- 11/10/2023]

27.09.2023 – Schema therapy for Borderline Personality Disorder

29.09.2023 – Schema therapy for Schizoid Personality Disorder

02.10.2023 – Schema therapy for Narcissistic Personality Disorder

04.10.2023 – Schema therapy techniques

06.10.2023 – Schema therapy for Eating Disorders

09.10.2023 – Schema therapy for Obsessive-compulsive disorder (OCD)

11.10.2023 – Schema therapy for Anxiety Disorders

#### **Psychology Seminar**

[Association of Entrepreneurial Psychologists/ Psychology Seminar (Turkey), 05/09/2023- 31/10/2023]

06.09.2023 – Schemas and personality patterns

12.09.2023 – Sexual dysfunctions and its psychological aspects

20.09.2023 – Projective tests/ applications of projective tests

26.09.2023 – Gottman method couple therapy

03.10.2023 – Cognitive behavioral therapy in the treatment of social phobia

12.10.2023 – Psychological resilience

17.10.2023 – Alexithymia/ classification of alexithymia

24.10.2023 – Adolescence: Search for an Identity



31.10.2023 – Filial therapy techniques

### **Psychology Summit**

[Association of Entrepreneurial Psychologists/ Psychology Summit (Turkey), 18/08/2023- 25/08/2023]

18.08.2023 - CBT techniques & Depression; ADHD with Psychodynamics techniques; Borderline with Psychodynamic techniques

19.08.2023 - ADHD with CBT techniques; Eating disorder with Schema therapy techniques; OCD with Schema therapy techniques

20.08.2023 - OCD with Acceptance-Commitment therapy techniques; Depression with Schema therapy techniques; Borderline Personality Disorders

25.08.2023 - Borderline PD with Schema therapy techniques; Narcissism with Psychodynamic techniques; OCD with CBT techniques

### **120 hours training on Rational Emotive Behavior Therapy and Cognitive Behavioral Therapy**

[Rasyonel Psikoloji Enstitüsü, March, 2023]

#### **Rational Emotive Behavior Therapy**

[Albert Ellis Institute, 11/12/2022]

1. Essentials of Rational Emotive & Cognitive Behavior Therapy - 3 APA credits
2. Rational Emotive Cognitive Behavior Therapy Interventions & Treatment Strategies for Anxiety Related Disorders and Fear Problems- Adults and Children -2 APA credits
3. Rational Emotive Cognitive Behavior Therapy Interventions. Case Conceptualizations & Treatment Strategies for Depression for Adults and Children- 2 APA credits
4. REBT and the Treatment of Obsessive-Compulsive Disorder- 2 APA credits

### **120 hours training on Cognitive Behavioral Therapy**

[CYPRUS AMERICAN UNIVERSITY, 3/08/2022]

### **120 hours training on EMDR BASIC - ADVANCED PRACTICIAN EDUCATION**

[CYPRUS AMERICAN UNIVERSITY, 3/08/2022]

### **120 hours training on BASIC and ADVANCED SCHEMATHERAPY PRACTITIONER**

[CYPRUS AMERICAN UNIVERSITY, 3/08/2022]

### **Neuro-age and Neuromarketing**

[Trainer- Prof. Ph.D Sinan Canan (Uskudar University & Khazar University, 16/02/2022)]

### **Mindfulness-based stress reduction**

[Trainer- Dr. Heshmati, R (Tabriz University/ 2020)]

### **Relationship conflict in sexual dysfunction**

[Trainer- Ejder Akgun Yildirim/ 2020]



## Models of Psychopathology

[Trainer- Dr. Heshmati, R (Tabriz University/ 2020)]

## PUBLICATIONS

---

### Research Assistant [03.05.2022 – current]

Researchers: Khazar University Lecturer M.Sc Anar Babayev & Ph.D Maarif Mammadov

**Adaptation of the Adolescent Students' Basic Psychological Needs at School Scale in Azerbaijan [2022 – in progress]** - data entry and analysis with SPSS

## VOLUNTEERING

---

### Azerbaijan VII International Psychology Conference

[21-22 April 2023/ Khazar University]

Hospitality – I was responsible for welcome guests to the conference.

## ORGANISATIONS

---

### “Film Analysis” Day

[21 October 2023/ Khazar University] – <https://khazar.org/en/news/6924>

## DIGITAL SKILLS

---

SPSS 22 (All version) / Microsoft OS (Win 7/8/10/11) / Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access, Microsoft Outlook, Microsoft Teams/ Google Docs, Google Form, Google Classroom, Google Chrome, Internet Explorer, Opera, Mozilla Firefox, Adobe PhotoShop, Adobe Lightroom.

## LANGUAGE SKILLS

---

### Mother tongue(s):

**Azerbaijani**

### Other language(s):

**English**

**LISTENING B2 READING B1 WRITING B1**

**SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2**

**Turkish**

**LISTENING C1 READING B2 WRITING B1**

**SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2**

**Russian**

**LISTENING A2 READING A2 WRITING A2**

**SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2**

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*



## **COMMUNICATION AND INTERPERSONAL SKILLS**

---

- **Decision-Making**
- **Problem-Solving**
- **Friendliness and Empathy**
- **Teamwork**
- **Effective Verbal & Nonverbal Communication in the Workplace**
- **Conflict Management**
- **Time Management**
- **Organization**
- **Collaboration**
- **Creativity**
- **Emotional intelligence**
- **Giving & accepting constructive feedback**