
NILUFAR DAMIRZADE

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PROFESSIONAL SUMMARY

As a qualified psychologist with international academic and professional experience, I am a USA "Fulbright" Scholar and have 5 years of extensive teaching experience. Over the last 4 years, I have also gained valuable practical experience running psychotherapy sessions with both adults and teenagers. My academic and practical experiences have provided me with a deep understanding of the theories and methodologies that underlie evidence-based practice in psychology, as well as the skills necessary to tailor treatment plans to meet the unique needs of each patient. I am committed to continuing to develop my skills as a clinician and researcher, and to making a positive impact in the field of psychology.

WORK HISTORY

Clinical Psychologist, 01/2019 – Current

Khazar University Psychotherapy Clinic – Baku, Azerbaijan

- Collecting information about a patient's medical history, symptoms, and other relevant factors to develop an accurate diagnosis, developing treatment plans for patients with mental health disorders which tailored to the individual needs of each client. Responsible for providing psychotherapy using evidence-based approaches including Cognitive Behavioral Therapy, Schema Therapy, Interpersonal Therapy and Dialectical Behavioral Therapy.
- Collaborating with other healthcare professionals, responsible for maintaining accurate and up-to-date records of patient care. Staying up to date with the latest research in psychology and mental health in order to ensure that patients receive the best possible care based on the most current knowledge and evidence in the field.

Lecturer in Psychology, 02/2018 – Current

Khazar University – Baku, Azerbaijan

- Full-time lecturer and researcher in Psychology Department
- Lecturing in "Clinical Psychology", "Introduction to Psychology", "Human Development", "Health Psychology", "Organizational and Industrial Psychology", "Introduction to Mediation" and "Conflict Theory and Psychology of Mediation"
- Planning, coordinating and moderating international conferences, workshops and seminars on various Psychology topics at Khazar University.

Research Scholar, 01/2022 – 06/2023

University of Arkansas – United States, Arkansas

- Obtained "Fulbright Scholarship" with a "Teaching Clinical Psychology in scientist-practitioner" model research proposal.
- During an academic module, I practiced in a psychological clinic of University of Arkansas, participated in the lecture of doctorate degree in Clinical Psychology program. By the end of the research program, I conducted a new syllabus which illustrated scientist-practitioner knowledge to teach clinical psychology.

Psychology Teacher in International Baccalaureate, 01/2020 – 12/2022

'Dunya' International Baccalaureate School – Baku, Azerbaijan

- Delivered International Baccalaureate (IB) Psychology materials and prepared students for IB exams, including university entrance exams.

Lecturer in Psychology, 09/2021 – 08/2022

Baku State University – Baku, Azerbaijan

- Modernized syllabus, updating with current research, new techniques, and latest findings to improve the relevancy.
- Tutored students struggling with the material, improving understanding and academic performance.

- Taught "Human Development" and "Psychopathology" modules in English.

Lecturer in Psychology, 09/2020 – 08/2021

Western Caspian University – Baku, Azerbaijan

- Organized seminars to share the latest insights with professionals in the field.
- Taught "Psychopathology" and "Clinical Psychology" modules in English.

Research Assistant Intern, 02/2017 – 04/2017

Coventry University, Centre for Technology Enabled Health Research, CTEHR – Coventry

- Selected among graduating students to participate and contribute to all research procedures.
- Contribution consisted of systematic reviews such as identifying relevant articles from Health Psychology Journals and analyzing them in accordance to academic requirements.

Assistant Psychologist, 06/2015 – 08/2015

Bakirkoy Mental and Neurological Diseases Hospital – Turkey, Istanbul

- 40 hours per week of work placement, as an assistant psychologist of Psychiatry Services of the hospital
- I was awarded a certificate due to successfully performing duties like presenting weekly feedback of patients, observing the patient's improvement and demands, carrying out daily consultations with patients, and keeping updated responsible psychiatrists.
- Collected, documented, and reviewed patient medical histories and relayed important factors to supervising clinicians.
- Monitored patients throughout surgical procedures and tests by using devices such as video recorders and EEGs.

EDUCATION

Diploma: Mediation, 11/2021

Netherlands Business Academy - Breda, The Netherlands

- Successfully completion of Mediation course (total study load of 250 hours (9ECTS))
- Received an "International Degree Mediator" diploma with a special distinction for acting as co-assessor which was prepared by the International Mediation Federation and the Netherlands Academy of Business

Master of Science: Health Psychology, 11/2017

Coventry University - Coventry, England

- Modules studied include: "Health Promotion and Behaviour Change", "Bio-psychosocial approaches to Stress, Illness, and Health", "Introduction of Research Informed Practice in Health Psychology", and "Management of long-term conditions and disability."
- Dissertation title: "The effect of perfectionism on Chronic Fatigue Syndrome risk among international students"

Bachelor of Science: Psychology, 05/2016

Khazar University - Baku, Azerbaijan

- Graduated with distinction.
- Elected to vice-president for Student Union of Khazar University in 2014.

ACCOMPLISHMENTS

- Jan'22 – “Using dialectical behaviour therapy to reduce self-harm and suicidality in adolescent and young adult male and female populations” training program by the largest psychiatric hospital of Harvard Medical School, McLean Hospital
- May'22 - "DBT Skills for Pandemic Times and Beyond: Strategies for Clients and Therapists" with Dr. Shireen Rizvi, organized by Association for Behavioural and Cognitive Therapies (ABCT).
- March'22 - "Socratic Dialogue and Collaborative Empiricism: Practical Strategies to Overcome Common Pitfalls organized by Association for Behavioural and Cognitive Therapies (ABCT)" with Dr. Scott Waltman.

- June'21 - TOEFL IBT Certificate with an overall 95 score.
- Nov'20 - International Baccalaureate online workshop in Psychology corresponding to weekly 20 hours of instruction and exam organized by the IB Online Professional Development department.
- Nov'20 - Successfully completed "Emotional Freedom Therapy by the GoE Modern Energy Tapping Foundation" and became the Licensed Trainer and a member of "The Guild of Energists"
- Sep'20 - Participant and translator of the international seminar "Brief Therapy for OCD" by Ben Furman, founder of Helsinki Brief Therapy Institute
- May'18 - Participated in the training program "Behavioral problems among children and their solutions" in Istanbul, Turkey
- May'18 - "Projective tests (TAT, CAT, LOUISA DUSS, BEIER) - teaching and applying" Istanbul, Turkey
- May'18 - Organizing team member and translator of "5th International Psychological Conference in Azerbaijan."
- Sep'18- "Intercultural encounters in academia and workplaces in South Caucasus and Norway" Erasmus+ founded the project in Norway, Oslo. Responsibilities involved: Organizing three different modules and the syllabuses to be taught to first-year MA students, being a lecturer.
- Jan'16 – A month of empirical smoking cessation training by NCSCT with the opportunity to experience face-to-face patient-practitioner relationships, in England.

PRESENTATIONS

- May'22 – the poster titled "The effect of Perfectionism on Chronic Fatigue Syndrome among International Students" has been accepted for presentation at the Association for Psychological Science Annual Convention in Chicago, USA
- Nov'19 - Delivered speech, within multi-directional personal development training, on "Psychological Wellbeing" to 20 winners of an essay contest selected from the regions during winter school in the next round of the 2019 "Hand in hand for Education" project supported by the British Embassy in Azerbaijan and Azerbaijan UK Alumni Association (AUKAA).
- May'19 – delivered speech at the 5th Annual Educational Conference at "ADA" university, Azerbaijan.

AFFILIATIONS



- British Psychological Association - Graduate member
- Association for Psychological Science
- Azerbaijan UK Alumni Association

INTERESTS

- Managing a personal blog designed to increase awareness of mental health issues and mental well-being in society.
- Professional oil painting, meditation, traveling and learning cross-cultural differences.

LANGUAGES

Azerbaijan: Native language

English:	C2	Turkish:	C1
			
Master or proficient		Advanced	

Russian:	A2
	
Elementary	

PUBLICATIONS

"Psychosocial determinants of self-care behaviour in outpatients with heart failure: A test of Pander's health promotion model" - Iranian Red Crescent Medical (IRCMJ)

<http://ircmj.org/index.php/IRCMJ/article/view/141>