



Hajar

Yadegari

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Beaverton, Or. 97007

Languages:

English: Advance

Persian: Native (Bilingual)

Website, Social media

- www.raahyar.com
- www.instagram.com/raahyar
- www.instagram.com/hajar_yadegari

Summery

I am a Passionate and Compassionate Counselor committed to helping clients work toward healing and self-sufficiency while emphasizing personal strengths. Honest and disciplined professional comprehensive experience in residential and outpatient care. Impeccable communicator possessing ethical decision-making abilities. I focused on helping patients overcome personal obstacles. Diligent and resourceful professional with 20 years of hands-on experience diagnosing issues and cultivating personalized treatment plans. Comfortable working either autonomously or in team-based setting to resolve issues.

Skills

- Behavioral monitoring
- Mental health support
- Solution-focused Counseling
- Therapy
- Adolescence Counseling
- Adolescence Development
- Personal Development
- Work with computer/internet: PowerPoint, word, photoshop...

Experience

- Counselor in Iran for 20 years
- Group therapy (Iran)
- Data analyzing by SPSS
- Professor assistant in the university
- Writing books.
- Blogging in social media
- Life coach: Provided individualized lifestyle coaching services to clients in order to help them reach their goals and objectives.

Education and training

- MS in Counseling Sep 2006
- Bachelor in educational management and planning Sep 1996
- Certificate for individual therapy by CBT
- Data entering and analyzing by SPSS software

Teaching Experience

- Yazd University, Yazd, Iran, General psychology, Assessment and measurement in psychology and educational science, 2006, 2007
- Payame Noor University of Golpaygan, Golpaygan, Iran, Computer application in analysis and statistics for teachers of university, 2010
- Alzahra University of Tehran, Tehran, Iran, Statistical analyzes in psychology research, Computer application in analysis and statistics, 2012
- Khatam University Of Tehran, Tehran, Iran, Computer application in analysis and statistics, 2011, 2012
- Payame Noor University in Tehran, Tehran, Iran, General Psychology of Hilgard
- Payame Noor University in Robaat karim, Robaat karim, Iran, General Psychology of Hilgard

Awards:

- National exemplary student 2005 National exemplary researcher 2005
- University exemplary student 2004 University exemplary student 2002

Publications

- The study on the relationship between locus of control and forgiveness with job satisfaction among al-Zahra university personnel. 2007.
- The magazine of Psychological studies. Faculty of education and psychology. Al-Zahra University. Vol 2, No. 3 & 4. Autumn2006& winter 2007. pp93- 107
- The study on the relationship between forgiveness and life satisfaction in married women of Tehran universities.
- The magazine of women studies. No. 3. 109-122. 2007 The scientist Attitude of a group of female graduate students in Iran: Evaluation of master's theses across time. New thought on education. Vol 2. No. 2 &3. 2006.
- Role of the quality of parent-child relationship and parents'marital satisfaction in the prediction of children's marital satisfaction. International journal of psychology and behavioral research. Special issue vol 1(2) February 2014 (مقاله اصل)
- An introduction of a new therapeutic method: Forgiveness and mental health. 2nd Asian psychotherapy congress(APC)psychotherapy in East (29 Sep -1Oct 2004)
- The significance of Career needs assessment and counseling for talented women. Women's worlds 2005-9th international interdisciplinary congress on women, Seoul, Korea(2005)
- Forgiveness and its relationship with life satisfaction between married men and women in Iran. Women's worlds 2005-9th international interdisciplinary congress on women, Seoul, Korea(2005)
- Loneliness and marriage satisfaction in employee and no employee women in Iran. The Changing world of work, North-west university, Yunibesiti ya bokone- Bophirima(2005)
- Forgiveness and marriage satisfaction in Iran. The Changing world of work, North-west university, Yunibesiti ya bokoneBophirima(2005)
- The impact of an educational workshop on teacher's information. International journal of psychology and behavioral research. Special issue vol 1(2) February 2014 (مقاله اصل)
- The Case study by the method of Virginia Satir. 25th congress of counseling association.
- The study of depression and sexual behavioral in university students. 2nd national congress of Iranian psychological association
- The study of sexual behavior and sexual stereotype in married university students. 2nd National Congress on Family and Sexual Problems The study of the relationship between attachment with God and stress coping styles in male teenagers. International Conference on Humanities, Psychology and Social Sciences

References

- Dr. Mansoor Ali. Hameedv. scientistics@gmail.com

Hobbies and Interests:

- Writing and researching
- Teaching directly or online
- Study around my major
- Traveling
- Work with computer
- Learning new fields