



Rasoul Heshmati was born in Meshkin Shahr, Iran, in 1984. He was a gifted and top student at all elementary, middle and high school levels. He received the B.S. degree in Psychology from the Mohaghegh Ardabili University, and the M.S. degree in Clinical Psychology from the University of Tehran, in 2003 and 2009, respectively, graduating with first class honors. He received the Ph.D. degree in Clinical Health Psychology from the Department of Psychology, University of Tehran, in 2013. Prof. Heshmati was a top-ranking candidate in the nation-wide graduate and postgraduate entrance exam.

In 2013, he joined the Faculty of Education and Psychology, University of Tabriz. He was an Assistant Professor from 2013 to 2019, and has been Associate Professor since 2019. He is the author and co-author of three books on mindfulness and psychodynamic therapy and more than 120 journal and conference papers. He has been the supervisor and advisor of more than 50 Ph.D. and Master students. According to Google Scholar, he has a Hirsch factor of $H=10$. His current research interests include the mindfulness, emotional regulation, brain and emotion, emotional aspects of psychosomatic disorders, and psychodynamic therapy.

Prof. Heshmati has been trained in mindfulness and psychodynamic psychotherapy since 2008 and has been a psychotherapist at more than 12 clinics in Tehran and Tabriz, Iran. He is currently the head of the Rouyeshe Mehr Psychotherapy Clinic in Tabriz and is the clinical supervisor of Mindfulness Based Interventions (MBI) and psychodynamic therapy for psychiatry, psychology and counseling students. He has held more than 80

workshops on these interventions throughout the country in several Universities.

Prof. Heshmati was the recipient of the Best Researcher Award of Education and Psychology Faculty from the University of Tabriz in 2019. He has been on the Editorial Board of the Journal of Clinical Psychology and Cognitive Science, Journal of Educational, Health and Community Psychology and Journal of Etiological Diagnosis since 2015. He is also currently reviewer of several journals such as Journal of Research in Behavioural Sciences, Research and Development in Medical Education, Iranian Journal of Psychiatry & Clinical Psychology and etc. In addition, Prof. Heshmati has been the Scientific Committee member in several conferences organized in the field of psychology.

He is the head of the scientific associations of the Faculty of Educational Sciences and Psychology from 2014 to 2020. He is also a member of Iranian society of clinical psychology, Iranian society of health psychology and Psychology and counselling organization I.R. Iran.