

# Mirsadig Mukhtarov

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## ABOUT ME

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Psychologist with a strong passion for utilizing active listening, patience, and effective communication skills, combined with scientific knowledge, to explore human behavior and cognition. Recognized for being solution-oriented, self-aware, and eager to learn. Enthusiastic about astronomy and art, studying cross-cultural differences, and avidly reading philosophical, classical, and personal development literature. Graduated with distinction and gained practical experience as a research assistant. Accumulated valuable hands-on experience conducting psychotherapy sessions with adults.

## WORK EXPERIENCE

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### Department Assistant of Psychology/ Psychologist at "Khazar Psychology Counselling Center"

*Khazar University* [01/10/2023 – Current]

**City:** Baku

**Country:** Azerbaijan

Responsibilities:

- Conducting psychological consultations with university students
- Compilation, analysis, and presentation of department assignments, documents, and reports
- Organization of various projects, seminars, and conferences
- Conducting research on various topics at the university
- Preparation and delivery of exam papers
- Supervision of all faculty exams and organization of the examination process
- Coordination and quality control of departmental classes
- Organization of interactions with teachers and students

### "Mentorship in a project funded by the International Visegrad Fund through the 'Visegrad Grants'."

[25 August 2024 – Current]

Responsibilities:

- Organizing and coordinating psychological support for students and project participants.
- Conducting awareness activities and providing comprehensive answers to inquiries related to psychology.

<https://khazar.org/az/news/7585>

<https://www.digiuth.com/mentors/235-mirsadiq-muxtarov>

## EDUCATION AND TRAINING

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### 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.

**Dean's Honor Certificate** [15/09/2019 – 09/07/2023] - Over the course of my studies, I successfully completed all eight semesters with honors and was recognized with the “Dean's Honor Certificate” for my outstanding academic performance.

### **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**

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*Each training has an official certificate.*

**"Education Management and Teacher Training" International Scientific Symposium**

[Khazar University/ Azerbaijan, 06/06/2024]

**Application of Psychotherapeutic Techniques in Art Therapy**

[Khazar University/ Azerbaijan, 17/05/2024]

**Dance And Movement Therapy**

[Khazar University/ Azerbaijan, 03/05/2024]

**Psychology Seminar**

[Association of Entrepreneurial Psychologists/ Psychology Seminar (Turkey), 14/11/2023- 19/12/2023]

14.11.2023 – Anger management techniques for kids

15.11.2023 – Clinical Applications of Psychopharmacology Therapy

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

28.11.2023 – The Psychology of Addiction: Insights into Behavioral and Cognitive Patterns

05.12. 2023 – Applying Cognitive Behavioral Therapy in the Treatment of Post-Traumatic Stress Disorder

12.12.2023 - Designing and Implementing Homework Assignments in Cognitive Behavioral Therapy/  
Practical Approaches

19.12.2023 – Clinical and Legal Perspectives in Forensic Psychology

### **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

28.09.2023 - The effectiveness of schema therapy in treating psychopathology

29.09.2023 – Schema therapy for Schizoid Personality Disorder

02.10.2023 – Schema therapy for Narcissistic Personality Disorder

04.10.2023 – Schema therapy techniques for psychopathology

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), 06/09/2023- 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**

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**Researcher [03.05.2022 – current]**

- 1. Examining the Psychometric Properties of the Adolescent Students' Basic Psychological Needs at School Scale for the Azerbaijani Sample - DOI: <https://doi.org/10.11114/jets.v12i2.6545>**
- 2. University Adjustment Scale for the Azerbaijani Sample [10.02.2024 – in progress]**

## **VOLUNTEERING**

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### **Azerbaijan VII International Psychology Conference**

[21-22 April 2023/ Khazar University]

Responsible for welcoming and assisting guests at the conference, ensuring a smooth and positive experience for all attendees. Coordinated registration and provided on-site support, including guiding guests to sessions and addressing inquiries.

## **ORGANISATIONS**

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### **1. "Film Analysis" Day**

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

### **2. Psychology Department Representative at Baku Higher Oil School**

[30 November 2023/ Khazar University] – **Organisator**, <https://khazar.org/en/news/7023>

### **3. Creative Psychology Symposium**

[15-16 December 2023/ Khazar University] - **Organisator**, <https://khazar.org/az/news/7046>

### **4. Azerbaijan 8th International Psychology Conference**

[26-27 April 2024/ Khazar University] - **Organisator**, <https://khazar.org/en/news/7326>

### **5. A seminar on "Modern Approaches to Schizophrenia"**

[8 September 2024/ Khazar University] - **Speaker**, <https://khazar.org/az/news/7581>

### **6. "A Biopsychosocial Approach to Substance Addiction" seminar**

[15 October 2024/ Khazar University] - **Speaker**, <https://khazar.org/az/news/7621>

## **DIGITAL SKILLS**

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SPSS (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**

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**Mother tongue(s):**  
**Azerbaijani**

**Other language(s):**

**English**

**LISTENING B2 READING B2 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**

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- ❖ **Decision-Making**
- ❖ **Problem-Solving**
- ❖ **Friendliness and Empathy**
- ❖ **Teamwork**
- ❖ **Effective Verbal & Nonverbal Communication**
- ❖ **Conflict Management**
- ❖ **Time Management**
- ❖ **Organization**
- ❖ **Collaboration**
- ❖ **Creativity**
- ❖ **Emotional Intelligence**
- ❖ **Giving & Accepting Constructive Feedback**