

Leila Nourian, M.A.

Clinical Psychologist & Mental Health Researcher

Phone: +98 912-438-4291 | Email: leilanourian@gmail.com

LinkedIn: linkedin.com/in/leilanourian | Website: <https://research-proposal.ir>

Tehran, Iran

1) *Objective*

Dedicated clinical psychologist with expertise in culturally adaptive interventions, resilience frameworks, and trauma-informed care. Seeking to join the Ph.D. program in Clinical Psychology at Université Libre de Bruxelles, collaborating with global scholars to further research in cross-cultural mental health.

2) *Education*

Master of Arts in Clinical Psychology

University of Tehran – Tehran, Iran

Graduated: 2010

- **GPA:** 3.85/4.0
- **Thesis:** "Evaluating Anxiety Reduction through Culturally Adapted CBT Among University Students in Iran"
- **Focus Areas:** Cognitive Behavioral Therapy (CBT), trauma recovery, resilience-building

Bachelor of Science in Psychology

Shahid Beheshti University – Tehran, Iran

Graduated: 2007

- **GPA:** 3.76/4.0

3) *Professional Experience*

a) *Clinical Psychologist*

Tehran Mental Health Institute – Tehran, Iran

2015–Present

- Developed a CBT model specifically adapted for trauma recovery in Iranian populations.
- Initiated a telehealth program for remote and underserved regions, connecting over 3,000 patients to mental health services.
- Conducted individual and group therapy sessions, applying cultural sensitivities in assessment and intervention.

b) *Mental Health Researcher*

Iranian Institute of Psychiatry – Tehran, Iran 2012–2015

- Directed research on urbanization and mental health in collaboration with Dr. Reza Mohammadi, University of Tehran.
- Conducted a joint resilience study with Dr. Miriam Saboori from the University of Social Welfare and Rehabilitation Sciences in Tehran, focused on trauma care in community settings.
- Trained therapists in culturally responsive care, creating a program that integrates local beliefs and values in therapeutic settings.

c) *Clinical Psychologist (Internship)*

Shiraz University Hospital, Department of Psychiatry – Shiraz, Iran 2010–2012

- Provided counseling sessions for anxiety and trauma disorders, with supervision from Dr. Ali Rafati, Clinical Psychologist.
- Participated in interdisciplinary case reviews, contributing to culturally adapted protocols for trauma recovery.

4) *Research & Publications*

- Nourian, L., & Amirnejad, S. (2022). "The Role of Social Support in Building Resilience Among Trauma Survivors in Iran." *Middle Eastern Journal of Psychology*.
- Nourian, L. (2019). "Culturally Responsive CBT: Practical Applications in Mental Health Telehealth Services." **International Conference on Telemedicine and Mental Health**, Istanbul, Turkey.
- Nourian, L., & Mohammadi, R. (2018). "Mental Health and Urbanization: Psychological Well-being in Tehran." *Iranian Journal of Psychiatry and Clinical Psychology*.
- Nourian, L. (2018). "Mental Health and Migration: Culturally Adapted Therapies in Clinical Psychology." **Middle East Psychology Symposium**, Amman, Jordan.
- Nourian, L. (2017). "Telehealth in Post-Trauma Therapy: Opportunities and Challenges." **Global Mental Health Conference**, Istanbul, Turkey.
- Nourian, L. (2016). "Resilience and Mental Health: A Framework for the Middle East." **International Trauma and Resilience Forum**, Dubai, UAE.
- Nourian, L. (2015). "Understanding Mental Health Needs in Refugee Populations." **Annual Conference on Refugee Mental Health**, Berlin, Germany.

5) *Skills*

a) *Clinical & Therapeutic Skills*

- CBT, trauma-informed care, resilience frameworks, cross-cultural psychology, group therapy facilitation

b) *Research & Analysis*

- SPSS, R, NVivo for qualitative analysis, longitudinal studies, data analysis

c) *Software & Technical Skills*

- **Statistical Analysis:** SPSS, R, AMOS
- **Qualitative Analysis:** NVivo
- **Data Visualization & Reporting:** Microsoft Excel, Tableau
- **Telehealth Platforms:** Remote patient management and telehealth system setup

d) *Languages*

- **Farsi (Persian):** Native
- **English:** Proficient (IELTS Academic Overall Band Score: 7.5)
 - Speaking: 7.5
 - Writing: 7.0
 - Listening: 8.0
 - Reading: 7.5

6) *Professional Development*

- **Certificate in Telehealth Implementation for Mental Health Services**
Iranian Association of Telemedicine – Tehran, Iran, 2021
- **Advanced CBT Certification**
Iranian Association of Cognitive Behavioral Therapy – Tehran, Iran, 2018
- **Resilience Training in Trauma Care**
International Federation of Mental Health – Amman, Jordan, 2016

7) *Conference Presentations*

- "Telehealth Solutions in Mental Health for Remote Iranian Communities" – **International Mental Health & Technology Conference, 2020**
- "Trauma-informed Therapy: Techniques for Building Resilience in Post-Conflict Populations" – **Middle East Psychology Symposium, 2019**
- "Urbanization and Mental Health in the Middle East: A Population Study" – **World Conference on Population Health, 2018**
- "CBT Adaptations for Middle Eastern Populations: Best Practices" – **Annual Meeting of Clinical Psychologists, 2017**

8) *Professional Affiliations*

- **Iranian Psychological Association** – Member, 2015–Present
- **Middle Eastern Society for Trauma Recovery** – Member, 2018–Present
- **International Association of Cognitive Behavioral Therapy** – Member, 2020–Present

9) *Volunteer Experience*

a) *Mental Health Volunteer*

Mental Health for Refugees Organization – Tehran, Iran
2017–2020

- Provided mental health services to Afghan refugees in Tehran, with trauma support adapted to local cultural sensitivities.
- Conducted workshops on mental health awareness and self-care, assisting over 500 refugees with basic mental health strategies.

b) Resilience and Trauma Support Volunteer

Iranian Red Crescent Society – Ahvaz, Iran
2016–2017

- Assisted in developing community support systems for post-flood trauma victims, working closely with local health officials to ensure culturally appropriate responses.
- Trained volunteers on mental health basics, creating a framework for continued support.

c) Volunteer Research Assistant

University of Tehran, Department of Psychology – Tehran, Iran
2013–2015

- Supported Dr. Reza Mohammadi’s research on resilience factors among Iranian youth, focusing on stress adaptation and coping mechanisms.
- Contributed to data collection and analysis, utilizing NVivo for qualitative analysis and SPSS for quantitative research.

d) Community Mental Health Educator

Women’s Health Empowerment Program – Qom, Iran
2012–2014

- Organized mental health workshops on self-care, depression management, and trauma recovery for over 200 women in rural Qom.
- Collaborated with local clinics to offer follow-up support and created resource materials tailored to the cultural context.