

## Contact

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www.linkedin.com/in/ashkan-anbarzadeh (LinkedIn)  
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## Top Skills

Psychotherapy  
Ego State Therapy  
Hypnosis

## Languages

English (Full Professional)  
Farsi (Native or Bilingual)  
German (Limited Working)

## Certifications

EMDR Level I  
Body Psychotherapy I  
Certificate in Working with Trauma  
Ego State Therapy with DID  
Dissociative Identity Disorder  
Attachment and mentalization:  
Introductory course

## Honors-Awards

STUDENT MEMBERSHIP in the ISH  
for the year 2022

# Ashkan Anbarzadeh

Master's Clinical Psychology / Trainee Psychotherapist  
Mashhad, Razavi Khorasan, Iran

## Summary

I am currently pursuing an MA in Clinical Psychology at Ferdowsi University of Mashhad. My training includes Clinical Hypnosis, Ego State Therapy (EST), and Transactional Analysis-Psychotherapy. I have experience assisting Dr. Woltemade Hartman in EST training and translating psychotherapy workshops from English to Persian for Onlineevents.co.

In addition to my academic and professional activities, I organize workshops in Iran focused on trauma and Transactional Analysis. I am particularly interested in cross-cultural perspectives in psychotherapy, working to adapt and deliver psychological concepts in ways that resonate with diverse cultural contexts.

I am open to collaborations, teaching opportunities, and roles that align with my skills and interests in cross-cultural psychology and psychotherapy.

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## Experience

### WOTAA

3 years 11 months

#### Organizer and Interpreter

April 2024 - Present (10 months)

Online

I'm Organizing a TA program with Julie Hay for Iranians. Topics and dates are listed below:

16/5/2024 - Change and Development

13/6/2024- Reflection and Supervision

11/7/2024 -Contracting

8/8/2024 -Autonomy

12/9/2024-Scripts

24/10/2024 -Childhood Influences (& Drivers)

21/11/2024 -Ego States

19/12/2024 -Transactions (& Strokes)  
16/1/2025 -Time Structuring (& Games)  
20/2/2025 -Groups, Families, Teams (& Imagoes)  
20/3/2025 Organisations  
17/4/2025 Leadership & Power

Group Facilitator- TA in Iran  
March 2021 - Present (3 years 11 months)

Online

Since the beginning of the year 1400 in the Persian calendar (March 2021), this group has been managed by Ashkan Anbarzadeh and accompanied by a number of students interested in the transactional analysis approach. The initial main goals of the group included the following, and over time, members have been divided into specific subgroups:

1. Attending general and specialized transactional analysis courses, if possible, with official instructors in areas of interest for each member, including psychotherapy, counseling, educational and training, coaching/organizational, etc., along with watching free and accessible webinars (including YouTube channels of official institutions).
2. Conducting research related to transactional analysis, becoming familiar with specialized research journals on transactional analysis, and learning about existing research tools.
3. Studying and translating articles published in journals (either fully or in summary) and creating content with precise references/summaries of articles on the Taresearch website. This effort was initially started by Ashkan Anbarzadeh, and over time, group members began translating previous issues of the journal.
4. Studying and translating general and specialized books on transactional analysis.
5. Establishing connections with the community of learners and instructors of transactional analysis worldwide online.
6. Creating empathy and "Ok-Ok" relationships.

Specialized Polyclinic of Psychological and Counseling Services  
Ferdowsi University of Mashhad  
Psychotherapy Internship  
October 2023 - Present (1 year 4 months)  
Maschhad, Razavi-Chorasan, Iran

Providing Psychotherapy sessions Online and In person. My Specialization is to work with Relationship Problems, Chronic Anxiety and Trauma.

My approach to Psychotherapy is a combination of what I have learned from Relational and Integrative TA (Transactional Analysis), Ericksonian Psychotherapy and Ego State Therapy.

I also practice to learn Emotion Focused Couple Therapy based on Sue Johnson's principles with Supervision of my professor Dr. Shahrbanoo Aali.

International Expressive Arts Therapy Association- IEATA  
Interpreter  
October 2023 - Present (1 year 4 months)  
Online

PHILOSOPHY AND THEORY

BEHIND THE EXPRESSIVE ARTS THERAPY PRACTICE- OCTOBER-6 2023

Celebration of the Healing Art- November 23- 2023

Connecting in a world of disconnection

Ego states, Expressive arts and Somatic experiencing Workshop-May2024-by  
Elzette Fritz

Sorush-e-mehr Clinic, Mashhad  
Psychologist  
October 2023 - Present (1 year 4 months)  
Mashhad, Razavi Khorasan, Iran

Iranian Institute of Psychology and Mental Training  
2 years 7 months

Ego State Therapy Iran  
August 2023 - Present (1 year 6 months)

Dr. Enayatollah Shahidi and I started establishing Ego State Therapy Iran by organizing the first level of EST training with Dr. Woltemade Hartman. We have organized all the levels in the coming year to build the first group of Ego State Therapists in Iran. We have made a few interviews and free Seminars available on Youtube to introduce the approach. These videos are available on my youtube channel : @ashkananbarzadeh

Interpreter- Workshop facilitator  
July 2022 - Present (2 years 7 months)  
Tehran, Iran

I work as an interpreter of international workshops. I also help in organizing and facilitating international official trainings for Persian-speakers.

We have run these workshops so far:

EMDR training level 1 with Isabel Fernandez- EMDR Europe

TA101 with Julie Hay - World Online Transactional Analysis Association

EMDR Supervisions - Case Consultation Groups

EMDR Level I - 2024

EMDR level II- October 2024

Ego State Therapy International  
Training Assistant

March 2022 - Present (2 years 11 months)

I assist Dr. Woltemade Hartman in EST trainings online and on-site.

Workshops I have assisted so far:

EST 1 29-30-31 March 2022

EST 1 6-7-8 May 2022

EST 2 25-26-27 May 2022

EST 3 4-6 August 2022

EST 4 7-9 August 2022

EST 2 20-21 August 2022

EST 3 22-24 October 2022

EST 6 28-30 November 2022

EST 3 15-19 July 2023

Body Trance 2 28-30 July 2023

EMI 2 4-6 August 2023

EST 5-6 6-11 September 2023

Online events

Translator

March 2021 - Present (3 years 11 months)

Strengthening Adult Function - Anca Tiurean"22March2021

Relational Methods in TA Psychotherapy & Counselling - Richard Erskine  
PhD."23rdMar2021

Family Constellation: Understanding Family System Structure & Dynamics -  
Alex Piotrowska"29thMar2021

Pluralism, Potency, Pandemic and Pandemonium - Andy Williams TSTA  
(P)"30thMar2021

Changing Your Stress Response Using Nutritional Therapy - Dawn Waldron  
 From Burnout to Self-Compassion - Nicole Lenner  
 Mix & Unmix - The Dance between Autonomy & Homonomy  
 Working with Co-dependency in Psychotherapeutic Practice - Rachel Hopping  
 To Plan or Not to Plan: A Neuroscience Approach to Treatment Planning - David Gibson  
 The Responsiveness Ladder: A Practical Tool for Handling Communication Failures - Matthew Elton  
 View from the NHS Frontline through The Window of Tolerance - Jude Goddard  
 Mediation and Dialogue: Sitting with the Enemy, You Don't Want to Meet with Eleonore Linds  
 Depressive Self - Ganna Golovan  
 Expecto Psychologum! Harry Potter Characters in Psychotherapeutic Work - Dubravka Pešorda  
 Sex, Heart and Attachment as a Relationship Creating Framework" , 30th June  
 Working Safely with Your Clients Inner Child - Frances Townsend" , 5th July  
 Developing Autonomy and Resilience - EATA Conference 16th & 17th July  
 The Drama Triangle in therapy room- Matthew Elton - Jan 10th  
 Working with Suicidal Clients- Mark Widdowson - 22nd March  
 Emergency Summit Contributing to Global Peace & Justice - 26 March  
 The Drama Triangle II: Exploring New Angles - Matthew Elton- 16th May  
 Early Affect confusion - Richard Erskine  
 Working Relationally with (Complex) PTSD - Lesley van den Eijnden" 15th Nov  
 Using TA to Work with Anxiety - Ganna Golovan", 28th Nov  
 From Fragmentation to Integration: Relational TA for CPTSD Workshop with Lesley van den Eijnden" 6th Feb  
 Ego States and Parts Work for Trauma Workshop with Dr. Mark Widdowson 20th March  
 The Art and Science of Relationship: Practice of Integrative Psychotherapy with Richard Erskine" 12th Dec

### Asian Society of Hypnosis

#### Workshop Assistant and Interpreter

March 2021 - Present (3 years 11 months)

I've interpreted these workshops:

Becoming Whole and Healthy again: Resource activation with Hypnosis, Yoga, body- and breathwork- Dr Woltemade Hartman and Afshin Amirsadri  
 Healing the inner child: The use of hypnosis in traumatic childhood experiences-Dr Arnoldo Téllez

Quantum Physics & Hypnosis-Dr. Gary Bruno Schmid

OUT-OF-BODY EXPERIENCES- Dr Enrico Facco

How to cool down dysfunctional emotions– with KIKOS® - an systemic approach-

Claudia A. Reinicke

THE HEALING DREAM, The Therapeutic Use of Dreams in Hypnotherapy- Dr Giuseppe De Benedittis

Hypnosis for Chronic Pain Management-Mark P. Jensen, Ph.D.

Trauma Management using EMDR. Enayat Shahidi, Antonio Onofri

Approaches in managing anxiety and psychological trauma- Susanne Leutner

Double bind Technique- Dr Mike Gow

Empowerment techniques for therapist and client - Kris Klajs

WORKING WITH THE INVISIBLE ; Recognizing and using minimal cues in the hypnotic diagnosis and treatment- Camillo Lorio

Treating Depression with Hypnosis- Dr Michael Yapko

Ego Strengthening- Dr. Woltemade Hartman

Stress Reduction with hypnotic techniques- Dr. Claudia Reinicke

Cognitive Behavioral Hypnotherapy- Dr. Gopinath

Universal principles in Ericksonian Hypnosis- Dr. Teresa Rubles

### Self-employed

Self Awareness and Relationship skills with TA

June 2021 - Present (3 years 8 months)

Iran

I teach TA concepts to help people gain more understanding of themselves and their relationships.

### Self-employed

English Learning Facilitator

December 2022 - October 2023 (11 months)

online

I've made some English free discussion groups for people who are looking for a space to improve their speaking skill.(Online-Google Meet)

Some of us are practicing to prepare for an exam, some of us might be preparing to do lectures in English and some of us might be only practicing because we like the language-learning process.

In any case, our topics may be related to psychology in most cases as I am expecting to have some students of psychology in the group- some people who have already asked me to do this. However; there's no requirement to be able to join. Anyone to speak English can join.

I will have 2 groups of a maximum of 8 to 10 people, 1 session per week and each session will be 2 hours.

Scientific Association of Psychology, Ferdowsi University of  
Mashhad

Workshop Facilitator

February 2023 - May 2023 (4 months)

Mashhad, Razavi Khorasan, Iran

I am teaching TA as a tool for raising self-awareness -for developmental purposes- as well as introducing learning resources about both developmental and therapeutic purposes to students of psychology and related fields.

Theater: 24 Azar (15 December)

Guitarist and Performer

March 2022 - March 2022 (1 month)

Mashhad, Khorasan, Iran

A personal narrative of a universal story

Ferdowsi University of Mashhad

Teaching Transactional Analysis Theory

March 2021 - June 2021 (4 months)

I've done 25 hours of interactive webinars with students of psychology at Ferdowsi university of Mashhad

ITAA- International Transactional Analysis Association

Workshop Interpretation, First online ITAA workshop

May 2021 - May 2021 (1 month)

Ferdowsi University of Mashhad

1 year 6 months

Deputy Secretary of Ferdowsi University Scientific Psychology  
Association

March 2019 - August 2020 (1 year 6 months)

Mashhad County, Razavi Khorasan Province, Iran

Deputy Secretary of Ferdowsi University Scientific Psychology  
Association

September 2019 - May 2020 (9 months)

Hosting workshops, Scientific Journal clubs, Psychological movie analysis, etc.

Asian society of Hypnosis

## Executive/ Workshop Interpretor- First Asian International Congress of Hypnosis

October 2019 - October 2019 (1 month)

Mashhad County, Razavi Khorasan Province, Iran

I was a member of executive team, workshop assistant and interpreter.

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## Education

### Ferdowsi University of Mashhad

Master's degree, Clinical Psychology · (September 2022 - September 2024)

### Psychological Intelligence Foundation CIC

TA Psychotherapy Advanced diploma, Psychotherapy · (2020 - 2023)

### Ferdowsi University of Mashhad

Bachelor's degree, Psychology · (2018 - 2022)

### High School

High School Diploma, Biology/Biological Sciences, General · (2013 - 2017)