



Curriculum Vitae

Name: Parisa Soleimani Roudi

Email: paris.soleimani65@gmail.com

Phone: +98 993 992 4313

Location: Isfahan, Iran

Professional Summary

Clinical psychologist and researcher specializing in trauma, complex grief, suicide and suicide bereavement. Experienced in working with **interpersonal difficulties and relational distress** associated with trauma and loss. Integrates evidence-based and trauma-informed approaches including **CBT, CBT-SP, TF-CBT, CT-R, Unified Protocol (UP)** and mindfulness-based interventions.

Applies innovative trauma-focused methods including **Trauma-Informed Guilt Reduction Therapy (TrIGR), Body Mapping, Narrative Therapy**, and expressive writing.

Focuses on **culturally sensitive interventions**, psychosocial healing, and empowerment among women affected by trauma and loss.

Clinical Supervisor (Level B) and Head of Crisis Intervention Department, Ebraz Psychological Clinic.

On-call psychologist for acute crisis and high-risk presentations.

Education

M.A. in Clinical Psychology (2020–2023) — University of Isfahan, Iran

Thesis: Effectiveness of Trauma-Informed Guilt Reduction Therapy on Guilt, Shame, and Psychological Distress in Women Bereaved by Suicide

Supervisor: Dr. Ali Mehrabi | Advisor: Dr. Azam Naghavi

Research Interests

- Trauma-informed grief therapy
 - Suicide bereavement and post-traumatic guilt/shame
 - Mindfulness and emotion regulation in trauma recovery
 - Body-based and narrative therapeutic approaches
 - Cultural considerations in psychotherapy
-

Academic & Clinical Experience

- Lecturer, “Applied Therapeutic Methods,” University of Isfahan (3 semesters)
 - CBT Therapist — **Ebraz Psychological Clinic**, Isfahan
 - Clinical Intern — University of Isfahan Counseling Center
 - **Head of Crisis Intervention Department**, Ebraz Psychological Clinic
 - **Clinical Supervisor (Level B)**, Ebraz Psychological Clinic
 - Completed **400 hours of supervised psychotherapy**
 - Completed **300 hours of professional clinical training and workshops**
-

Group Therapy & Workshop Facilitation

- Facilitator of the workshop: “**Grief in Children: Understanding, Support, and Intervention**” (2024)
 - Group therapist for **two trauma-grief therapy groups** for employees affected by sudden colleague loss in industrial workplaces
 - Focus: emotional regulation, narrative reconstruction, collective processing
 - Designed and implemented a **mindfulness-based and emotion regulation group protocol** for traumatic workplace grief
-

Specialized Training

- One-year program in Cognitive Behavioral Therapy (CBT)
- **Assessment, Diagnosis and Treatment of Complex Trauma** — International training with Harvard-affiliated faculty — Ensan psychoanalytic group
- Intensive Crisis Intervention Training — Iranian Psychological Association
- International Trauma Congress — State Welfare Organization
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders**
- Mindfulness-based psychotherapy approaches
- Interpersonal intervention training (Schema Therapy + ACT integration)

International Experience

- **Speaker**, *International Event: “Mind-Body Trauma Care — New Research”*, a collaborative webinar between the **University of Isfahan** and the **Mind-Body Trauma Care Lab, University of Minnesota Duluth** (2025).
- **Exchange Student**, Philipps University of Marburg, Germany
 - *Individual vs. Collective Mindfulness* (6 ECTS)
 - *German Language Course A1.1* (4 ECTS)
- **Psychological First Aid** — Johns Hopkins University / Coursera

Publications & Presentations

- Soleimani Roudi, P., Mehrabi, A., & Naghavi, A. (2024). *Trauma-Informed Guilt Reduction Therapy: Cultural and Religious Considerations for Women Bereaved by Suicide*. **Under final review (Q2 Journal)**.
- Oral presentation — 9th Iranian Psychological Association Congress (*presented in Persian*)
- Poster presentation — 3rd International Conference on Psychology Research and Innovation (*presented in Persian*)

Ongoing Research Projects

- Effectiveness of TrIGR in suicide bereavement
- Body Mapping as an arts-based therapeutic intervention
- Psychometric validation of **TRGI** and **TRSI** (Persian versions)
- Understanding suicidality through PTSD and depression symptoms: The mediating role of guilt and shame
- Translation of *Lies Your Psychologist Told You* (submitted to publisher)

Prior Academic Background (Summary)

PhD in Poultry Nutrition, Former researcher and lecturer in Animal Science, Ferdowsi University of Mashhad (2010–2018).

Published multiple ISI-indexed research papers in biological and nutritional sciences.

Languages

- Persian — Native
- English — Fluent
- German — Basic (A1.1, Philipps University of Marburg)