

Curriculum Vitae

September 2021

Hamid Reza Toufighi Zahed, Psychiatrist

Hamidrezatoufighi@gmail.com

www.drtooufighi.com



Academic achievements:

- **Diploma: Ali-ebn-e-Abitaleb high school, Rafsanjan, Iran, 2002.**
- **MD: Tehran university of medical sciences, Tehran, Iran, 2011.**
- **“Agonist Maintenance Therapy” certificate from the Iranian National Center of Addiction Studies (INCAS), 2011.**
- **Psychiatry Speciality: Tehran university of medical sciences (Roozbeh hospital), Tehran, Iran, 2018.**
- **Psychiatry board certification from the board committee of the Iran ministry of health, 2018.**
- **Reviewer editor of the “Iranian Journal of Psychiatry”, 2016-2021.**
- **Panel manager at the 9th “International Congress of Addiction Sciences” (ASC 2015).**
- **Panel manager at the 10th “International Congress of Addiction Sciences” (ASC 2016).**
- **Panel member at the “Basic and Clinical Neuroscience” (BCNC 2016).**

Training and experiences:

- **Teacher assistant for “Critical Thinking” course for the students of Tehran university of medical sciences, 2011.**
- **Working as a GP in “Substance Abuse Treatment” centers, Tehran, 2011-2014.**
- **Executive committee member of the 1st “Iranian Psychoanalysis and Psychodynamic Psychiatry Congress”, 2014.**
- **Executive committee member of the 2nd “Iranian Psychoanalysis and Psychodynamic Psychiatry Congress”, 2016.**
- **Psychiatry Consultant for the movie: “My brother, Khosrow”, Ehsan Biglari, 2015, which is about Bipolar Disorder and its consequences among a family.**
- **Manager of the “Psychiatry Online Lectures” (POL) project, 2016-2018, an extra-curricular series of sessions among Iranian psychiatry residents and other psychiatrists all over the world (in English).**
- **Manager of the mental health branch of “Khoobshim”, a community-based project to promote public health using media, 2016-2018, which led to designation and production of about 20 short video clips about mental health issues.**
- **Participation in the development of the second edition of “media suicide reporting guideline”, the suicide prevention committee of the Iranian Psychiatry Association, 2017.**
- **Teaching “Life Skills” for the students of Tehran university of medical sciences, 2017-2018.**
- **Psychiatry outpatient experience in the center of counselling and students’ mental health, Tehran university of medical sciences, 2017-2018.**
- **Psychiatry outpatient and inpatient work in Jask, “Khatam-al-Anbia” hospital, 2019.**
- **Chief Director of “Khatam-al-Anbia” general hospital, Jask, 2019.**
- **Psychiatrist and Psychotherapist at private clinics, Tehran, Iran, since 2020 Jan.**
- **Psychodynamic Group Therapist, Online Practice, at Hamkavan Private Clinic, since October 2021.**

- **Language Skills: Persian (native) - English (proficient).**
- **Computer Skills: Microsoft & WPS office, SPSS, Endnote & Mendeley citation manager.**

Publications and Presentations:

- **Toufghi H, Sharif V, Alaghband-Rad J, Shadloo B. [Development and Implementation of Discharge Planning Service in Roozbeh Hospital (Persian)]. Iranian Journal of Psychiatry and Clinical Psychology. 2018; 24(1):56-69.
<https://doi.org/10.29252/NIRP.IJPCP.24.1.56>**
- **“Development and implementation of the discharge planning service in Roozbeh hospital”, Oral presentation, 33rd congress of the Iranian Psychiatry Association, 2016.**
- **“Development of the second edition of the media suicide reporting guideline”, Oral presentation, Suicide prevention congress, Baharloo hospital, 2017.**
- **“Stigma is the wine of our grape gardens”, poster presentation, accepted at 36th congress of the Iranian Psychiatry Association, 2019.**

Honors and Awards:

- **Winner of the 1st “Professor Davidian” prize for young psychiatrists from the Iranian Psychiatry Association, 2016.**
- **Chosen as the best psychiatry resident of the Tehran university of medical sciences, 2017.**