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# Arash Mehrkesh

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 1987, July 31<sup>st</sup>

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## EDUCATION

### **University of California, Riverside (UCR)**

Doctoral student in the Developmental Psychology Program  
+ Supervisor: Prof. Misaki Natsuaki

2021-09 | Present

### **Shahid Beheshti University, FRI ([Family Research Institute](#)), Tehran, Iran**

Master of Arts, Clinical Psychology, Family Therapy  
+ Supervisor: Prof. Parisa Mousavi  
+ Thesis Subject: "A Dyadic Analysis of Personality Organization (Otto Kernberg) and Intimate Violence in Couples" based on APIM Model

2017-09 | 2020-02

### **Sharif University of Technology, Tehran, Iran**

MBA (Master of Business Administration)

2009-09 | 2012-07

### **Sharif University of Technology, Tehran, Iran**

2005-09 | 2009-09

## TRAININGS

**Hamava Institute**, Integrated Course for Psychoanalysis  
([www.hamava-institute.com](http://www.hamava-institute.com))

2019-10 | Present

**Ehya Center**, Personality and Defense Mechanisms  
([www.eyhacenter.com](http://www.eyhacenter.com))

2019-01 | 2019-05

**Ehya Center**, A Psychoanalytic View about Sexual Perversion

2019-01 | 2019-06

**Ehya Center**, Structured Interview of Personality Organization (STIPO, Otto Kernberg)

2018-11 | 2019-04

**Armaghan Roshd**, An introduction to "Object Relations" theory  
([www.armaghanroshd.com](http://www.armaghanroshd.com))

2018-07 | 2018-11



## AREAS OF INTEREST

- + **Developmental Psychology** (especially emotional and social development of children and adolescents)
- + **Emotions and Emotional Development** (emotion regulation, emotions of shame and guilt)
- + **Social Development** (relational patterns with parents and siblings, social awareness, relationship skills, individual and cultural differences)
- + **Personality** (character formation, identity consolidation, moral development, defense mechanisms, self-concept, borderline conditions, narcissistic pathology, normal narcissism, paranoid traits, masochistic dynamics and need for self-punishment, psychopathy and antisocial personality, depressive personality)
- + **Clinical Research** (Borderline conditions, Psychosis, Mood Disorders, Anxiety)
- + **Couple Dynamics, Family Dynamics, Group Dynamics**
- + **Attachment and Mentalization Theory**
- + **Object Relations Theory** (O. Kernberg, M. Klein, W. Bion)

My main interest is understanding how early experiences of children especially relationship with significant figures and siblings, and parenting styles combined with temperamental characteristics can lead to difficulties in various aspects of development including emotion regulation, social development, self-concept, identity, internal moral values and self-esteem. My other areas of interest are the social and emotional development of children, the developmental causes of clinical symptoms, the social and emotional consequences of clinical symptoms, self-regulation, integration of moral system, family and group dynamics, intergroup relations and various factors influencing personality including attachment style, temperament, parenting style, relational patterns and cultural differences.



## EXPERIENCES

Working as a psychotherapist in Iran (working with adult individuals and couples)

### Business Experiences (Related to MBA degree)

Cofounder and Chairman of an educational software developing company

Marketing Manager and head of new product development team

Marketing specialist and product manager (part-time and full-time)

2019-02 | 2021-08

2016-12 | 2018-12

2013-12 | 2016-12

2009-01 | 2013-12

## **In Preparation:**

A Dyadic Analysis of Intimate Partner Violence and Personality Organization

## **Interests and Hobbies**

- + Psychoanalysis
- + Literature
- + Movies
- + French Language
- + Swimming, Chess