

SHARIPHA RZAYEVA

Psychological counselor



Contact

sharipha.rzayeva@
srpsychology.com
Tartu, Estonia

Education

- 2016-2018

Master's degree in Social
Sciences (Psychology) -
University of Tartu

Thesis topic:

*"Relationships between
adolescents' close
relationships, values,
psychological adjustment,
and emotional well-being"*

- 2011-2015

Bachelor's degree in
Social Sciences
(Psychology) - Tallinn
University

Thesis topic: *"Maternal
parental stress, marital
satisfaction, and intimacy
in couple relationships"*

- 2024-...

Family Therapy Training,
Level II - Kiira Järve
Family Therapy Training
Centre

Self-description

I am a psychologist driven by a deep interest in people's thinking, relationships, and coping strategies. I have several years of experience in a university setting, where I have supported university students dealing with academic stress, lack of motivation, development of study skills, anxiety, depression, and relationship dynamics.

My goal is to create a safe and supportive environment where clients feel understood and receive support for personal growth.

My work is guided by the principles of Motivational Interviewing (MI) - partnership, acceptance, compassion, and evocation - which help build a trusting and collaborative therapeutic relationship.

Skills

- Psychoeducation
- Multicultural counseling
- Prevention
- Public speaking, conducting workshops
- Conducting co-vision (peer supervision)
- Active listening
- Empathy
- Initial client condition assessment
- Mindfulness practice
- Motivational interviewing
- Solution-focused brief therapy
- Systemic family therapy
- Couples therapy
- Psychoanalysis
- Positive psychology
- Emotional based approach

Languages

- Azerbaijani (native)
- Estonian
- English
- Russian
- Turkish

Certifications

- Certified psychological counselor (2022)

Membership

- Estonian Association of Psychologists (2024)
- Estonian Family Therapy Association (2025)

Work experience

- Psychological counselor | Family therapy trainee

Tartu Counselling and Crisis Centre | 2025-...

- Psychological counselor
- Corporate Counselling Services | 2024-...

- Psychological counselor | Family therapy trainee

SR Counseling Ltd (private practice) | 2024-...

- Psychologist
- University of Tartu - Counselling Centre | 2018-...

- Psychological assistant
- Tartu Counselling and Crisis Centre | 2017-2018

- Support person
- Sverresson OÜ | 2016-2017

Continuing education and professional development

- Gordon communication training - Fall 2024
- Time management - 2023
- Introductory course in solution-focused brief therapy - October-December 2022
- Coping with low self-esteem - March 2022
- Motivational interviewing: basic training - March 2022
- Action methods for non-psychodramatists - January 2022
- Adult ADHD - October 2021
- Introduction to family psychology and family therapy - Fall 2019/2020