



کارگاه آموزشی سلامت روان در تدریس

(ویژه اساتید و مدرسان دانشگاه)

متخصص روانشناسی بالینی و رواندرمانگر
معاون آموزشی گروه روانشناسی دانشگاه اصفهان
مدیر هسته پژوهشی تروما و خودکشی دانشگاه اصفهان
مؤسس و مدیر کلینیک تخصصی مشاوره و رواندرمانی ابراز

دکتر
علی محرابی

تاریخچه و فلسفه وجودی کارگاه



 دانشگاه اصفهان University of Isfahan	شماره درس:	دانشکده علوم تربیتی و روان‌شناسی مرکز توسعه صلاحیتهای حرفه‌ای تدریس (TDC) طرح درس کارگاه عملی Lesson Plan of Workshop	محل کلاس:	
	نام درس:		استاد: دکتر علی محرابی - روانشناس بالینی و روان‌درمانگر - عضو هیئت علمی گروه روانشناسی	
	سلامت روان در تدریس (ویژه اساتید و مدرسان دانشگاه)			
	زمان: ۴ ساعت			
اهداف درس:	۱- ارتقای آگاهی و نگرش اساتید به اهمیت سلامت روان خود و دانشجویان در تدریس اثربخش و سایر فعالیتهای آکادمیک ۲- ارتقای سواد سلامت روان و آشنایی با انواع مشکلات روانشناختی آشکار و پنهان اساتید و دانشجویان ۳- کسب مهارت‌های اولیه کمک به پیشگیری و بهبود مشکلات روانشناختی خود و دانشجویان			
نحوه تدریس: ترکیبی	۱- ارائه مطالب آموزشی با اسلاید و فیلم به همراه بحث و پرسش و پاسخ کاربردی ۲- تمرین عملی مهارت‌های خودیاری و کمک‌های اولیه مقابله با مشکلات روانی ۳- تداوم ارتباط مدرس کارگاه با شرکت‌کنندگان برای راهنمایی‌های آتی لازم			
سرفصل کارگاه	ساعت	شرح درس		
	۱	معارفه + تعریف و اهمیت سلامت روان استاد و دانشجو در تدریس و فعالیت علمی بهینه و برخی چالش‌های مرتبط		
	۲	آشنایی با تشخیص‌های روانپزشکی و برخی مشکلات روانشناختی فردی، بین فردی و فرا فردی اساتید و دانشجویان		
	۳	آشنایی با برخی راهکارهای پیشگیری و کنترل مشکلات روانشناختی در کلاس درس و ارتباط اساتید و دانشجویان		
	۴	یک تمرین عملی خودیاری تدریس ذهن آگاهانه + بازخوردها، پرسش و پاسخ نهایی و چگونگی کسب راهنمایی آتی		

۱- محرابی، ع. (۱۴۰۴). راهنمای تدریس سلامت - محور در آموزش عالی: با تأکید بر سلامت روان استاد و دانشجو. در دست تألیف.	
۲- مطالب، تمرین‌ها و کلیپ‌های صوتی و تصویری ارائه شده در گروه مجازی تدریس صلاحیت - محور اساتید (با هدایت دکتر محرابی).	
۳- لهما، ر. و کانسیسائو، س. (۱۳۹۶). ایجاد حس حضور در تدریس برخط: چگونگی با هم بودن برای یادگیرندگان آموزش از راه دور. ترجمه اعظم اسفیجانی، روح الله خدابنده لو و آذر خزائی. اصفهان: انتشارات دانشگاه اصفهان.	
۴- شعبانی، ح. (۱۳۹۱). روش تدریس پیشرفته (آموزش مهارتها و راهبردهای تفکر). تهران: انتشارات سمت.	منابع
5- Lemon, N. (Ed.). (2023). <i>Creative expression and wellbeing in higher education: making and movement as mindful moments of self-care</i>. Taylor & Francis.	قابل
6- Ryznar, E., & Levine, R. (2022). Twelve tips for mindful teaching and learning in medical education. <i>Medical teacher</i>, 44(3), 249-256.	
7- Dave, D. J., McClure, L. A., Rojas, S. R., De Lavalette, O., & Lee, D. J. (2020). Impact of mindfulness training on the well-being of educators. <i>The Journal of Alternative and Complementary Medicine</i>, 26(7), 645-651.	استفاده
8- Zarate, K., Maggin, D. M., & Passmore, A. (2019). Meta-analysis of mindfulness training on teacher well-being. <i>Psychology in the Schools</i>, 56(10), 1700-1715.	
9- Reale, M. (2017). <i>Becoming a reflective librarian and teacher: strategies for mindful academic practice</i>. American Library Association.	
10- Bassarear, T., Byrnes, K., Cherkowski, S., Hanson, K., Kelly, J., Latta, M. M., & Soloway, G. (2015). <i>Mindful teaching and learning: Developing a pedagogy of well-being</i>. Lexington Books.	

Challenges faced by higher education faculty and administrators



Challenges faced by higher education faculty and administrators



Health: the most important
personal factor

So, what is health ??

Data Search



promote, protect and restore mental health.

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Professor and Student as a person may experience:



Professor and Student as a person may experience:

nature

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NEWS FEATURE | 23 May 2023

A mental-health crisis is gripping science — toxic research culture is to blame

With researchers reporting high rates of anxiety and depression, calls are growing to fundamentally change science before it's too late.

By [Shannon Hall](#)



Professor and Student as a person may experience:



[اشتراک](#)[ورود](#)[فروشگاه](#)

[ادبیات و هنر](#)[اقتصاد و جامعه](#)[تاریخ و سیاست](#)[فلسفه و علم](#)





شنون هال

روزنامه‌نگار آزاد در حوزه علم

نوشتار

بحران سلامت روان گریبان علم را گرفته است؛ فرهنگ سمی پژوهش مقصر است



nature

A mental-health crisis is gripping science — toxic research culture is to blame

مترجم: نیره احمدی

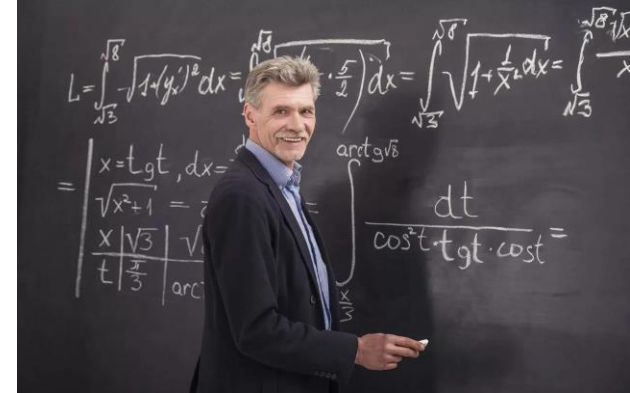
Professor and Student as a person may experience:

Innovative Higher Education, Vol. 20, No. 2, Winter 1995

The Professor as a Person: The Role of Faculty Well-Being in Faculty Development

Glenda T. Hubbard and Sally S. Atkins

ABSTRACT: This article examines the rationale for an expanded definition of faculty development and reviews institutional structures and practices which support the personal and professional development of faculty through faculty and academic development, employee assistance, and health promotion programs.



My Mental Health Struggle in Academia: What I Wish All Business School Faculty, Students, and Administration Knew

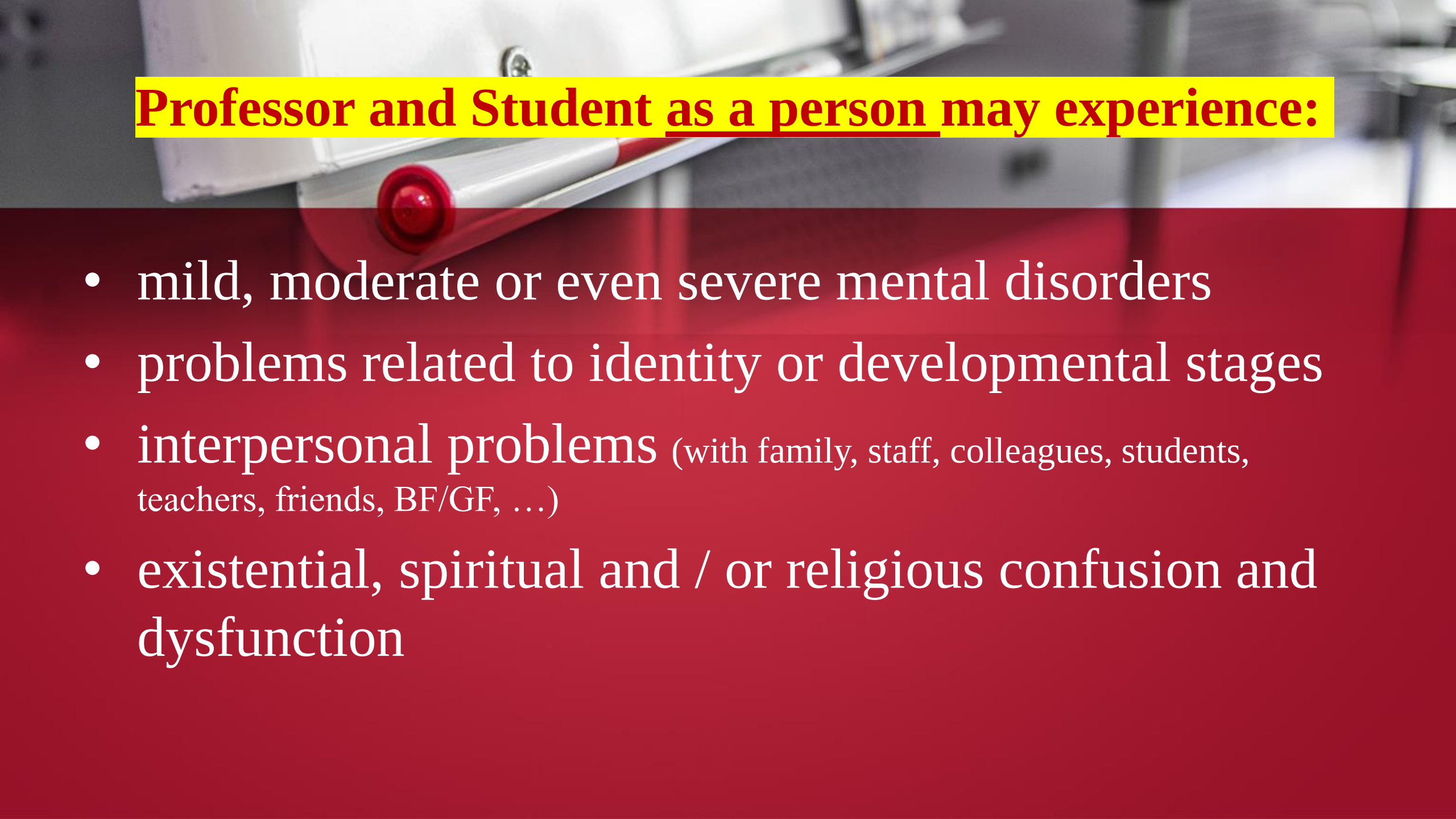
Maria Alejandra Quijada¹ 

Abstract

This article deals with my experience of struggling with mental health while trying to succeed in a management department. I will explore the realities of working as an academic in a business school, my experience as a new faculty member with mental health issues, the stigma I encountered, and how mental illness has challenged my opportunity for advancement. Finally, I will discuss some ideas on how to create a better environment for all and especially for people who struggle with mental health issues as well as the benefits of that environment for both universities and students.

Journal of Management Education
2021, Vol. 45(1) 19–42
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DOI: 10.1177/1052562920958433
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Professor and Student as a person may experience:

- mild, moderate or even severe mental disorders
- problems related to identity or developmental stages
- interpersonal problems (with family, staff, colleagues, students, teachers, friends, BF/GF, ...)
- existential, spiritual and / or religious confusion and dysfunction

خود ما (و همکاران و دانشجویان ما) چگونه؟

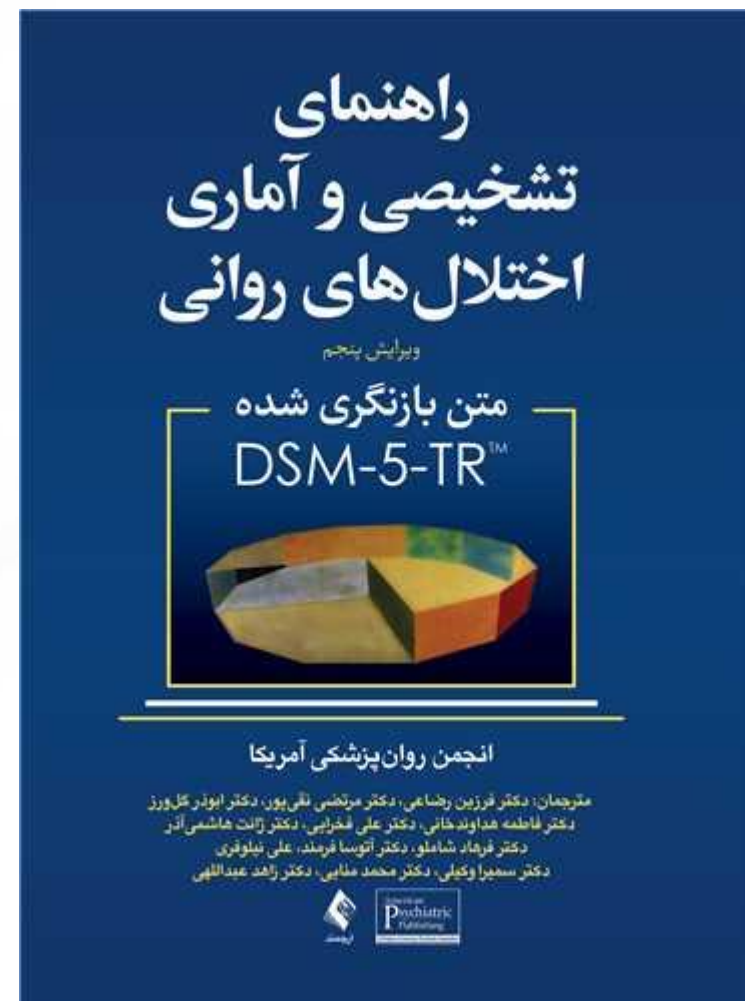
بیان تجارب و مشاهدات

شرکت کنندگان

معرفی و طبقه بندی اختلال های روانی

❖ ICD-11 (by WHO)

❖ DSM-5-TR (by APA)



DSM-5 Classification _ 1

دکتر علی محرابی

- A. Neurodevelopmental Disorders**
- B. Schizophrenia Spectrum and Other Psychotic Disorders**
- C. Bipolar and Related Disorders**
- D. Depressive Disorders**
- E. Anxiety Disorders**
- F. Obsessive-Compulsive and Related Disorders**
- G. Trauma- and Stressor-Related Disorders**
- H. Dissociative Disorders**
- J. Somatic Symptom and Related Disorders**
- K. Feeding and Eating Disorders**
- L. Elimination Disorders**

DSM-5 Classification _ 2

دکتر علی محرابی

M. Sleep-Wake Disorders

N. Sexual Dysfunctions

P. Gender Dysphoria

Q. Disruptive, Impulse-Control and Conduct Disorders

R. Substance-Related and Addictive Disorders

S. Neurocognitive Disorders

U. Personality Disorders

V. Paraphilic Disorders

W. Other Mental Disorders

X. Medication-Induced Disorders

Y. V and Z codes

Neurodevelopmental Disorders

Intellectual Disabilities

Intellectual Disability (Intellectual Developmental Disorder)

Global Developmental Delay

Unspecified Intellectual Disability (Intellectual Developmental Disorder)

Communication Disorders

Language Disorder

Speech Sound Disorder (previously Phonological Disorder)

Childhood-Onset Fluency Disorder (Stuttering)

Social (Pragmatic) Communication Disorder

Unspecified Communication Disorder

Autism Spectrum Disorder

Autism Spectrum Disorder

Attention-Deficit/Hyperactivity Disorder

Attention-Deficit/Hyperactivity Disorder

Other Specified Attention-Deficit/Hyperactivity Disorder

Unspecified Attention-Deficit/Hyperactivity Disorder

Specific Learning Disorder

Specific Learning Disorder

Motor Disorders

Developmental Coordination Disorder

Stereotypic Movement Disorder

Tic Disorders

Tourette's Disorder

Persistent (Chronic) Motor or Vocal Tic Disorder

Provisional Tic Disorder

Other Specified Tic Disorder

Unspecified Tic Disorder

Other Neurodevelopmental Disorders

Other Specified Neurodevelopmental Disorder

Unspecified Neurodevelopmental Disorder

Schizophrenia Spectrum and Other Psychotic Disorders

Schizotypal (Personality) Disorder

Delusional Disorder

Brief Psychotic Disorder

Schizophreniform Disorder

Schizophrenia

Schizoaffective Disorder

Substance/Medication-Induced Psychotic Disorder

Psychotic Disorder Due to Another Medical Condition

Catatonia

Catatonia Associated With Another Mental Disorder (Catatonia Specifier)

Catatonic Disorder Due to Another Medical Condition

Unspecified Catatonia

Other Specified Schizophrenia Spectrum and Other Psychotic Disorder

Unspecified Schizophrenia Spectrum and Other Psychotic Disorder

Bipolar and Related Disorders

Bipolar I Disorder
Bipolar II Disorder
Cyclothymic Disorder
Substance/Medication-Induced Bipolar and Related Disorder
Bipolar and Related Disorder Due to Another Medical Condition
Other Specified Bipolar and Related Disorder
Unspecified Bipolar and Related Disorder

Depressive Disorders

Disruptive Mood Dysregulation Disorder
Major Depressive Disorder, Single and Recurrent Episodes
Persistent Depressive Disorder (Dysthymia)
Premenstrual Dysphoric Disorder
Substance/Medication-Induced Depressive Disorder
Depressive Disorder Due to Another Medical Condition
Other Specified Depressive Disorder
Unspecified Depressive Disorder

Anxiety Disorders

Separation Anxiety Disorder
Selective Mutism
Specific Phobia
Social Anxiety Disorder (Social Phobia)
Panic Disorder
Panic Attack (Specifier)
Agoraphobia
Generalized Anxiety Disorder

Obsessive-Compulsive and Related Disorders

Obsessive-Compulsive Disorder
Body Dysmorphic Disorder
Hoarding Disorder
Trichotillomania (Hair-Pulling Disorder)
Excoriation (Skin-Picking) Disorder
Substance/Medication-Induced Obsessive-Compulsive and Related Disorder
Obsessive-Compulsive and Related Disorder Due to Another Medical Condition
Other Specified Obsessive-Compulsive and Related Disorder
Unspecified Obsessive-Compulsive and Related Disorder

Trauma- and Stressor-Related Disorders

Reactive Attachment Disorder
Disinhibited Social Engagement Disorder
Posttraumatic Stress Disorder
Acute Stress Disorder
Adjustment Disorders
Other Specified Trauma- and Stressor-Related Disorder
Unspecified Trauma- and Stressor-Related Disorder

Dissociative Disorders

Dissociative Identity Disorder
Dissociative Amnesia
Depersonalization/Derealization Disorder
Other Specified Dissociative Disorder
Unspecified Dissociative Disorder

Somatic Symptom and Related Disorders

Somatic Symptom Disorder
Illness Anxiety Disorder
Conversion Disorder (Functional Neurological Symptom Disorder)
Psychological Factors Affecting Other Medical Conditions
Factitious Disorder
Other Specified Somatic Symptom and Related Disorder
Unspecified Somatic Symptom and Related Disorder

Feeding and Eating Disorders

Pica

Rumination Disorder

Avoidant/Restrictive Food Intake Disorder

Anorexia Nervosa

Bulimia Nervosa

Binge-Eating Disorder

Other Specified Feeding or Eating Disorder

Unspecified Feeding or Eating Disorder

Elimination Disorders

Enuresis

Encopresis

Other Specified Elimination Disorder

Unspecified Elimination Disorder

Sleep-Wake Disorders

Insomnia Disorder
Hypersomnolence Disorder
Narcolepsy

Breathing-Related Sleep Disorders

Obstructive Sleep Apnea Hypopnea
Central Sleep Apnea
Sleep-Related Hypoventilation

Circadian Rhythm Sleep-Wake Disorders

Parasomnias

Non-Rapid Eye Movement Sleep Arousal Disorders
 Sleepwalking
 Sleep Terrors
Nightmare Disorder
Rapid Eye Movement Sleep Behavior Disorder

Restless Legs Syndrome
Substance/Medication-Induced Sleep Disorder

Other Specified Insomnia Disorder
Unspecified Insomnia Disorder
Other Specified Hypersomnolence Disorder
Unspecified Hypersomnolence Disorder
Other Specified Sleep-Wake Disorder
Unspecified Sleep-Wake Disorder

Sexual Dysfunctions

Delayed Ejaculation

Erectile Disorder

Female Orgasmic Disorder

Female Sexual Interest/Arousal Disorder

Genito-Pelvic Pain/Penetration Disorder

4 • *DSM-5 Table of Contents*

Male Hypoactive Sexual Desire Disorder

Premature (Early) Ejaculation

Substance/Medication-Induced Sexual Dysfunction

Other Specified Sexual Dysfunction

Unspecified Sexual Dysfunction

Gender Dysphoria

Gender Dysphoria

Other Specified Gender Dysphoria

Unspecified Gender Dysphoria

Disruptive, Impulse-Control, and Conduct Disorders

Oppositional Defiant Disorder

Intermittent Explosive Disorder

Conduct Disorder

Antisocial Personality Disorder

Pyromania

Kleptomania

Other Specified Disruptive, Impulse-Control, and Conduct Disorder

Unspecified Disruptive, Impulse-Control, and Conduct Disorder

Substance-Related and Addictive Disorders

Substance-Related Disorders

Substance Use Disorders

Substance-Induced Disorders

Substance Intoxication and Withdrawal

Substance/Medication-Induced Mental Disorders

Alcohol-Related Disorders

Alcohol Use Disorder

Alcohol Intoxication

Alcohol Withdrawal

Other Alcohol-Induced Disorders

Unspecified Alcohol-Related Disorder

Caffeine-Related Disorders

Caffeine Intoxication

Caffeine Withdrawal

Other Caffeine-Induced Disorders

Unspecified Caffeine-Related Disorder

Cannabis-Related Disorders

Cannabis Use Disorder

Cannabis Intoxication

Cannabis Withdrawal

Other Cannabis-Induced Disorders

Hallucinogen-Related Disorders

Phencyclidine Use Disorder

Other Hallucinogen Use Disorder

Phencyclidine Intoxication

Other Hallucinogen Intoxication

Hallucinogen Persisting Perception Disorder

Other Phencyclidine-Induced Disorders

Other Hallucinogen-Induced Disorders

Unspecified Phencyclidine-Related Disorder

Unspecified Hallucinogen-Related Disorder

Inhalant-Related Disorders

Inhalant Use Disorder

Inhalant Intoxication

Other Inhalant-Induced Disorders

Unspecified Inhalant-Related Disorder

Opioid-Related Disorders

Opioid Use Disorder

Opioid Intoxication

Opioid Withdrawal

Other Opioid-Induced Disorders

Unspecified Opioid-Related Disorder

Sedative-, Hypnotic-, or Anxiolytic-Related Disorders

Sedative, Hypnotic, or Anxiolytic Use Disorder

Sedative, Hypnotic, or Anxiolytic Intoxication

Sedative, Hypnotic, or Anxiolytic Withdrawal

Other Sedative-, Hypnotic-, or Anxiolytic-Induced Disorder

Unspecified Sedative-, Hypnotic-, or Anxiolytic-Related Disorder

Stimulant-Related Disorders

Stimulant Use Disorder

Stimulant Intoxication

Stimulant Withdrawal

Other Stimulant-Induced Disorders

Unspecified Stimulant-Related Disorder

Tobacco-Related Disorders

Tobacco Use Disorder

Tobacco Withdrawal

Other Tobacco-Induced Disorders

Unspecified Tobacco-Related Disorder

Other (or Unknown) Substance-Related Disorders

Other (or Unknown) Substance Use Disorder

Other (or Unknown) Substance Intoxication

Other (or Unknown) Substance Withdrawal

Other (or Unknown) Substance-Induced Disorder

Unspecified Other (or Unknown) Substance-Related Disorder

Non-Substance-Related Disorders

Gambling Disorder

Neurocognitive Disorders

Delirium

Other Specified Delirium

Unspecified Delirium

Major and Mild Neurocognitive Disorders

Major Neurocognitive Disorder

Mild Neurocognitive Disorder

Major or Mild Neurocognitive Disorder Due to Alzheimer's Disease

Major or Mild Frontotemporal Neurocognitive Disorder

Major or Mild Neurocognitive Disorder With Lewy Bodies

Major or Mild Vascular Neurocognitive Disorder

Major or Mild Neurocognitive Disorder Due to Traumatic Brain Injury

Substance/Medication-Induced Major or Mild Neurocognitive Disorder

Major or Mild Neurocognitive Disorder Due to HIV Infection

Major or Mild Neurocognitive Disorder Due to Prion Disease

Major or Mild Neurocognitive Disorder Due to Parkinson's Disease

Major or Mild Neurocognitive Disorder Due to Huntington's Disease

Major or Mild Neurocognitive Disorder Due to Another Medical Condition

Major or Mild Neurocognitive Disorder Due to Multiple Etiologies

Unspecified Neurocognitive Disorder

Personality Disorders

General Personality Disorder

Cluster A Personality Disorders

Paranoid Personality Disorder

Schizoid Personality Disorder

Schizotypal Personality Disorder

Cluster B Personality Disorders

Antisocial Personality Disorder

Borderline Personality Disorder

Histrionic Personality Disorder

Narcissistic Personality Disorder

Cluster C Personality Disorders

Avoidant Personality Disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

Paraphilic Disorders

Voyeuristic Disorder
Exhibitionistic Disorder
Frotteuristic Disorder
Sexual Masochism Disorder
Sexual Sadism Disorder
Pedophilic Disorder
Fetishistic Disorder
Transvestic Disorder
Other Specified Paraphilic Disorder
Unspecified Paraphilic Disorder

Other Mental Disorders

Other Specified Mental Disorder Due to Another Medical Condition
Unspecified Mental Disorder Due to Another Medical Condition
Other Specified Mental Disorder
Unspecified Mental Disorder

The First Stage is:



Three main methods for diagnosis:



Interview



Examination



Testing



آیا چکاپ های ورودی کافی است؟


کارنامه سلامت
طرح پایش سلامت جسمی و روانشناختی
دانشجویان در سال تحصیلی ۱۴۰۰-۱۴۰۱

ویژه دانشجویان شاغل به تحصیل در همه مقاطع
از ۱۵ شهریور ماه تا ۱۵ آذر ماه ۱۴۰۰


وزارت علوم، تحقیقات و فناوری
سازمان امور دانشجویان
دفتر مشاوره و سلامت

با همکاری
مراکز مشاوره دانشجویی
و
مراکز بهداشت و درمان
دانشگاه های سراسر کشور


پیشگیری بهتر از درمان است



چقدر از عملکرد جسمی و روانی نرمال آگاهی داریم؟



آشنایی با اعداد سلامتی

قند خون

دو ساعت بعد غذا:
کمتر از ۱۴۰



ناشتا:
کمتر از ۱۰۰



فشار خون

کمتر از ۸۰/۱۲۰



چربی خون

LDL کلسترول:
کمتر از ۱۰۰



کلسترول کل:
کمتر از ۲۰۰



HDL کلسترول:
بیشتر از ۴۰ در مردان
بیشتر از ۵۰ در زنان



تری گلیسیرید:
کمتر از ۱۵۰



وزن بدن

BMI: بین ۱۸/۵ تا ۲۵



دور کمر

کمتر از ۸۹ سانتی متر
در زنان



کمتر از ۱۰۱ سانتی متر
در مردان



What
about
Anger?





سوگ و سلامت روان



آشنایی با اعداد سلامتی

قند خون
دو ساعت بعد غذا: کمتر از ۱۴۰

شارخون
هتر از ۱۴۰/۸۰

ربی خون
LDL کلسترول: کمتر از ۱۰۰
HDL کلسترول: بیشتر از ۴۰ در مردان
بیشتر از ۵۰ در زنان

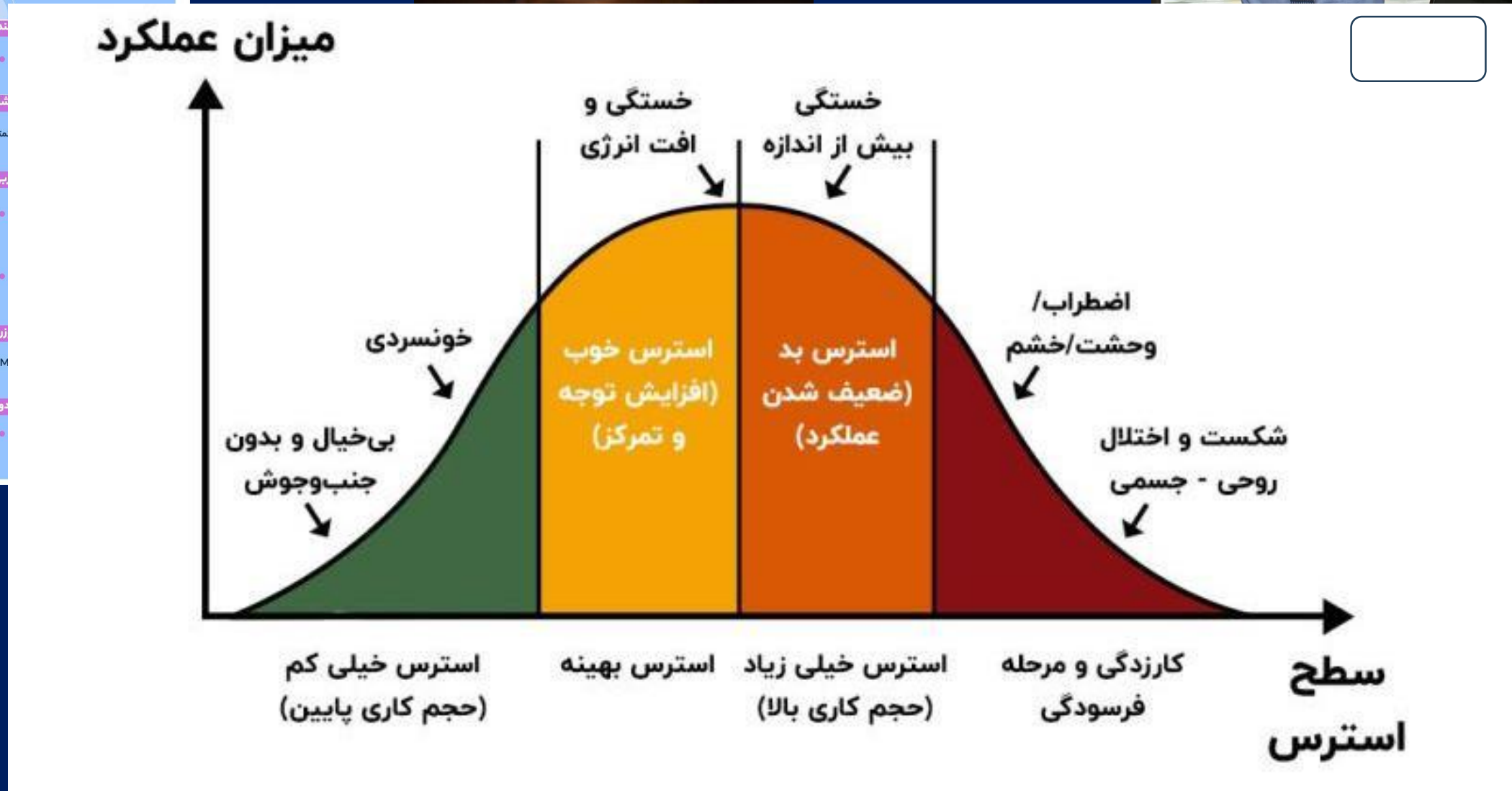
زن بدن
BM: بین ۱۸.۵ تا ۲۵

چور کمر
کمتر از ۸۹ سانتی متر
در زنان

And



Stress?



Three Levels for Intervention:

- 1. Primary (Prevention)**
- 2. Secondary (Treatment)**
- 3. Tertiary (Rehabilitation)**

جایگاه

و

سطوح آگاهی



Self-Care Techniques



یک تمرین عملی ذهن آگاهی با طعم خودمراقبتی



بازخورد، بحث و پرسش و پاسخ تکمیلی



با تشکر از همراهی و آرزوی سلامتی پایدار

برای شما اساتید گرامی، خانواده های

محترمتان و دانشجویان عزیزتان

علی محرابی
۴ شهریور ۱۴۰۴

راه ارتباطی:

تلفن همراه: ۰۹۱۳۱۸۸۹۳۵۵

تلفن دفتر دانشگاه: ۳۷۹۳۵۴۶۷

تلفن کلینیک ابراز: ۰۹۲۲۸۷۲۸۲۴۵

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اینستاگرام ابراز: [@Ebraz_psychology](https://www.instagram.com/Ebraz_psychology)

www.EbrazClinic.ir

