

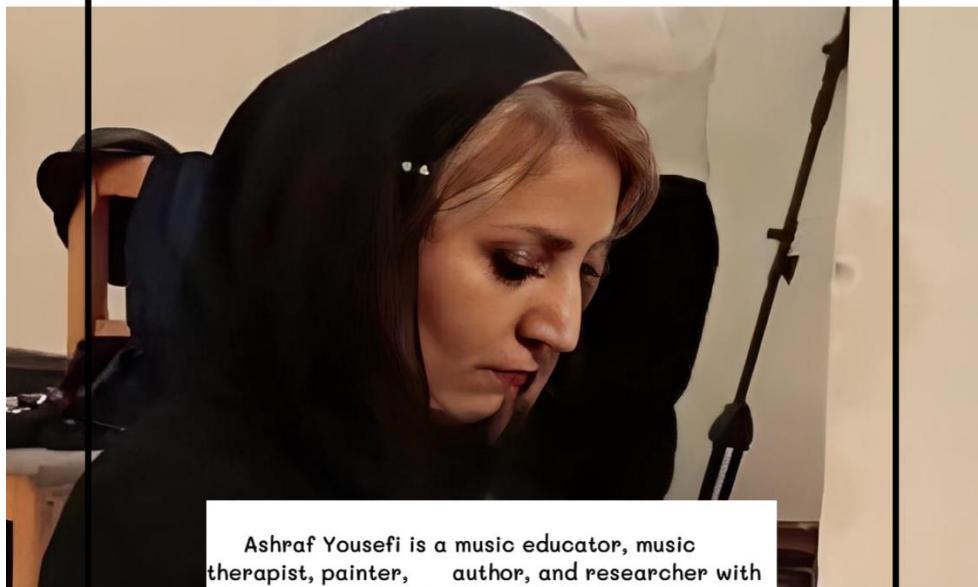


# Port folio

Ashraf Yousefi

MUSICIAN | MUSIC THERAPIST |  
PAINTER | ATHLETE  
2025

# Artist Bio



Ashraf Yousefi is a music educator, music therapist, painter, author, and researcher with over two decades of professional experience across the fields of music, visual arts, therapy, and education. A graduate of the Hajibeyli Music Academy in Baku and certified in music therapy from Duke University, she has developed an integrative and human-centered approach that bridges art, psychology, and healing. Her participation in international conferences and publication of bilingual (Persian-English) works reflect a commitment to both academic rigor and emotional depth. Dr. Yousefi's multifaceted contributions have shaped a distinctive and authentic voice in contemporary art, while her dedication to mentoring the next generation of musicians and researchers continues to inspire.

# Artist Statement



For me, music is not merely sound—it is the unfiltered language of the soul. Every note echoes a lived experience, a feeling, a moment transformed into vibration. Over more than two decades of artistic exploration, I've come to see music not just as a form of expression, but as a tool for healing, connection, and inner reconstruction.

My approach to creating and teaching music is a fusion of tradition and innovation—rooted in the rich heritage of Iranian and Azerbaijani music, yet intertwined with modern techniques of music therapy and psychoacoustic awareness. Every piece I perform or guide is an invitation to look inward, to hear what silence has hidden. I seek music not through genre, but through meaning. I believe every person carries a unique sound within, and when that sound is truly heard, it has the power to transform the world.

# Artist Vision



I see music not merely as an art form, but as a healing language—one that soothes pain, connects hearts, and awakens minds. My vision is to create a space where music goes beyond performance and instruction, becoming a tool for inner growth, emotional balance, and deep human connection.

On my artistic journey, I strive to be a bridge between education and therapy; a place where learning music is not just a technical skill, but a soulful and transformative experience. By blending music therapy, creative expression, and a passion for teaching, my goal is to nurture a new generation of learners who feel music with their hearts, not just play it with their hands.

For me, music is a mission: to build a kinder, more conscious, and more harmonious world.



# Resume

## Artistic and Educational Activities

- Participated in the Vocal Research :2016 • Festival
- Participated in the Turkey Music :2017 • Festival
- Participated in the Azerbaijan :2018 • Music Festival
- Participated in the “Autumn :2019 • Legends” Festival in Baku
- Competed in the Gold Star Music :2019 • Competition in Georgia
- Awarded Diploma and First Place by Students
- Served as Jury Member at the BBSF :2019 • Music Festival in Georgia
- Participated in the “Art Without :2022 • Limits” Festival in Batumi, Georgia

## Publications:

- Author of the specialized music book:  
“Piano: A Gateway to the World of Emotions – Training, Practice, Performance”

1. RESEARCH OF MUSIC THERAPY IN WESTERN AND EASTERN MUSIC  
Musiqi Dunyasi - Dec 6, 2022
2. RESEARCH OF MUSIC THERAPY IN WESTERN AND EASTERN MUSIC  
International Scientific Practical Conference - Nov 5, 2021
3. NEUROLOGICAL REHABILITATION FOR POST-TRAUMATIC STRESS DISORDER THROUGH MUSIC THERAPY  
8th International Music and Dance Congress - Oct 2, 2021 18th International Music and Dance Congress - Oct 2, 2021 02/10/2021
4. POST-TRAUMATIC STRESSES OF CLASSICAL AND AZERBAIJAN MUSIC ROLE IN IMPROVING THE MENTAL HEALTH  
7th International Music and Dance Congress - May 28, 2021
5. The Effect Of Classical Music on Depression, Anxiety In The Treatment Of Chronic Diseases  
Musiqi Dunyasi - 2021
6. Music Therapy  
Nakhchivan State University. 2017, No 5
7. The theme of Iran in the creativity of Azerbaijani composers. 2016, No 6 (74), Nakhchivan State University.
8. ORCHESTRA OF FOLK INSTRUMENTS CREATED BY COMPOSER KAMAL EHMEDOV  
Nakhchivan State University. Master degree scientific conference Material, 2015, No 6
- 9 - 2015 University Master degree scientific conference Material, 2015, No 6)

## Educational Background

- 2001 – Computer Programming  
Islamic Azad University of Tabriz, Iran
- 2006 – Bachelor's Degree in Piano Performance  
Azerbaijan State University, Azerbaijan
- 2011 – Master's Degree in Music Pedagogy  
Azerbaijan State University, Azerbaijan
- 2014 – PhD in Music Therapy  
Azerbaijan State University, Azerbaijan

## Professional Experience

- years of piano instruction at reputable 20 • music academies in Tabriz
- Specialized in classical and contemporary techniques
- years of piano teaching at the University 3 • of Applied Sciences – Music Department, Tabriz
- years of piano teaching at the Tabriz 3 • Music Conservatory
- years of experience in music therapy 5 • Member of the Iranian Music Association • Holder of Official Music Teaching • Certification
- Registered with the National Artists' • Insurance Program

## Teaching Experience

- Instructor at the University of • Culture and Arts, Tabriz
- Instructor at Kosar Music • Conservatory
- Piano teacher at reputable music • institutes

## Additional Contributions

- Member of the Poetry and Music Review • Council
- Organizer of various masterclasses • Conductor of music therapy sessions •
- Presenter of workshop-style concerts •
- Organizer of themed music competitions • for special occasions



Vocal Research Festival  
Tabriz, Iran - 2016

# Festival

**Description:**  
Participation among the region's top musicians and receiving a certificate of appreciation for an outstanding performance.



**Role:**  
**Pianist**

# Festival



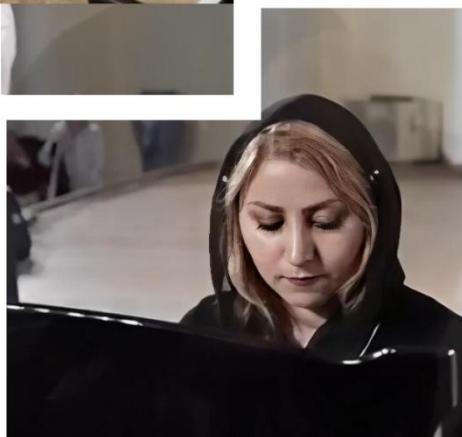
International Music  
Festival - Baku  
2018



Explanation: Participation among top international musicians and receiving a certificate of appreciation and a golden plaque for an outstanding performance.



Baku, Azerbaijan -  
Flarmoniya 2018



Role:  
Pianist

### Gold Star Festival 2019 – Batumi

Batum, Georgia – 2019

Role: Conductor of Didar Music Ensemble

Description: Participated among top international musicians and won first and second place awards for outstanding performance, by official invitation from Magic Group Batumi.



# Festival



## International Jury & Adjudication Experience



BBSF Festival 2019  
Batumi, Georgia – 2019

Role: Jury Member



Description: Officially invited by the international BBSF Festival (UNESCO-affiliated) to serve as a jury member. It was a great honor to be among distinguished judges from around the world.





Legends of Autumn 2019 – Art Festival

Baku, Republic of Azerbaijan – 2019

Role: Conductor of Didar Music Ensemble

Description: Participation among top international musicians and winning first and second place awards for outstanding performance.



## Festival



# Festival

## 8th International Festival – Art Without Limits Batumi, Georgia – 2022

Role: Conductor of Didar Music Ensemble

Description: Participated among top international musicians and received first and second place awards for outstanding performance.





Managed and organized over 100 student concerts in both formal and friendly settings, aimed at boosting self-confidence and enhancing live performance skills.

## Student Recital Concerts



**Founder and organizer of music competitions for students, aimed at motivating them, enhancing stage experience, and improving artistic skills.**



**Competitions Organized**

**Founder and organizer of special events on significant occasions, including tributes to composers from various musical eras, designed for students to foster motivation, enhance stage experience, and elevate their artistic skills**



## Special Event Performances

# Teaching Experience

Teaching at universities, conservatories, and reputable music institutes with a focus on piano performance techniques, music fundamentals, and nurturing artistic creativity in students



# Masterclasses Conducted



Conducted specialized piano and music therapy masterclasses in Tabriz, Iran, focusing on performance techniques, musical interpretation, and hands-on training with students.



Designed and conducted music therapy sessions aimed at improving clients' quality of life, reducing stress, enhancing focus, and promoting a sense of joy.



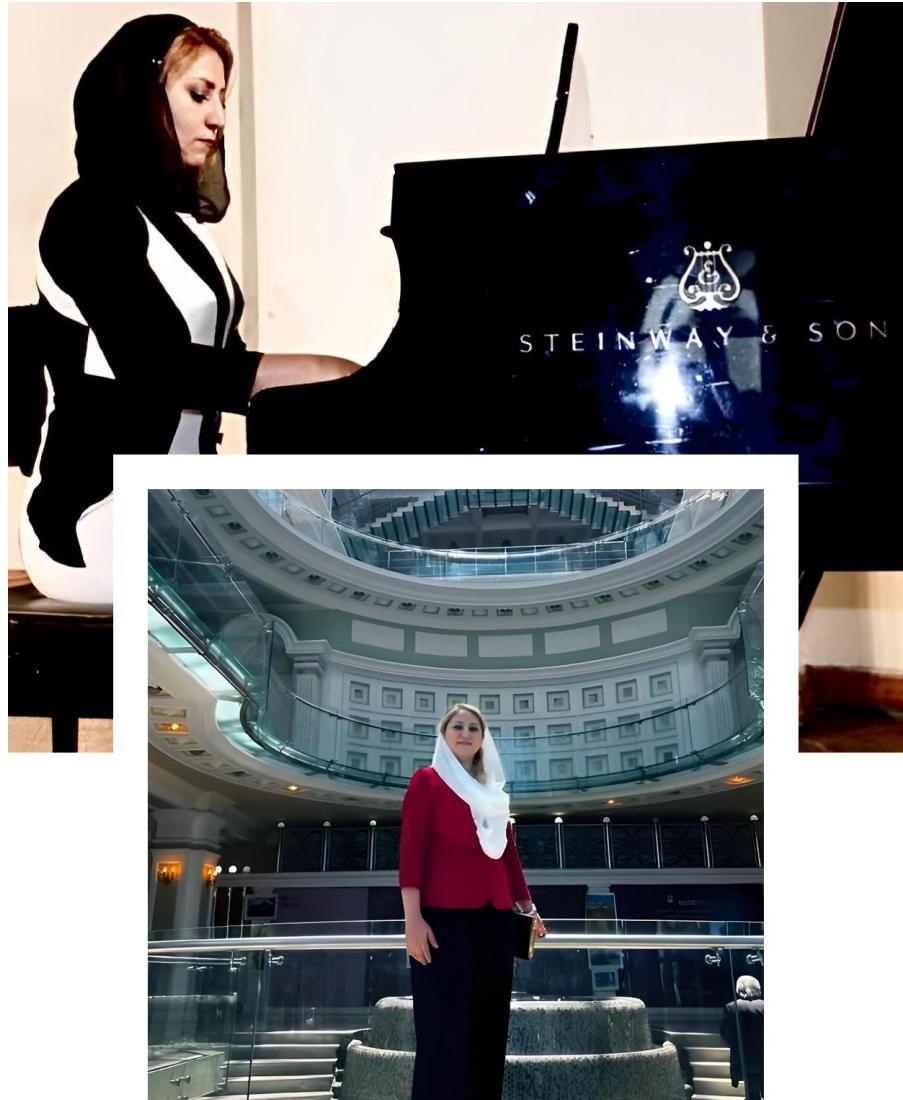
# Music Therapy Sessions



## **Memberships & Committees**

**Member of the Review Council for Poetry  
and Music – East Azerbaijan Province**  
**Responsible for evaluating and  
approving submitted works for public  
stage performance in the field of music**





# Tank you

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