

DR NIMISHA KUMAR, PhD

Date of Birth – 20/07/1976

Gender – Female

Presently

Assistant Professor (Psychology), Centre for Early Childhood Development & Research (CECDR),
Jamia Millia Islamia, New Delhi (Contractual position till project lasts)

Member

1. International Association of Cognitive Psychotherapy (IACP)
2. The Ethics Committee and Institutional Review Board, Max Hospital, Saket & Patparganj, New Delhi
3. The Ethics Committee, Moolchand Medcity, New Delhi
4. Alumni of Commonwealth Scholars, British Council
5. Advisory Board, Healthy Planet Pre-primary School, Ghaziabad.

Awards / Scholarships

Awarded the prestigious Commonwealth Scholarship in 2003 for a one year Masters in Cognitive Behaviour Therapy at the University of Derby, UK.

Was the only student in the batch to complete the Masters in one year and to pass it with a Distinction.

Higher Educational Qualifications

1. M.A. (1999) in Applied Psychology from The University of Delhi South Campus
2. M.Phil (2001) from The University of Delhi
3. MSc (2006) In Cognitive Behaviour Therapy from The University of Derby, U.K
4. Ph.D (Passed in August 2006, awarded in February 2007) from The University of Delhi
 - **Ph.D thesis topic: “The effect of psychological intervention on the mental health and well-being of elderly diabetic patients”.**

Professional Experience

1. Research Assistant (AIIMS, New Delhi) – July 2001 to December 2001
2. Clinical Psychologist (AIIMS, New Delhi) – December 2001 to August 2003
3. Psychotherapist (Dr Sanjay Chugh’s Clinic, New Delhi) – February 2005 to April 2006
4. Psychologist (Institute of Clinical Research India, New Delhi) – May 2006 to July 2007
5. Visiting Consultant (Sitaram Bhartia Institute of Science & Research) – October 2007 to December 2009
6. Consultant Clinical Psychologist & CBT Practitioner (Sudaksh Super-speciality Clinic, Centre for Psychotherapy & Counselling) – March 2007 to October 2010.
7. Assistant Professor (Clinical Psychology) at MAMC – September 2010 to September 2011(One year contractual position)
8. Assistant Professor of Psychology, CECDR, Jamia Millia Islamia – November 2011 to present (contractual position till project lasts)

Publications

1. Kumar, N. And Gupta, P. (2012). Cognitive Behaviour Therapy in India: Adaptations, Beliefs and Challenges. In: CBT in the non-western World. Nova Publishers Inc.
2. Ittyerah, M. and Kumar, N. (2007). The Actual and Ideal self-concept in disabled children and Adolescents. *Psychology and Developing Societies*, Vol. 19 (1): 81-112.
3. Dey, A.B. and Kumar, N. (2003). Counselling the older person. pp. 249-256. In: Dey, A.B. (Ed.) *Ageing in India*. Rakmo Press Pvt. Ltd: New Delhi.
4. Dey, A.B., Gupta, S., and Kumar, N. (2003). Reversing Ageing: Non-pharmacological interventions. pp. 219-230. In: Dey, A.B. (Ed.) *Ageing in India*. Rakmo Press Pvt. Ltd: New Delhi.
5. Kumar, N. and Singh, J.G. (2001). A study of Surgical Stress in Female patients. *Journal of Personality and Clinical Studies*, Vol. 17 (2): 100-107.

Workshops Conducted

1. "Cognitive Behavioural Psychotherapy" on 5th November 2004 at the Indian Ageing Congress, AIIMS, New Delhi.
2. "CBT: Overview, Assessment, Conceptualisation and Treatment Strategies" from 14th to 16th October 2006 at the Department of Psychology, University of Kolkata.
3. "CBT: Self-Practice Strategies" on 21st and 22nd February 2009 at Sudaksh Superspeciality Clinic, New Delhi.
4. "Positive Parenting" on 20th June 2009 at Sitaram Bhartia Institute as part of their Antenatal care Workshop.
5. "CBT in Anxiety Disorders" on the 29th to 30th August and 5th to 6th September 2009 at Sudaksh Superspeciality Clinic, New Delhi.
6. "CBT with children and adolescents: basics and beyond" on the 21st and 22nd of February 2010 at Sudaksh Superspeciality Clinic, New Delhi.
7. "CBT- an introduction" co-facilitated with Dr Michael Townend on the 20th of October 2010 at Sudaksh Superspeciality Clinic, New Delhi.
8. "CBT with OCD and Phobias" co-facilitated with Dr Michael Townend on the 20th of October 2010 at Sudaksh Superspeciality Clinic, New Delhi.
9. "CBT in Trauma and PTSD" co-facilitated with Dr Michael Townend on the 20th of October 2010 at Sudaksh Superspeciality Clinic, New Delhi.

Papers Presented

1. "The effect of a Multi-disciplinary Intervention on the Health-related Quality of Life of Ambulatory Older Adults" on 7th November 2004 at the Indian Ageing Congress held in AIIMS, New Delhi.
2. "Cognitive Behavioural Therapy – An effective Intervention" on 7th November 2004 at the Indian Ageing Congress held in AIIMS, New Delhi.
3. "The effect of a Multi-disciplinary Intervention on the Health-related Quality of Life of Ambulatory Older Adults" on 20th Feb 2005 at the international conference on 'The enrichment of Human Life' organised by the Aastha foundation, New Delhi.
4. **"The challenges faced within an emergent global economy in the delivery of evidence-based psychotherapy" on 14th July at the WCBCT, 2007 held in Barcelona, Spain.**

5. "Cognitive Behavioural management of Diabetes" on 6th November 2011 at the International Conference of Physiotherapy. Theme: Evidence behind Practice, All India Institute of Medical Sciences, New Delhi.

References

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2. Dr Michael Townend
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Psychotherapy.
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e-mail: m.townend@derby.ac.uk
3. Dr. Sanjay Chugh
Senior Consultant Neuro-Psychiatrist
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New Delhi – 110048
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4. Dr (Prof.) S.K. Gupta
Professor Emeritus
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