

MAHESH BS

Consultant - Clinical Psychology

Qualification

M.Sc. | M.Phil in Clinical Psychology / Licensed Clinical Psychologist in the Central Registry of Rehabilitation under Rehabilitation Council of India (RCI) and Professional Life Member of Indian Association of Clinical Psychologists

Overview

A licensed clinical psychology professional and an RCI (Rehabilitation Council of India) registered specialist, Mr. Mahesh BS is the foremost psychologist in Mangalore. He is an expert on all aspects of psychology including the identification/diagnosis, psychological assessments, counselling and psychotherapy of both minor life adjustment problems and major psychiatric disorders. Mr. Mahesh BS completed his M.Sc. in Psychology (Clinical & Counselling) from SDM College (Autonomous) in Ujire, Karnataka in 2012 following which, he pursued a specialized professional training program (M.Phil in Clinical Psychology) by clearing the All India Entrance Examination of Sweekaar Academy of Rehabilitation Sciences, an RCI-registered institute in Secunderabad, Telangana, in 2014. Mr. Mahesh BS began his career as a guest faculty at the Central University of Karnataka in Gulbarga and then later joined Dr. AV Baliga Memorial Hospital in Udupi in 2014 as a consultant clinical psychologist. He went on to pursue his PhD from Mangalore University while working part-time in December 2015. He joined KMC

Hospital in 2017 and has served the institution as an Assistant Professor in Clinical Psychology and a Consultant Clinical Psychologist in Mangalore till now. Presently, he is awaiting his doctorate degree after submitting his thesis in March 2022. Mr. Mahesh BS is an expert in treating and helping patients with ADHD, learning difficulties and disabilities, autism, memory issues, intellectual disability and behavioural problems, such as lying, disobedience, stuttering/stammering, stealing and alcohol or drug abuse, Mr. Mahesh is known for his patient-centred, trauma-informed and outcome-oriented approach while treating mental health problems/disorders. Mr. Mahesh BS is a professional life member of the Indian Association of Clinical Psychologists (IACP) and has been a member of the Board of Studies and the Board of Examiners at three reputed private institutions in the Dakshina Kannada district to date.

Field of Expertise

- IQ Testing
- Learning Disability Testing
- Testing of Memory
- Assessment of Personality
- Vocational/Career Interest
- Assessment of Various Addictions
- Marital Conflicts
- Adjustment Problems
- Counselling and Psychotherapy to Various Minor to Major Mental Disorders

Languages Spoken

- Kannada
- English

- Tamil
- Hindi
- Tulu

Awards & Achievements

- Author of Book Chapter Titled: "Facets of Mindfulness and Substance Use Disorder" (ISBN: 978-93-81195-96-3)
- Published Case Report on 'Chain snatching' a manifestation of Kleptomania: An Impulse Control Disorder: Legal implications in the Indian Journal of Mental Health, Vol. 5, Issue No: 3