



Satish Kumar CR

Consultant - Clinical Psychology

Qualification

MPhil Clinical Psychology | PGIBAMS (RCI LICENSED) | PhD Clinical Psychology (Scholar) Netherlands

Fellowship & Membership

- Rehabilitation Council of India Crr. A43680
- Indian Association of Clinical Psychologists
- International Association of Holistic Psychology

Field of Expertise

- Psychological Assessments (Personality, IQ, Specific learning disability and behavioural assessments)
- Child Psychology (Behavioural therapy, depression and anxiety management, anger issues)
- Pain management (Adaptation to pain in Musculoskeletal, chronic headache, psychosomatic and cancer pain)
- Adolescent health (Substance addiction, relationship issues and behavioural complaints)
- Adult health (CBT, Mindfulness, Resilience enhancement and relaxation techniques for Anxiety, depression and stress disorders)
- Relationship clinic (Premarital relationship counselling for relationship discord, post marital counselling and couples counselling)

Languages Spoken

- English
- Tamil
- Kannada
- Hindi

Awards & Achievements

- Scholarship from Maastricht University, Netherlands

Talks & Publications

- Mehrotra, S., Kumar, S.C.R., Gandotra, A., Sudhir, P.M., Thirthahalli, J., Rao, G.N. (2017). Why urban Indians are interested in an internet based self-care app for depression? A brief pilot survey. International Journal of Community Medicine and Public Health, 4(6), DOI: [Click Here](#)
- Mehrotra, S., Sudhir, P.M., Kumar, S.C.R., Thirthahalli, J., Rao, G.N., Srikanth, T.K., Gandotra, A. (2017). Profile of seekers of an internet-based self help program for depression in India: Observations and implications. International Journal of Community Medicine and Public Health, 4(9).
- Mehrotra, S., Noufal, T.H., Kumar, S.C.R., Devdutt, J., Agrawal, J., Chandra, P. (2017). Field notes on youth pro: An initiative for youth mental health promotion in India. Journal of the Indian Academy of Applied Psychology, 43(2).
- Mehrotra, S., Kumar, S.C.R., Sudhir, P.M., Rao, G.N., Thirthahalli, J., Gandotra, A. (2017). Unguided mental health Self-help apps: Reflections on challenges through a clinician's Lens. Indian Journal of Psychological Medicine: 116.75.103.16. 4.
- Mehrotra, S., Sudhir, P.M., Thirthahalli, J., Rao, G.N., Kumar, S.C.R., Gandotra, A., et al. (2016). An internet-based selfcare program for depression: Workbook. ISBN: 81- 86475-00-X, NIMHANS publication No. 126.
- Parashar, N., & Kumar, S.C.R. (2015). Quality of life and selfesteem among children of patients suffering with leprosy. Indian Journal of Health and Wellbeing, 6(9), 910- 913.
- Kumar, C.R.S & Parashar, N. (2015). Death anxiety, spirituality and coping among cancer patients. Indian Journal of Positive Psychology, 6 (3), 291-294.
- Psychological aspects in Osteoarthritis. Article for the Souvenir for the 3rd International Conference of Osteoarthritis. Indian association of Rheumatologists: Karnataka chapter
- Free mobile apps on depression for Indian users: A brief overview and critique [Click Here](#)
- Why urban Indians are interested in an internet based self-care app for depression? a brief pilot survey [Click Here](#)
- Unguided mental health self-help apps: Reflections on challenges through a clinician's lens [Click Here](#)
- Death Anxiety, Coping and Spirituality among Cancer Patients [Click Here](#)
- Quality of life and self-esteem in the adolescent children of patients who are suffering with leprosy. [Click Here](#)
- Parashar, N., Kumar, S.C.R. Honesty and psychological integrity in personal relationship. Psyinsights. (In press: accepted for publication)
- Review article with the working title 'Resilience model in the adaptation to chronic pain'
- Optimism decreases pain: A replicative study
- Psychological concerns in Ethnic skin: Chapter in a book for Taylor and Francis publications.
- Allow children to express themselves'- Dr Satish Kumar, consultant, Clinical psychologist, Manipal Hospitals Old Airport Road. [Click Here](#)
- Kumar, S., Mehrotra, S. (2017). Free mobile apps on depression for Indian users: A brief overview and critique. Asian Journal of Psychiatry, 28, 124-130.