

DR. SATISH KUMAR CR

Consultant - Clinical Psychology

Qualification

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

Overview

Dr. Satish Kumar C. R. is a highly respected and accomplished clinical psychologist, known for his expertise in psychological assessments and various areas of mental health. He is currently associated with the Manipal Hospitals, Old Airport Road, Bengaluru, as a consultant in clinical psychology. The renowned Maastricht University in the Netherlands is where he earned his MPhil in Clinical Psychology, PGIBAMS (RCI Licence), and PhD in Clinical Psychology. For his outstanding academic accomplishments, he was given a scholarship there. Dr. Satish Kumar C. R. is a member of the Indian Association of Clinical Psychologists and the International Association of Holistic Psychology, and he is passionate about holistic psychology. He has vast expertise and a specialised understanding of a variety of psychological examinations, including personality evaluations. Dr, Satish is a foremost consultant clinical psychologist in Old Airport Road, Bangalore. Dr. Satish has also made significant contributions to the field of pain management, helping patients adapt to musculoskeletal pain, chronic headaches, psychosomatic pain, and cancer-related pain. In the realm of adolescent health, he focuses on

addressing substance addiction, relationship issues, and various behavioural complaints that young individuals may face. Additionally, Dr. Satish Kumar C. R. provides specialised care for adults, utilising evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Mindfulness, resilience enhancement, and relaxation techniques to help individuals cope with anxiety, depression, and stress disorders. A key aspect of Dr. Satish's practice is his expertise in relationship counselling. He offers premarital relationship counselling to address any discord that may arise before marriage, as well as post-marital counselling and couples counselling to foster healthier relationships. He is fluent in several languages, including English, Tamil, Kannada, and Hindi, enabling him to effectively communicate and connect with patients from diverse backgrounds. Dr. Satish Kumar C. R. has got several awards for his outstanding efforts during his career. He further demonstrated his interest and commitment to the area of clinical psychology by receiving a scholarship from Maastricht University in the Netherlands. He has written multiple studies in respected journals, such as the Asian Journal of Psychiatry and the International Journal of Community Medicine and Public Health, in addition to his clinical work. He has also spoken at different conferences and delivered speeches at these events. Dr. Satish's contributions extend beyond the academic and clinical realms. He has been effectively associated with creating awareness about mental health through interviews, articles, and media appearances. His experiences and mastery have been highlighted in prominent publications, where he has addressed topics like the impact of social media on mental health, the challenges of working from home, and the increased burden of dementia during the pandemic. With his immense knowledge, compassionate approach, and devotion to working on mental prosperity, Dr. Satish Kumar C. R. is a trusted and esteemed professional in the field of clinical psychology. Patients can rely on his expertise and experience to receive comprehensive and effective psychological care at the Manipal Hospitals, Old Airport Road.

Fellowship & Membership

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

Field of Expertise

- 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)
- LGBTQ+ and Polyamorous Affirmative Therapies
- Trauma Focused Therapy

Languages Spoken

- English
- Tamil
- Kannada
- Hindi

Awards & Achievements

- Scholarship from Maastricht University, Netherlands

Talks & Publications

- 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.
- Mehrotra, S., Kumar, S.C.R., Gandotra, A., Sudhir, P.M., Thirtahalli, 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., Thirtahalli, 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., Thirtahalli, 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., Thirtahalli, 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 lensClick 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
- Indians suffer from mental stress as Covid resurges - Dr C R Satish Kumar, Consultant - Clinical Psychology, Manipal Hospitals, Old Airport Road. Click Here
- Pandemic takes a toll on mental health - Dr Satish Kumar CR, Consultant- Clinical Psychology, Manipal Hospitals, Old Airport Road.Click Here
- Bloom In a gloom - Dr Satish Kumar CR, Consultant- Clinical Psychology, Manipal Hospitals, Old Airport Road.Click Here
- Mental health care to address key concerns- Dr Satish Kumar CR, Consultant- Clinical Psychology, Manipal Hospitals, Old Airport Road. Click Here

- ‘We hold unrealistic standards, feel even worse about ourselves’: How social media impacts mental health- Dr Satish Kumar CR, Consultant- Clinical Psychology, Manipal Hospitals, Old Airport Road. Click Here
- Work From Home brings burnout, anxiety in its wake- Dr Satish Kumar, Consultant – Clinical Psychologist, Manipal Hospitals, Old Airport Road. Click Here
- Why office affairs can get messy- Dr Satish Kumar CR, Consultant- Clinical Psychology, Manipal Hospitals, Old Airport Road. Click Here
- Pandemic has increased the Burden of Dementia - Dr. Satish Kumar CR, Consultant - Clinical Psychology, Manipal Hospital Old Airport Road.Click Here
- Mr. Satish Kumar CR on Trauma and turbulence | The Hans India.Click Here
- Dr. Satish Kumar CR on Monday Mind Talks: Know about Post-traumatic stress disorder and strategies to cope with PTSD anxiety | Pinkvilla.Click Here
- Dr. Satish Kumar CR on How To Overcome Emotional Distress Among Children With Cancer? | The Healthsite.Click Here
- Dr.Satish Kumar C R on Why cutting screen time on social media by half can restore a teen’s body image | The Indian Express. Click Here
- Dr. Satish Kumar CR on Are French fries worsening our anxiety and depression? | The Indian Express. Click Here
- Dr. Satish Kumar C R on Anxiety Awareness Day: A guide to effectively recognise and address anxiety in children and teenagers | Mid-Day | Daily Hunt. Click Here
- Dr. Satish Kumar CR on Why can’t victims like the murdered Mumbai woman leave their abusive partners? | The Indian Express. Click Here
- Dr. Satish Kumar C.R. on Social pressures, unrealistic family expectations drive students to suicide. Click Here