

DR. SHABANA M S

Consultant - Psychology

Qualification

PhD in Psychology

Overview

Dr. Shabana M S is considered one of the top psychologists in Bangalore due to her qualifications and experience. She has a PhD in Psychology and a rich experience of 17 years. She has worked on exciting issues like emotional first aid, infertility counselling, and issues of the LGBTQ community. Currently, she is associated with Manipal Hospital in the Whitefield area of Bangalore as a Consultant in Psychology. Her patients often praise her unique approach to psychotherapy and counselling. She has done her PhD at the University of Calicut between September 2005 and September 2009. She has worked as a Consultant Psychologist for Fortis Healthcare in Bangalore for one year and at the Health Bloom Polyclinic for almost two years. She was a Senior Psychologist at DaVita India, an organisation well-known for kidney care, for nearly nine years. She has worked with patients having issues like anxiety, depression, domestic violence, stress, grief, and bereavement. She has counselled patients dealing with chronic illnesses and their caregivers regarding stress management. She has worked with people belonging to the LGBTQ community to help them handle their psychological issues. She is a life

member of the Indian Association of Clinical and Academic Hypnosis. Dr. Shabana coaches people about mental well-being and mental health. She has done relationship counselling, pre-marital counselling, emotional first-aid counselling, family therapy, marital therapy, and counselling about intimate violence by a partner. She has a doctorate for her thesis on 'Psychosocial correlates of Conduct disorder and efficacy of an intervention program'. She is a life member of the Indian Academy of Applied Psychology and the Tamil Nadu Psychology Association. She is the founder of a venture called Litmus Psychological Services, which she started in the year 2020 to do something in the field of psychoeducation. She is the Principal Psychologist of the venture. She provides psychological training and education online to those interested. Apart from her regular consultation, she has also worked with NGOs and educational institutes as their in-house consultant to give back to society. She has been a part of the Nirmala Sadan Institute for Children With Intellectual Disabilities and the Shree Chitra Tirunal Institute for Medical Sciences and Technology. She is also trained in Hypnotherapy, which she uses to treat her patients whenever needed. Dr. Shabana has worked to educate people about emotional well-being and work-life balance. She has also worked with Rajah Medical Trust Hospital, SM Hospital, and other organisations. She is a member of the British Psychological Society and the American Psychological Association.

Fellowship & Membership

- Member of the American Psychology Association (APA).
- Member of the British Psychological Society (BPS).
- Life Member of Tamilnadu Psychology Association.
- Life member of Indian Academy of Applied Psychology.
- Life Member of Indian Association of Clinical and Academic Hypnosis.

Field of Expertise

- 17 years of clinical and counselling experience
- Psychotherapy and Counseling
- Positive Mental Health and Well-Being
- Life Coaching for Adolescents and Adults
- Building Confidence and self-esteem
- Relationship Counseling
- Family and Marital Therapy
- Pre Marital Counselling
- Emotional First Aid
- Management of Stress/ Anxiety /Depression
- Grief and Bereavement Counselling
- Infertility Counselling
- Domestic Violence /Intimate Partner Violence
- Stress Management for Care givers
- Counseling to cope with Chronic Ilness
- Issues faced by LGBTQ community
- Other Mental Health issues

Languages Spoken

- English
- Hindi
- Malayalam
- Tamil
- Kannada
- Bengali
- Telugu(not proficient)

Awards & Achievements

- Doctorate awarded for: Psychosocial correlates of Conduct disorder and efficacy of an intervention program.