

DR. VINITHA PRECILLA DSOUZA

PSYCHIATRIST



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Mangalore, Karnataka

EDUCATION

MD Psychiatry
Father Muller Medical College, Mangalore 2021 - 2025

MBBS
Father Muller Medical College, Mangalore 2012- 2018

SKILLS

- Communication skills
- Theoretical and practical knowledge
- Ability to work under pressure
- Diagnostic skill
- Keen interest in mental health awareness.

LANGUAGES

- English, Hindi (Fluent)
- Kannada (Fluent)
- Tulu, Konkani (Fluent)
- Malayalam, Marathi (Intermediate)

ABOUT ME

As a psychiatrist with comprehensive academic training and clinical exposure, I aspire to leverage my knowledge and skills to provide holistic mental health care. I am dedicated to diagnosing and treating diverse psychiatric disorders using evidence-based practices, including psychopharmacology and psychotherapy, while ensuring an empathetic and patient-centered approach.

EXPERIENCE

Fr. Muller Medical College

Junior Resident 2022-2025

Patient Assessment & Diagnosis: Conducted thorough psychiatric evaluations, diagnosing mental health disorders across age groups.

Treatment Planning: Developed individualized treatment plans, managed psychotropic medications.

Psychotherapy & Counseling: Delivered cognitive behavioral therapy, supportive counseling, and psychoeducation to patients and their families; led group therapy for mood and substance use disorders.

Emergency Care: Handled psychiatric emergencies like acute psychosis and suicide attempts.

Senior Resident: SMBT medical college and research center, Nashik, 2025 April onwards

Achievements

- 1st Place in Poster presentation at national level in 7th National symposium on women's mental health and perinatal psychiatry "Uterine mysteries - unmasking somatic delusion in an elderly woman"
- Oral paper presentation in IABAP national conference "Anxiety and depression in migraine"
- Poster presentation in PSYCON -2022. "Tales of a time traveller, a case report"
- 1st prize in Institutional level Debate competition "Should mental health professionals take on a political role"
- Certificates : Certificate in suicide management training,
- Certificate in trauma care and certificate in Child and adolescent psychiatry training from NIMHANS

Publications

- Anxiety and depression in migraine - ongoing publication process
- Case report: Cariprazine induced worsening of psychosis.
- Case report : Quetiapine induced restless leg syndrome