

Dr. PARAMITA BHOWMICK

Consultant Couple Therapist and Family Therapist
Consultant Psychiatric Social Worker
Freelance

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WORK EXPERIENCE

- 2023 April - current: Working as freelance Consultant Couple/Marital therapist and Family Therapist and conducting Webinars and Workshops, associated with PsychiCare, Delhi, TherapHeal, Kolkata and Caring Minds International, Kolkata, India.
- 2020 December – 2023 April: Consultant Couple Therapist, Family Therapist and Psychiatric Social Worker in Cadabams Hospital, Bangalore India.
- 2020: Counsellor in Mahima India, Kolkata.
- 2016 – 2018: Lead Mental Health Professional (MHP) and Researcher – PSSMHS (Psychosocial Support and Mental Health Services) for conflict and internal displacement affected children from NIMHANS, Bangalore.
- 2014 – 2018: Junior Consultant in Adult Psychiatry unit, Department of Psychiatry, NIMHANS, Bangalore.
- 2013 – 2017: Lead MHP and Trainer in PSSMHS for Govt. and NGO sectors from NIMHANS, Bangalore.
- 2013 – 2014: Lead MHP and Researcher in PSSMHS for natural disaster affected children and adult from NIMHANS, Bangalore.
- 2010 – 2011: Social Worker in a project named “Child Mental Health Programme” at Mon Foundation – NGO in collaboration with CRY in Kolkata.
- 2010: Social Worker at Indienhilfe, Kolkata, in collaboration with Indienhilfe e.V. Herrsching, Germany in a project - ‘Global learning and Poverty alleviation among children’ under the Child Development project in Kolkata.

ACADEMIC QUALIFICATION

- 2025: Ongoing course on Emotion Focused Therapy from EFTII in collaboration with EFTIN
- 2021: Degree on Doctor of Philosophy (Ph.D.) in Psychiatric Social Work from NIMHANS, Bangalore.
- 2013 – 2014: Fellowship in Psychosocial Support in Disaster Management from NIMHANS, Bangalore.
- 2011 – 2013: Degree on Master of Philosophy (M.Phil.) in Psychiatric Social Work from NIMHANS, Bangalore.
- 2007 – 2009: Degree of Master of Social Work (M.S.W) with Special Paper on “Mental Health and Counselling” from Jayaprakash Institute of Social Change, Vidyasagar University, Kolkata.
- 2004 – 2007: Degree of Bachelor of Science with Honours in Psychology from Gokhale Memorial Girls’ College, University of Calcutta, Kolkata, India.

PUBLICATIONS

1. Grace, N. K., **Paramita, B.**, Jayakumar, C., & Sekar, K. (2019). Emotional Vulnerability of Displaced Children in a Protracted Conflict. *Artha J Soc Sci*, 18(2), 39-48.
2. Dhandapani Aneelraj, Channaveerachari Naveen Kumar, Revathi Somanathan, Dhanya Chandran, Suvarna Joshi, **Paramita Bhowmick**, Sekar Kasi, Roopesh N. Bangalore & Suresh Bada Math. (2016). Uttarakhand Disaster 2013: A Report on Psychosocial Adversities Experienced by Children and Adolescents. *Indian J Pediatr*, 83 (4), 316-321.
3. Kavita, J., Muralidharan, K., Tansa, K.A., Aravind Raj, E., & **Paramita Bhowmick**. (2015). Incidence of childhood abuse among women with psychiatric disorders compared with healthy women: Data from a tertiary care centre in India. *Child Abuse & Neglect*, 50, 67-75.
4. Naveen Kumar Channaveerachari, Aneel Raj, Suvarna Joshi, **Paramita Bhowmick**, Revathi Somanathan, Dhanya Chandran, Sekar Kasi, N. Roopesh, Suresh Bada Math. (2015). Psychiatric and Medical Disorders in the aftermath of the Uttarakhand Disaster: Assessment, Approach, and Future Challenges. *Indian Journal of Psychological Medicine*, 37 (2), 138-143.
5. **Paramita, B.**, Sekar, K., & Marimuthu, P. (2014). Empowerment of Women in Disaster Management. *National Journal of Professional Social Work*, 15(2), 27-37.
6. **Paramita, B.**, Vranda, M.N., & Muralidhar, D. (2014). Intensive Case Management on a Person with Treatment Resistant Paranoid Schizophrenia. *Artha J Soc Sci*, 13(2), 33-40.

SELECT CONFERENCE PRESENTATIONS

1. Certificate of Appreciation for distinguished presentation in a symposium on Enhancing institutional & community resilience to disasters & climate change in the 25th Asia-Pacific Joint Regional Social Work Conference – 2019, NIMHANS, Bangalore.
2. E- presentation on “Dimensions of Psychosocial Vulnerability among Children in Conflict induced Internal Displacement in Assam, India” in the 25th Asia-Pacific Joint Regional Social Work Conference - 2019, NIMHANS, Bangalore.
3. Presentation on “Assessment of Vulnerabilities among Conflict affected Children who are Internally Displaced” in International Conference on Intercultural Social Work - 2018, MAHE, Manipal, Karnataka.
4. Best Paper Award presentation in the category of M.Phil/PhD Scholars of Social Work in XXXII Annual National Conference of the Indian Society of Professional Social Work, 2014, in Bijapur, Karnataka, India.

PSYCHOSOCIAL SUPPORT & MENTAL HEALTH SERVICES

A. Field Work

1. 2013: Uttarakhand Flood Disaster - Uttarkashi District and Rudraprayag District, Uttarakhand, in collaboration with Govt. of India, Govt. of Uttarakhand and HelpAge India, New Delhi.
2. 2014 – 2018: Protracted Ethnic conflict zone in Assam (BTAD) – Children in Internal Displacement.

B. Training & Workshop

1. Training of Trainers on Psychosocial Support (PSS) -Recovery for IGSSS, Assam focussing on communities affected by ethnic conflict in Assam, Mizoram and Tripura, N.E India.
 2. Training of Trainers on Psychosocial First Aid in Air Disasters for InterGlobe Aviation Ltd. “IndiGo”.
 3. Training of Trainers on “Life Skills Education” for teachers of Sri Padmavati Mahila Visvavidyalayam, Women’s University, Tirupati in collaboration with Govt. of Andhra Pradesh.
 4. Training on Disaster Mental Health & PSS for 2 batches of Medical Officers in Dehradun, Uttarakhand in collaboration with Govt. of Uttarakhand.
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B. Training & Workshop

5. Training program for MSW students on Psychosocial Support in Roshni Nilaya School of Social Work, Mangalore.
6. Training on Psychosocial Preparedness for Disaster Management for MSW students of Christ University, Bangalore.
7. Conducted National Workshop on Research Methodology in Psychosocial Issues by Department of Psychiatric Social Work, NIMHANS, Bangalore.
8. Chaired a Scientific session on “Professional Social Work Perspectives & PSS Intervention in Disaster Management” conducted at St. Mary’s College, Udupi district, Karnataka.

SPECIAL SKILL SET

1. Developing Manuals and Workbooks on Psychosocial Care - Support and Recovery.
2. Training manuals to be used for training of trainers (Medical Officers and allied health professionals) and community level Health Workers.
3. Develop manpower in mental health field at districts and community levels.
4. Address stigma related to mental health problems
5. Reach out to community and helping them to address mental health problems – referrals to psychiatrists and facilitating follow ups.
6. Develop psychosocial support and mental health service (PSSMHS) cells at district and community levels of different states of the country.
7. Developing manuals and Workbooks on Life Skills Education & PSS for training teachers at State, District and community level for children.
8. Developing Information Education and Communication (IEC) materials for disseminating information on psychosocial support and mental health services.

LANGUAGES

English (fluent), Bengali (native), Hindi (fluent)