

DR. ABHISHEK KHATRI

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A highly trained psychiatrist with advanced qualifications in Addiction Psychiatry (DM, NIMHANS), Child and Adolescent Psychiatry (IACAM), and Cognitive Behavioral Therapy (Beck Institute, USA). Proficient in managing diverse psychiatric conditions, including addiction, mood disorders, ADHD, and autism, with extensive experience across clinical, academic, and research roles.

EXPERIENCE

AUG 2024- TILL
DATE

ASSISTANT PROFESSOR OF PSYCHIATRY, WORLD COLLEGE OF MEDICAL SCIENCES RESEARCH AND HOSPITAL, INDIA

AUG 2021-AUG
2024

ACADEMIC SENIOR RESIDENT, CENTRE FOR ADDICTION MEDICINE-NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES (NIMHANS), INDIA

AUG 2020-JUL
2021

SENIOR RESIDENT, PSYCHIATRY, IHBAS, DELHI, INDIA

JUN 2017-JUL
2020

ACADEMIC JUNIOR RESIDENT, PSYCHIATRY, IHBAS, DELHI, INDIA

EDUCATION

2024

DOCTORATE OF MEDICINE IN ADDICTION PSYCHIATRY, NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES (NIMHANS)

2024

CERTIFICATE COURSE IN CHILD AND ADOLESCENT PSYCHIATRY, INDIAN ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH (IACAM)

2024

CBT TRAINING FOR DEPRESSION, ANXIETY AND SUICIDE PREVENTION, BECK INSTITUTE, USA

2020

MD PSYCHIATRY, INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES

2015

MBBS, UNIVERSITY COLLEGE OF MEDICAL SCIENCES (UCMS), DELHI UNIVERSITY (DU)

SKILLS

COMPREHENSIVE PSYCHIATRIC ASSESSMENT AND MANAGEMENT:

- Proficient in diagnosing and treating common and severe mental disorders, specialising in addiction medicine, ADHD, autism, dementia, mood and anxiety disorders.
- Expert in managing substance-related disorders including alcohol, cannabis, stimulants, opioids, and novel psychoactive substances, along with behavioral addictions such as gambling and internet addiction.
- Specialized in child and adolescent psychiatry, proficient in managing behavioral issues, trauma, mood and anxiety disorders, including those associated with autism spectrum and ADHD.

DIVERSE POPULATION EXPERTISE:

- Extensive experience in dealing with women and perinatal mental health, LGBTQ affirmative care including SRS-related treatments and guidance.
- Profound knowledge in managing psychiatric conditions in the elderly, particularly focusing on dementia and depression. Liaison With General Hospital Teams

COLLABORATIVE EXPERIENCE WITH VARIOUS MEDICAL DEPARTMENTS:

- Gastroenterology: Assistance in managing alcohol and drug abuse-related liver diseases.
- Pulmonology: Co-management of smoking-related diseases.
- Obstetrics and Gynaecology- consulting for perinatal mental health issues.
- Neurology/Neurosurgery: Consultations for delirium, epilepsy, and sleep disorders.
- Pediatrics: Co-management of behavioral and neurodevelopmental issues.
- Transplant Teams: Conducting capacity and fitness assessments.

LEADERSHIP IN MULTIDISCIPLINARY TEAMS:

- Skilled in leading and coordinating mental health teams comprising physicians, psychologists, social workers, and psychiatric nurses.

EMERGENCY AND REHABILITATION PSYCHIATRY:

- Capable of managing acute psychiatric emergencies, providing critical care, and overseeing long-term rehabilitation programs.
- Managing high-dependency unit in addiction and psychiatry ICUs.

PSYCHOTHERAPEUTIC PROFICIENCY:

- Trained in various therapeutic techniques including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), Family therapy and Exposure and Response Prevention (ERP).

COMMUNITY PSYCHIATRY AND TELEPSYCHIATRY:

- Experienced in community care through running community clinics with multidisciplinary teams.
- Experience of working with telepsychiatry clinics since 2020.

INTERVENTIONAL PSYCHIATRY:

- Proficient in non-invasive brain stimulation techniques, including modified ECT, repetitive Transcranial Magnetic Stimulation (rTMS), and transcranial Direct Current Stimulation (tDCS).
- Experienced in administering ketamine therapies.

RESEARCH AND PUBLICATION:

- Authored peer-reviewed articles and case reports, with completed research projects on dementia and gambling disorder.