

# Dr. Nitin Shukla

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## **Key Achievements**

- Youngest psychiatrist ever to hold the MD, DNB degrees and the MNAMS. [Membership to the National Academy of Medical Sciences – India]
- More than 750 hours of formal supervised training in Psychotherapy including more than 400 hours of formal supervised training in Clinical Hypnotherapy
- Winner of the Dhruva Kumar Award for the 'Best Psychotherapy of the Year for 2003-2004', instituted by the Indian Psychiatric Society (Karnataka branch).
- Second author for the chapter 'Mania and Bipolar Affective Disorder' in Psychiatry edited by Dr.N.K.Vohra
- Internationally Certified Coach. Certified Master Practitioner and Trainer of Clinical Hypnotherapy and Neuro Linguistic Programming (NLP) conducting workshops on Hypnotherapy, NLP, Psychology and Communication in Schools, Institutes, Organizations, Universities and National Level Psychiatric Conferences.
- Member and North-India representative of the Indian Society of Clinical Experimental Hypnosis and member of the American Hypnosis Association.
- Research- Co-Investigator in 7 International and 1 National Drug Trial  
5 Paper and poster presentations in National Conferences.

## **Education & Qualifications (Psychiatry)**

- MBBS , MD (Psychiatry), DNB (Psychiatry)

## **Education & Qualifications (Psychotherapy)**

- Formal Supervised training of more than 150 hours in CBT, BT Psychotherapy
- Internationally Certified 'Coach' (training of over 55 hours by Joseph O'Connor, Founder of the International Coaching Community, Trainer of NLP, Author of NLP Workbook, Coaching through NLP)
- 'Practitioner of Clinical Hypnotherapy' (3 levels of training over 140 hours from CHI-USA)
- 'Advanced Practitioner of Neurolinguistic Programming' (over 85 hours from Growth Network)
- 'Teacher & Trainer of Clinical Hypnotherapy' ('Training of Trainers' over 90 hours from CHI-USA)
- Training in Hypnotherapy, NLP and Regression by Dr.Bhaskar Vyas, Dr.Rajni Vyas (over 65 hours), Indian Society of Clinical and Experimental Hypnosis (over 50 hours), Hans Ten Dam (over 110 hours) and Lucy Baker (over 27 hours).
- Training in Body Oriented Psychotherapy by Dr.Ian of California School of Integrated Studies(over 25 h)

- Advanced practitioner of Biofeedback and Neurofeedback - Training from Gunjan Human Karigar-Mind Media International(over 90 hours)
- Training in Couple Therapy by Dr.Shruti Kalra (over 18 hours)
- Training in 'Theta healing' by Ms.Hitomi from Japan (over 25 hours)

## **Experience in Psychiatry**

### WORKED AS

#### **Senior Resident** Psychiatrist in

- Department of Geriatric Mental Health, King George Medical University, Lucknow

This is the only dept in India exclusively dedicated to mental health care of our elderly. It exposed me to the challenges in care of the elderly and helped me develop more respect and concern towards issues of daily living and use of common sense and patience in professional care

- Institute of Human Behaviour and Allied Sciences (IHBAS), Shahdara, Delhi

This is one of the largest Neuropsychiatry institutes in India. Responsibility of managing almost a hundred patients per day in the OPD, and 3 wards- Female Open ward, Deaddiction ward and the Medicolegal ward (that houses forensic and criminal cases), made me more fast and focused (not fast and furious!) in Clinical practice, Teaching and Psychotherapy.

#### **Research Officer** Psychiatrist in

- All India Institute of Medical Sciences (A.I.I.M.S.) New Delhi

Work at this premier institute of practice and research and especially my romance with books in the 24 hour open library helped me strengthen and consolidate my scientific understanding of the psychological and the psychic phenomenon

### WORKING AS

#### **Consultant Psychiatrist & Psychotherapist** in

- VIMHANS, Delhi (A Center of Super specialty Psychiatry, Psychology & Neurosciences care in Delhi)
- 'Delhi Psychiatry Centre' (India s 1st ISO 9001:2000 certified psychiatric clinic)
- Cosmos Hospitals –Friends Medical Center (Multispeciality hospital)
- Aurobindo Ashram, Delhi (honorary)

#### **Director – Application & Research** – Gunjan Human Karigar Pvt Ltd – Partners of Mind Media International

#### **Director & Faculty** - Applied Psychiatry and Psychotherapy

CIMBS (Cosmos Institute of Mental Health and Behavioral Sciences), Delhi

#### **Lecturer** (Visiting) in Neuropsychology & Health Psychology in AMITY, Jamia Milia Islamia Univ

## **Experience in Psychotherapy**

I started practice of Psychiatry and Psychotherapy in 2002. I am both fortunate and lucky to have been trained by the best of professionals. By now I have treated more than 28,000 patients. I now mostly use a combination of Medicines and Psychotherapies including Behavioral (BT), Cognitive (CBT), Brief Psychodynamic, Interpersonal, Couple, Sex and Family therapy.

Have effectively used psychotherapy to help patients of Depression, Bipolar disorder, Substance abuse, Anxiety, Phobias, OCD, Personality Disorders (Anxious-Avoidant, Borderline), Sexual problems, Relationship issues, Behavioral problems and Psychosomatic problems (like Asthma, Irritable Bowel Syndrome) and patients with medical, neurological problems (like headaches, sleep disorders, pain from cancer and Ankylosing Spondylosis). Have at times; unpredictably and unexpectedly; been able to help some of those with psychotic symptoms (Schizophrenia). The use of Hypnotherapy and NLP in capacity/ capability enhancement, improvement of study skills and skills in sports have also produced good results in my clients, though my experience in these is limited to last 2 years.

I have special Interest in Psychotherapies (Non-Pharmacological methods of treatment) and in the

relationship of Spirituality to health.

I have been training professionals (ranging from doctors and psychiatrists, to psychologists and allied health professionals, students and interested people from diverse fields) since 2006 and till date have conducted training of more than 450 people over more than 1500 hours including that in Process oriented workshops for Self Hypnosis and Clinical Hypnotherapy, Basic and Clinical NLP, Cognitive Restructuring and Reframing, as well as Objective oriented workshops in Management of Stress, Anxiety and Depression. I am beginning a series of workshops addressing Personality Enrichment, Relationship Enhancement and Positive Parenting.

*My work currently involves Clinical Practice in Psychiatry, Psychotherapy (especially Hypnotherapy, NLP, Regression, Body Oriented Psychotherapy, Bio, Neurofeedback) Teaching, Training & Research. I live and work with my wife and friend Neelu, a Clinical Psychologist & Clinical Research Coordinator.*