

Anisha Shah, PhD
Professor of Clinical Psychology

Department of Clinical Psychology
National Institute of Mental Health & Neuro Sciences (NIMHANS)
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Current roles and responsibilities Dr. Anisha Shah, presently Professor of Clinical Psychology, is also former Head of the Department of Clinical Psychology (2012-2014), NIMHANS (Institute of National Importance), Bengaluru, India.

Dr. Shah works with adults, couples and families. She has been a consultant in an adult psychiatry facility and in the family therapy facility from 1986-2011 and exclusively in the family therapy facility since 2011 till date. Her work involves providing services, supervising, training and doing research. In 1996, she initiated changes in the family therapy training for M.Phil clinical psychology trainees (posting increased to 3 months). She has contributed to IGNOU course on M.Sc. in Counseling and Family therapy, developed a six-month course for child, adolescent and family therapy for clinical psychologists (M.Phil-RCI-recognised) at NIMHANS, heads Marital Enrichment Services along with Family Therapy, and provides extensive training through various programs connected with psychotherapy integration-specially marital and family therapy, emotion focused therapy, and other approaches like narrative, constructivist, and core-conflictual relationship theme. Her research interests include the above along with process research and all aspects of psychotherapy. She promotes psychotherapy integration, marital and family therapy, psychotherapy supervision and training through programs.

Academic qualification

1982: BA (Hons) Psychology from Indraprastha College Delhi University Delhi

1984: MA Psychology Delhi University Delhi

1986: M.Phil in Medical and Social Psychology (gold medalist) Department of Clinical Psychology NIMHANS Bengaluru

1992: PhD on 'Assessment of Marital Life' from Department of Clinical Psychology NIMHANS Bengaluru

Work experience

National Institute of Advanced Studies Bangalore

1990-1992: Research Associate

Department of Clinical Psychology, NIMHANS, Bengaluru

1992-1995: Clinical Psychologist/Junior Scientific Officer,

1995-2000: Assistant Professor

2000-2004: Associate Professor

2004-2009: Additional Professor

2009-till date: Professor of Clinical Psychology

Research & clinical interests

Dr. Shah has over 120 conference/workshop presentations nationally as well as internationally. Her publications and areas of interest cover psychotherapy integration-specially marital and

family therapy, emotion focused therapy, and other approaches like narrative, constructivist, and core-conflictual relationship theme. She has completed over 130 programs and presentations on gender, mental health, psychological assessment, marital relationship, marital therapy, new therapy model-SIMT, combined couple therapy, integration of theories of therapy, emotion-focused therapy for couples, core-conflictual relationship theme, training/supervision aspects, and illustrations of integrated therapies.

Project areas: family factors and schizophrenia, family and stress, evaluating family therapy training, creativity among scientists, women and mental health, Modified MultiPhasic Questionnaire

Affiliations with various national and international associations

- i. Fellow, Society for the Exploration in Psychotherapy Integration
- ii. Fellow, Indian Association of Clinical Psychologists
- iii. Fellow, Indian Association of Social Psychiatry
- iv. Fellow, World Association of Psychosocial Rehabilitation
- v. Member International Society for Emotion-Focused Therapy
- vi. Member International Family Therapy Association-since 1999
- vii. Member American Psychological Association- International Affiliate Div 52
- viii. Member American Psychological Association Society for Couple and Family Psychology Div 43
- ix. Member American Psychological Association Theoretical and Philosophical, Psychology Society Div 24
- x. Member Society for Humanistic Psychology Div 32

Dr. Shah is also a member of the International Family Therapy Trainers' Association (countries represented in meetings include: India, USA, Romania, Spain, Switzerland, and Canada) and SEPI Convergence Special Interest Group (SIG); and associated with various national and international journals

Awards and achievements

1. Dr. M. V. Govindaswamy Memorial Prize- Gold Medal (1986) M.Phil , NIMHANS
2. Author of "The Marital Quality Scale' (MQS)1992.
3. An average of 3-requests/month is received for permission to use MQS in research studies. New requests can be sent to contact given below.
4. Coordinator six-month certificate course in Child, Adolescent and Family Therapy
5. Increase certificate course seats from 4 to 8 in 2019.
6. Offered 2-month training in marital and family therapy to several clinical psychologists from across the country.
7. Designed the marital enrichment services and f/u formats for various services.
8. G.C. Boral Award for best paper Indian Association of Social Psychiatry Bhubaneswar 1998

9. Travel grant from the Association of Family Therapists in Varmland, Sweden and Norwegian Association for Family Therapy for World Family Therapy Congress presentation at Norway 2000
10. Best paper award Behavior Medicine Conference, Bombay 2000
11. Scholarship for International Family Therapy Association's World Family Therapy Congress presentation at Brazil (2001)
12. Best poster award ICPMH Bangalore 2007
13. Best paper award NACIACP Hyderabad 2009
14. Prestigious H. N. Murthy Oration from the Indian Association of Clinical Psychologists (2019)
15. Chairperson, Task force for Psychotherapy Supervision, Indian Association of Clinical Psychologists 2020
16. N.N. Sen Memorial Award 2020 for Best paper published in the Indian Journal of Clinical Psychology (third author)
17. Formed India SEPI (Society for Exploration in Psychotherapy Integration) Regional Network 2021
18. Coordinator India SEPI (Society for Exploration in Psychotherapy Integration) 2021 onwards

Key publications

Shah A, Sathyavathi K. Social identity and personality variables in psychiatric patients with somatic complaints. J of Personal and Clin Stud. 1988; 4(2): 139-144.

Shah A. Clinical Validity of the Marital Quality Scale. NIMHANS J. 1995; 13(1): 23-31.

Bhatti RS, Shah A, Udaya Kumar GS. Study of family dimensions in Indian families. Indian J of Soc Psychiatry. 1998; 14(1-4): 22-29.

Shah A. et al. Factor analysis of the MultiPhasic Questionnaire, NIMHANS J. 1999; 17(1): 19-30.

Shah A. et al. Brief family therapy training in India: A preliminary evaluation, J of Fam Psychother. 2000; 11(3): 41-53.

Shah A. Gender issues in mental health: A clinical psychology perspective. In: BV Davar, editor. Mental health from a gender perspective. New Delhi: Sage; 2001. p. 61-81.

Varghese M.....et al..Shah A. Training in family therapy at NIMHANS. In: M Kapur, C Shamasundar, RS Bhatti, editors. 2nd edition. Psychotherapy Training in India. Bangalore: NIMHANS; 2001. p. 112-115.

Shah A. Violence and abuse in therapy with couples: Guidelines and concerns of a therapist-cum-trainer. Eastern J of Psychiatry. 2002; 6(1-2): 13-18.

Varghese M, **Shah A**, Udaya Kumar GS, Murali T, Paula IM. (2002) Manual on Family Intervention for the Mental Health Professional. Version 2. WHO/NIMHANS; 2002. 106 p.

Shah A. Comments by discussant on 'Assessment of Marital Life (Section III) In: RS Bhatti et al., editors. Changing Marital and Family Systems: Challenges to conventional models in mental health. Bangaluru: NIMHANS; 2003. p 88-93.

Shah A et al. (2003) Relationship attributions and marital quality in women with depression. Eastern J of Psychiatry. 2003; 7(1-2): 2-70.

Shah A et al. Couple relationship and sexuality. Indian J of Soc Psychiatry. 2005; 21(1-2): 32-40.

Shah A., Rao K. Psychological Research in Mental Health & Neuro Science: 1957-2007. Bangalore: NIMHANS; 2007. 401 p.

Malhotra U, **Shah A**. Metaphor, narratives and the unconscious: An integrated psychotherapy case study. Indian J of Soc Psychiatry. 2009; 24(1-2): 30-37.

Chari U, **Shah A**, Venkatasubramaniam G. Role of psychological assessment in adult patients with psychiatric disorders: Three case reports. Indian J of Soc Psychiatry. 2009; 25(1-2): 56-60.

Shah A. Marital therapy for psychiatric disorders. Indian J of Soc Psychiatry. 2010; 26(1-2): 24-33.

Shah A, Vallikad M. Mental Illness- Role of family. Chapter supported by Directorate General of Health Services (DGHS) for book on Mental Health in India. Ministry of Health and Family Welfare, Government of India. 2010.

Shah A, Satyanarayana VA. The Solo Note: Therapy with one spouse through Systemic Individual Marital Therapy (SIMT). J of Fam Psychother. 2011; 22(4): 297-312

Shah, A et al. Combined Couples' Therapy: A qualitative study of individual and conjoint sessions. J of Fam Psychother. 2016; 27(2): 99-108.

Sundaraja CS, **Shah A** (2017): How to work with middle-aged siblings: Integration of narrative-behavioral approaches in family therapy. J of Fam Psychother. 2017; Available from: <http://dx.doi.org/10.1080/08975353.2017.1279885>.

Shah A, Satyanarayana VA Marital Enrichment Therapy Services. In Urban Mental Well being Centers: A replicable NIMHANS model. Bengaluru: NIMHANS, 2017. p 6-9.

Paveine, PY, Satyanarayana VA, **Shah A**. Client reports of themes and goals in couple therapy: Findings from a tertiary care hospital. Indian J of Clin Psychol. 2020; 47(2): 52-58.

Sudhir PM, Srivatsava K, **Shah A**, Natarajan G, Dey B. (Manuscript accepted for publication) IACP Guidelines for Psychotherapy Supervision of Clinical Psychologists. Indian J of Clin Psychol.

Shah A. Principles and Practice of Marital Therapy. (Chapter accepted for publication) In: Mrugesh Vaishnav, TSS Rao, Adarsh Tripathi and Naresh Nebhinan, editors. IPS Handbook of Sexuality and Sexual Medicine. Jaypee Publications.

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