

#308, M.V. Govindaswamy Centre
Department of Clinical Psychology
National Institute of Mental Health and Neuro Sciences
Bangalore 560 029, India
email: poornimabhola@gmail.com; poornima.b@nimhans.ac.in
(O): 26995195

POORNIMA BHOLA

DESIGNATION

Professor, Department of Clinical Psychology
National Institute of Mental Health & Neuro Sciences, (NIMHANS) Bangalore

EDUCATIONAL QUALIFICATIONS

PhD (Clinical Psychology), NIMHANS, Bangalore
MPhil (Clinical Psychology) NIMHANS, Bangalore
Dr. M. V. Govindaswamy Memorial Prize,
MA (Applied Psychology) Delhi University, Gold medal
BA (Psychology Hons.), Lady Shri Ram College, Delhi University, 2nd rank

CURRENT ROLES AND RESPONSIBILITIES

Clinical Psychology Consultant: Psychiatry Unit V & Psychiatric Rehabilitation Services at NIMHANS
Consultant: Window to Wellbeing Clinic & Psychological Care Clinic at NIMHANS Centre for Wellbeing
Coordinator: Psychotherapy and Counselling, Department of Clinical Psychology, NIMHANS
Vice President, Society for Psychotherapy Research – Asia Affiliate Group

WORK EXPERIENCE

Professor, NIMHANS, Bangalore, India [2020 - current]
Associate and Additional Professor: NIMHANS, Bangalore, India [2011-2020]
Lecturer/Assistant Professor: St. John's Medical College & Hospital, Bangalore, India, [2003-2011]
Research Assistant: Three research projects at NIMHANS, Bangalore [2002-2003]
Clinical Psychologist: Adult Psychiatry & Family Therapy Unit, NIMHANS [09/99 – 08/02]
Child and Adolescent Mental Health Unit, NIMHANS [03/96 – 08/96]

RESEARCH AND CLINICAL INTERESTS

My current research interests focus on developmental psychopathology frameworks, assessment and interventions using a mentalization/social cognition lens and a transdiagnostic perspective. I am also engaged in research around personality dimensions, particularly borderline personality presentations. Another key research domain relates to youth mental health with a focus on non-suicidal self-injury.

My focal clinical interests encompass psychotherapy with persons with borderline personality vulnerabilities and psychosocial rehabilitation with persons with severe mental illnesses.

My work related to psychotherapist training and development centres on reflective practice and ethics.

RESEARCH

Mentorship

Guide/Co-guide for PhD. (Clinical Psychology), M.Phil (Clinical Psychology), M.D. (Psychiatry), Masters (Nursing)

Select research projects

PI. Self-injurious behaviors and psychopathology among adolescents and young adults in Bangalore. Indian Council of Medical Research

PI. Professional development of clinical psychology trainee therapists. Intramural grant.

PI: Professional psychotherapists and counsellors in India: A comparative international Study.

PI. Self-reported emotional and behavioural problems and suicidal ideation among pre-university students from a college in Bangalore. St. John's Research Society.

Co-PI: Safeguarding adolescent mental health in India: a co-designed feasibility study of a systems intervention targeting youth anxiety and depression. UK MRC.

Co-I: Development and preliminary evaluation of a multi-function technology-based platform for improving mental health care and help seeking for common mental disorders. Microsoft Research India.

Co-I: MANAS-mental health and normalcy augmentation system. Investigator: Dr. Seema Mehrotra, Dr. Paulomi Sudhir, Principal Scientific Advisor to Government of India.

Co-I. Feasibility testing of employment programme on work performance of persons with mental illness who are under regular treatment. MOSJE, Government of India.

Co-I. Use of, and attitudes towards, online mental health services: A cross-cultural comparison of Indian and Australian health service consumers. Deakin University-NIMHANS collaborative project.

Co-I. Addressing concerns of women admitted to psychiatric institutions in India - An in-depth analysis. National Commission for Women. Government of India.

Co-I. Stress audit among the employees of a business process outsourcing company. Progeon Limited.

SELECT PUBLICATIONS



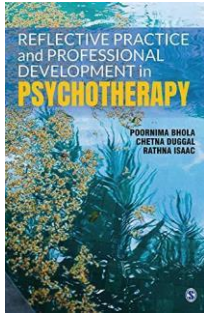
[ResearchGate Profile](#)

Journal Articles (select/past 10 years) - *corresponding author

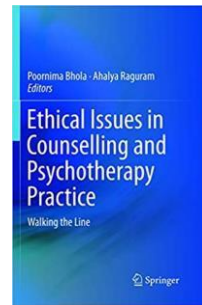
1. Mehrotra P, Bhola P*, Desai G. Contextualizing motherhood in persons with borderline personality vulnerabilities: cultural adaptation of the parent development interview-revised in an Indian context. *Res Psychother*. 2023. doi:10.4081/ripppo.2023.675.
2. Hugh-Jones S, Janardhana N, Al-Janabi H, Bhola P et al. Safeguarding adolescent mental health in India (SAMA): study protocol for codesign and feasibility study of a school systems intervention targeting adolescent anxiety and depression in India. *BMJ Open* 2022;12: e054897. doi: 10.1136/bmjopen-2021-054897
3. Madill A, Bhola P, Colucci E, Croucher K, Evans A, Graber R. How can we mainstream mental health in research engaging the range of Sustainable Development Goals? A theory of change. *PLOS Glob Public Health* 2022; 2(8): e0000837.
4. Melliush S, Bhola P, Gutierrez MC, Critchfield K, Atwood, K. Psychological impact and clinical psychology responses to COVID-19: Comparative case studies from Cuba, Ethiopia, India, the United Kingdom, and the United States. *Int Perspectives Psychol* 2022; 11(2), 98–104.
5. Sundar, S.P., Bhola, P.* Dimensional personality traits and non-suicidal self-injury among emerging adults: the mediating role of mentalization. *Psychol Stud* 2022; 67, 218–227.
6. Meheli S, Bhola P.* & Murugappan NP. From self-injury to recovery: a qualitative exploration with self-injuring youth in India. *J Psychosoc. Rehabil. Ment. Health* 2021; 8:147–158.
7. Bhola P*, Mehrotra K. Associations between countertransference reactions towards patients with borderline personality disorder and therapist experience levels and mentalization ability. *Trends Psychiatry Psychother*. 2021;43(2):116-125.
8. Lakhani S, Bhola P*, Mehta UM. The conceptualization and assessment of social cognition in personality and common mental disorders. *Asian J Psychiatr*. 2021; 65:102829.
9. Murugappan NP, Bhola P.* Response to Letter to the Editor "Psychotherapy belongs to whom?". *Indian J Psychiatry*. 2021;63(4):410-411.
10. Singhal N, Bhola P*, Reddi VSK, Bhaskarapillai B, Joseph S. Non-suicidal self-injury (NSSI) among emerging adults: Sub-group profiles and their clinical relevance. *Psychiatry Res*. 2021; 300:113877.
11. Bhola P, Chaturvedi SK. Neurasthenia: Journey of a protean malady. *Int Rev Psychiatry*. 2020. 32: 491–499.

12. Austin DW, Bhola P, Tebble C, Shandley K. Preferences for online mental health services among Australian and Indian samples: a cross-cultural comparison. *Psychol Studies*. 2018; 63(4), 376–383.
13. Anupama V, Bhola P*, Thirthalli J, Mehta UM. Pattern of social cognition deficits in individuals with borderline personality disorder. *Asian J Psychiatr*. 2018; 33: 105-112.
14. Devi KD, Bhola P*, Ninan PA, Gunasekaran H, Mehta UH. Thinking about thinking: Innovative methods to improve mentalization in a client with borderline personality disorder. *J Indian Assoc Appl Psychol*. 2018; 44: 161-168.
15. Kumaria S, Bhola P*, Orlinsky DE. Influences that count: Professional development of psychotherapists and counsellors in India. *Asia Pac J Counsell Psychoth*. 2018; 9: 86-106.
16. Singhal N, Bhola P*. Ethical practices in community-based research in non-suicidal self-injury: A systematic review. *Asian J Psychiatr*. 2017; 30: 127–134. 2.
17. Bhola P*, Manjula M, Rajappa V, Phillip M. Predictors of non-suicidal and suicidal self-injurious behaviours, among adolescents and young adults in urban India. *Asian J Psychiatr*. 2017; 29: 123-28.
18. Bhola P*, Raguram A, Dugyala M, Ravishankar A. Learning in the crucible of supervision: Experiences of trainee psychotherapists in India. *The Clinical Supervisor*. 2017; 36: 182-202.
19. Sinha A, Bhola P*, Raguram R, Chandra P. “Power positions are embedded in our minds”: Focus group discussions on psychotherapy ethics in India. *Int J Cul Ment Health*. 2017; 10: 217-222.
20. Bhola P, Chaturvedi S. Through a glass, darkly: ethics of mental health practitioner-patient relationships in traditional societies. *Int J Cul Ment Health*. 2017; 10: 285-297.
21. Chaturvedi SK, Bhola P. Sexual dysfunction in women post stroke: hidden morbidity. *Neurol India*. 2017; 65:277-278.
22. Bhola P*, Ravishankar A. Perceptions of student self-injury: A survey of school and college teachers in an urban city in India. *J Indian Assoc Child Adoles Ment Health*. 2017; 13(2):107-134.
23. Kharsati N, Bhola P.* Self-injurious behavior, emotion regulation, and attachment styles among college students in India. *Ind Psychiatry*. 2016; 25: 23-28.
24. Bhola P*, Sathyanarayanan V, Rekha DP, Daniel S, Thomas T. Assessment of self-reported emotional and behavioral difficulties among pre-university college students in Bangalore, India. *Indian J Comm Med*. 2016; 41:146-50.
25. Bhola P*, Basavarajappa C, Guruprasad D, Hegde G, Khanam F, Thirthalli J, *et al*. Development of a social skills assessment screening scale for psychiatric rehabilitation settings: A pilot study. *Indian J Psychol Med*. 2016; 38:395- 403.
26. Kharsati N, Bhola P*. Patterns of non-suicidal self-injurious behaviours among college students in India. *Int J Social Psychiatr*. 2015; 61 (1): 39-49.
27. Bhola P*, Sinha A, Sonkar S, Raguram A. Ethical dilemmas experienced by clinical psychology trainee therapists. *Indian J Med Ethics*. 2015; 12(4): 206-12.
28. Bhola P*, Systla R, Rinsha KE, Khanam F, Desai G, Nirmala BP, *et al*. The question is the answer: Concerns and queries raised by patients and caregivers referred to rehabilitation services. *J Ment Health*. 2015; 2: 1- 6.
29. Kharsati N, Bhola P*. Patterns of non-suicidal self-injurious behaviours among college students in India. *Int J Soc Psychiatry*. 2015; 61: 39-49.
30. Guruprasad D, Bhola P*. Assessment of autobiographical memory narratives in psychotherapy with borderline personality disorder: An exploratory study. *Res Psychother*. 2014; 17: 52-64.
31. Mathur S, Bhola P*, Khanam F, Thirthalli J. Restoring the sense of self in the process of recovery in schizophrenia. *J Psychosoc Rehabil Ment Health*. 2014; 1: 31-35.
32. Desai G, Narasimha A, Harihara SN, Dashrath MS, Bhola P, Berigai PN, *et al*. A study on first intake assessments of in-patient referrals to psychiatric rehabilitation services. *Ind J Psychol Med*. 2014; 36: 236-238.
33. Bhola P*, Kapur, M. The development and role of the therapeutic alliance in supportive psychotherapy with adolescents. *Psychol Studies*. 2013; 58: 207-215.
34. Machado T, Sathyanarayanan V, Bhola, P, Kamath, K. Psychological vulnerability, burnout, and coping among employees of a business process outsourcing organization. *Ind Psychiatr J*. 2013; 22:26-31.

Books



Bhola P, Duggal C, Isaac R. *Reflective Practice and Professional Development in Psychotherapy*. Sage Publications. 2022.



Bhola P, Raguram A. (Editors). *Ethical Issues in Counseling and Psychotherapy Practice: Walking the Line*. Springer, Singapore, 2016.

Select Book Chapters

1. Bhola P, Isaac R, Duggal C. Psychological support for health care workers in India: Using a reflective lens. In H. Conniff (ed.). *Psychological Staff Support in Healthcare: Thinking and Practice*. Sequoia Books. 2022.
2. Corre V, Bhola P, Trachsel M. Ethical issues in psychotherapy research. In Trachsel M, Gaab J, Biller-Andorno N, Tekin S, Sadler JZ (eds.). *Oxford Handbook of Psychotherapy Ethics*. Oxford University Press. 2021.
3. Bhola P, Devi, KD. Personality disorders in women: an overview. In Chandra P., Herrman H., Fisher, J., Riecher-Rossler, A. (eds.). *Mental Health and Illness of Women. Mental Health and Illness Worldwide*. Springer: Singapore. 2019.
4. Raguram A, Bhola P. Psychotherapy practice and research: Roots, realities and the road ahead. *6th ICSSR Research Survey and Explorations in Psychology*. Oxford University Press. 2019.
5. Sathyanarayan V, Bhola P. Transgender and transsexual issues: Clinical dilemmas and best-practice guidelines in mental health care. In: A. Narrain, V. Chandran (Eds). *Nothing to Fix: Medicalization of Sexual Identity and Gender Orientation*, Sage Yoda Press, 2016.
6. Bhola P, Raguram A. Navigating the ethical landscape: Critical issues in practice and training. In: P Bhola, A Raguram (Eds). *Ethical Issues in Counseling and Psychotherapy Practice: Walking the Line*. Springer, Singapore, 2016.
7. Srinath S, Bhola P. Research ethics in psychotherapy and psychosocial interventions: Role of institutional ethical review boards. In: P Bhola, A Raguram (Eds). *Ethical Issues in Counseling and Psychotherapy Practice: Walking the Line*. Springer, Singapore, 2016.

PROFESSIONAL MEMBERSHIPS

Society for Psychotherapy Research, International Society for the Study of Self-injury, International Association of Women's Mental Health; Indian Association of Clinical Psychologists, Indian Association of Social Psychiatry, Indian Association of Child and Adolescent Mental Health

Coordinator of All-India study group - Society for Psychotherapy Research International Collaborative Research Network, USA

EDITORIAL ROLES

Associate Editor (former): Psychological Studies

Editorial Board: Journal of Psychosocial Rehabilitation & Mental Health

COMMITTEES AND CONSULTATIONS (select)

Ethics Committee Member, Karunashraya Trust

Member, Committee for revision of ethical guidelines, Indian Association of Clinical Psychologists.

Consultative committee, Transgender persons (protection of rights) rules, Government of India

Institute Student Support Network member & Department Student Support Network member (2021-2023)