

DR. AMRITA BISWAS

Consultant - Clinical Psychologist

Qualification

BSc in Psychology | Msc in applied Psychology | M.Phil in Clinical Psychology (NIMHANS) | PhD in Clinical Psychology (NIMHANS)

Overview

Dr. Amrita Biswas is an experienced clinical psychologist in Bangalore. She is currently practising as a Consultant - Clinical Psychologist at Manipal Hospital Sarjapur Road, Bangalore. She is a seasoned clinical psychologist with over 13 years of experience in providing compassionate, evidence-based psychotherapeutic care. She specialises in the diagnosis and treatment of a wide spectrum of psychological conditions, including mood and anxiety disorders, obsessive-compulsive disorder (OCD), stress-related challenges, and personality disorders. Her clinical approach is deeply rooted in patient-centred care, and she offers therapy to adults, adolescents, and children, tailoring each intervention to the unique psychological needs and lived experiences of her patients. Dr. Amrita's academic foundation is firmly established, having completed her M.Phil. and Ph.D. in Clinical Psychology from the esteemed National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru. In addition, she holds a Master's degree in Applied Psychology and a Bachelor's degree in Psychology. Dr. Amrita integrates Cognitive Behavioural Therapy (CBT) and Mindfulness-Based Interventions (MBIs) in her clinical repertoire. She has been instrumental in advancing the field through her pioneering research on Mindfulness Integrated Cognitive Therapy (MICT) and its comparative efficacy with gold-standard CBT in treating OCD. Her therapeutic style is grounded in scientific rigour, yet empathetic in delivery, enabling patients to develop emotional resilience and long-term psychological well-being. She is also well-versed in Acceptance and Commitment Therapy (ACT) and Trauma-Focused CBT, offering effective tools to address trauma, obsessions, interpersonal difficulties, and maladaptive coping patterns. Her academic contributions include publications in reputed journals such as the Indian Journal of Clinical Psychology and Basal Ganglia. Her Ph.D. research focused on the comparative effectiveness of MICT and CBT in treating predominantly obsessional OCD, while another of her published studies explored cognitive rhythm perception in patients with Parkinson's disease. Dr. Amrita is a licensed clinical psychologist registered with the Rehabilitation Council of India (RCI) and is actively engaged in mental health awareness and destigmatisation efforts. She frequently conducts workshops on CBT, mindfulness, and trauma-informed care for both clinical and non-clinical audiences. Her experience spans both inpatient and outpatient services, including working with homeless psychiatric populations and corporate clients with stress-related concerns. Fluent in English, Hindi, and Bengali, Dr. Amrita ensures therapeutic communication is inclusive and accessible, providing a safe, respectful, and culturally sensitive environment for clients from all walks of life.

Field of Expertise

- Dr. Amrita has experiences working with mentally ill patients in both in-patient and out-patient department service, homeless psychiatric patients and corporate clients with psychological concerns.

Languages Spoken

- English
- Hindi
- Bengali

Talks & Publications

- A research paper titled "Two sides of the same coin: impairment in perception of temporal components of rhythm and cognitive functions in Parkinson's disease" was published in Basal Ganglia (2016).
- Submission of PhD thesis titled "Efficacy of Mindfulness Integrated Cognitive Therapy in Comparison with Cognitive Behavior Therapy in Patients with Predominantly Obsessions: A Randomized Control Trial" (2021).
- A research article titled "Mindfulness integrated cognitive therapy in predominant sexual obsessions: a case report" was published in Indian Journal of Clinical Psychology (IJCP) (2021).