

# Dr. Pathama Choudhury

**Designation:** (i) Professor, West Bengal Medical Education Service;

1. Attached to Fortis and AMRI Hospitals, Kolkata;
2. Leading psychiatrist of Kolkata.

**Qualification** : (i) MBBS from Calcutta Medical College, Kolkata;

1. MD from the prestigious Central Institute of Psychiatry and DNB in Psychiatry;
2. World Health Organisation Fellowship from New South Wales Institute of Psychiatry, Sydney;
3. Brief training at the UK College of Hypnotherapy, London.

# Additional Courses: Areas of Expertise

* + Adolescent Mental Health and Wellbeing, Griffith University, Queensland;
  + Workplace Stress Management, Coventry University, UK;
  + Psychological First Aid, Johns Hopkins University;
  + Sleep Medicine, University of Michigan;
  + Mindfulness Based Psychotherapy, Leiden University, Netherlands;
  + Hypnotherapy and Relaxation, UK College of Hypnotherapy, London
  + Certificate Programme on Diagnosis and Management of Epilepsy (Thomas Jefferson University , USA)
  + Certificate course in Social Psychology course from Wesleyan University

**Research and Treatment:** (i) Dr. Choudhury is a committed teacher with several national and international publications to her credit;

1. Dr Chaudhury believes in using the right combination of medicines, psychotherapy and social support for the treatment of psychological illnesses. She is also an active advocate for the rights of people in psychological distress, including children with learning disabilities.
2. Not just a doctor treating people in pain, she believes in promoting positive mental health for all to which end she conducts workshops and contributes regularly to the popular media.