

**COVID-19 PANDEMIC:
CHALLENGES AND RESPONSES
OF PSYCHOLOGISTS FROM
INDIA**

LEISTER SAM SUDHEER MANICKAM

EDITOR

Copyright © L. S. S. Manickam, Editor

First Published in 2020

Each chapter to be cited as

Author/s Last Name, Initial(s). (2020). Title of the chapter.
In L. S. S. Manickam (Ed.), *COVID-19 pandemic: Challenges
and responses of psychologists from India* (pp.xx-xx).
Thiruvananthapuram: The Editor.

**Independently published by Leister Sam Sudheer
Manickam**

Lssmanickam@gmail.com

Centre for Applied Psychological Studies

Thiruvananthapuram - 695 133, India.

Cover photo: Helen Joy

ISBN: 9798663053372

DEDICATION

To all psychologists from India
and their families
responding to COVID-19
wherever they are.

CONTENTS

Acknowledgments	i
Contributing Authors	iv
Preface	xv
1 Psychologists from India Responding to the COVID-19 Pandemic: An Overview	1
<i>L. S. S. Manickam, Dr. Annie John, M. A. Debora, Dr. Preethi Krishnan and Dr. J. Jasseer</i>	
2 Refining Psychological Services and Strategies in India in the wake of COVID-19	8
<i>S. N. Anindya, M. A. Debora and L. S. S. Manickam</i>	
3 Responding to COVID-19 Pandemic: Challenges of Indian Psychologists	23
<i>Kalpna and Dr. NovRattan Sharma</i>	
4 Socio-Emotional Responses Within and Outside Family Boundaries During COVID-19	38
<i>Dr. Anagha Lavalekar</i>	
5 COVID-19 and Migrant Workers: Clinical Psychologists' Viewpoints	43
<i>Asima Mishra and Dr. Neha Sayeed</i>	
6 Supporting Students and the School Community During a Pandemic	56
<i>Dr. Annie John</i>	
7 Promoting Well-Being and Resilience of Young People During COVID-19: An Initiative with Schools	63
<i>Dr. Chetna Duggal and Lamia Bagasrawala</i>	

8	COVID-19 the Pandemic and People with Intellectual and Developmental Disabilities <i>Dr. S. Venkatesan</i>	76
9	Outbreak of Corona: Gifted Response <i>Dr. Sujala Watve</i>	90
10	Psychologist's Mind on Missing Beats of an Expatriate Life <i>Reena Thomas</i>	101
11	Locked or Unlocked: Two Sides of the Coin <i>Aarzo</i>	105
12	'The Return of the Repressed' in COVID-19: The Need for Intervention at Socio-Cultural Inscape <i>Dr. Paulson V. Veliyannoor</i>	108
13	Tomato or Tennis Ball? Tips for Coping with Corona Resiliently and Helping Others Psychologically <i>Dr. B.J. Prashantham</i>	130
14	Self-Talk to Change Your Perceived Reality <i>Dr. Manju Agrawal</i>	135
15	Role of Psychologists in Dealing with Triple Disaster Situation During COVID-19 Pandemic <i>Dr. Prasanta Kumar Roy</i>	141
16	Psychological Response to COVID-19 Pandemic: Views of an Indian born Australian Counsellor <i>Sunita Jitendra Gaud</i>	149
17	Reclaiming New Horizons: Therapist of 2020 Pandemic Era <i>Dr. Prerna Sharma</i>	155

18	Contributions and Challenges of Psychologists in Private Practice in India and their Responses to COVID-19 <i>Dr. Dherandra Kumar</i>	166
19	Telepsychotherapy: The Bridge to Continuity in Care and Mental Health Services in COVID-19 and Post Covid Era <i>Smriti Joshi</i>	170
20	An Experiment with Online Group Counseling during COVID-19 <i>D. S. L. Amulya</i>	182
21	Indian Academy of Applied Psychology (IAAP): Vocal Voice on Local to Global Perspectives of Psychological Services <i>Dr. NovRattan Sharma</i>	198
22	Tamil Nadu Association of Clinical Psychologists (TNACP) Responding to COVID-19 Pandemic <i>Dr. N. Suresh Kumar, Srinivasan Jayaraman and Dr. K. Rangaswamy</i>	204
23	A Paradigm Shift: Changes, Challenges and Way Forward <i>S. Divyaprabha, N. Ganesh, S. Kalpana, R. Nandini, S. Bhaskar, R. Suryakumar and Dr. T. R. Uma</i>	209
24	COVID -19 Pandemic: A Time for Prudent and Ethical Action <i>L. S. S. Manickam</i>	218

ACKNOWLEDGMENTS

The journey of bringing out this book has been very short. It was conceived and realized within a span of a few weeks, thanks to the generosity of the authors and editorial team members who put in extra effort to bring it out, realizing the urgency of the topic. We got several psychologists and students of psychology to respond to the call to write their reflections and reports on how they had responded to the COVID-19 pandemic. I wish to acknowledge my sincere thanks to all the authors who had responded to my invitation and gave their contributions on time, irrespective of their professional engagements in responding to the pandemic. Amidst personal losses, inconvenience during lockdown days and struggle to meet personal demands, each of them took time to write, by sharing their reflections.

Thanks are to Aarzoo, Dr. Anagha Lavalekar, Dr. Annie John, Dr. Chetna Duggal, Ms. Debora Myrtle Anish, Dr. Dherandra Kumar, Ms. Lamia Bagasrawala, Dr. Manju Agrawal, Dr. Paulson V. Veliyannoor, Dr. Prasanta Kumar Roy, Dr. B.J. Prashantham, Ms. Reena Thomas, Ms. Smriti Joshi, Dr. Sujala Watve, Mrs. Sunita Jitendra Gaud and Dr. S. Venkatesan who had authored various chapters.

Thanks to Ms. D.S.L. Amulya, Ms. Asima Mishra, Ms. T. Kalpna, Dr. Neha Sayeed, Dr. NovRattan Sharma and Dr. Prerna Sharma for submitting articles in response to the announcement made through different social media and indiacaps.in. I also wish to express my thanks to all the others who had responded but could not be accommodated in this book.

Various national, state and regional level psychology associations were contacted and thanks to Dr. NovRattan Sharma, General Secretary, IAAP; Dr. K. Rangaswamy, Dr. Suresh Kumar and Srinivasan Jayaraman of TNACP and Ms. Saras Bhaskar and

colleagues Ms. S. Divyaprabha, Mr. Ganesh Nerur, Ms. Kalpana Suryakumar, Nandini Raman, R. Suryakumar and Dr. T.R. Uma of CCF who gave their perspectives, record of activities and future plans of their respective associations in responding to the pandemic.

Special thanks to the Editorial team members Dr. Annie John, Ms. M. A. Debora, Dr. Preethi Krishnan and Dr. J. Jasseer for sparing their time and energy to give a better shape to this work as it appears now and for associating to present an overview of this book.

Thanks to Ms. Aarzo, Ms. M. A. Debora, Dr. Emilda Judy, Dr. Lena Robinson, Dr. Neena David, Dr. Nitha Thomas, and Dr. Preethi Krishnan, for helping me with the review of the articles.

Finally, my sincere thanks to my wife, Helen Joy, daughter Neha and son-in-law Navin. Thanks to Milan, four year old grandson, for letting me to work in his 'toy room' during the lockdown days, though occasionally he complained about me not playing with him and 'advised me' to take rest instead of 'working all the time'.

Leister Sam Sudheer Manickam
(L. S. S. Manickam)

CONTRIBUTING AUTHORS

Aarzo holds Masters in Psychology from Panjab University, Chandigarh and M. Phil. Clinical Psychology from Chennai and is working as Assistant Professor in Clinical Psychology at the Department of Psychiatry, Government Medical College & Hospital, Chandigarh. She has been working in the clinical setting since 2007 and is interested in areas of adult psychiatry; children having an intellectual disability, autism, ADHD, and behavioural problems. She has been supervising and teaching trainees of M.Phil. Clinical Psychology since 2012.

Manju Agrawal is a Psychotherapist, Hypnotherapist, Family Constellation Therapist, a Social Entrepreneur and an Educationist with 38 years of experience. She is the former Director of Mahila Samakhya, UP. She is currently the Professor of Psychology and Dean Student Welfare, Amity University, Lucknow Campus. She is the Chief Architect of the Women's Policy for UP. She has also conducted more than 125 training programs for more than 4,000 hours in India and abroad. She has partnered in the launch of a platform for psychologists and alternative therapists for holistic healing committed to Mission Mental Health with YouTube Channel by the name of MindSpa.
manjua@lko.amity.edu, manju.agrawal@gmail.com

D. S. L. Amulya is a practicing Counseling Psychologist, an alumnus of Montfort College, Bengaluru. She has experience in working with adults of different age groups, through face-to-face as well as online counseling. She is a freelancer at present and her work interests include psychological counseling and building awareness about mental health through workshops/webinars.
dslamulya.psr@gmail.com.

S. N. Anindya holds Masters in Psychology from Amity University, Lucknow, and currently in training as a transpersonal therapist from EKAA foundation. She believes in aligning with the inner nature to create harmony within and around by giving

expression to all the aspects of the self through art, science and spirituality, to reach full potential of human life. She is enthusiastic about bringing psychology in the lives of common people through workshops, and is currently preparing to connect with doctors and school teachers to create a collaboration in Rourkela, Odisha. anindyasnag20@gmail.com

Lamia Bagasrawala is a practicing psychotherapist and queer affirmative counsellor. She is the Project Coordinator for School Initiative for Mental Health Advocacy (SIMHA). She is a visiting faculty member at the Department of Psychology at SNTD University, Mumbai and Jyoti Dalal School of Liberal Arts at NMIMS University, Mumbai. She is also on the Board of Studies (Psychology) at Jai Hind College, Mumbai and NMIMS University, Mumbai. She has completed her M.A. in Clinical Psychology from TISS, Mumbai.

Saras Bhaskar is a Counseling Psychologist and Coach. She has more than 30 years of campus, corporate and NGO experience. She practices at Bloom Healthcare in Velachery. She is the co-founder of Chennai Counselors' Foundation. She has submitted her Doctoral thesis at the University of Madras. She has a Master degree in Counseling and Applied Psychology from St. Edwards University, Austin, Texas and from SIET College, Chennai.

Myrtle Anish Debora, works as an Assistant Professor of Psychology and Clinical Psychologist at the Government Stanley Medical College and Hospital, Chennai. She completed her graduate and post graduate study in Psychology from Women's Christian College, Chennai, and was awarded her M.Phil. in Psychology from Sri Ramachandra Medical College, Chennai. She works predominantly in the area of Intellectual Disability and also enjoys teaching post graduates at Stanley Medical College. She was actively involved with the Trauma Counselling team in the aftermath of the 2004 Tsunami response. She is actively involved with the Tamil Nadu Association of Clinical Psychologists in providing tele-counselling services for the COVID-19 Pandemic response. debimyrt@gmail.com

S Divyaprabha is a Counseling Psychologist with a Masters degree in Counseling Psychology and has more than a decade of experience as a School Psychologist. She is a Certified Professional Supervisor. She has submitted her doctoral thesis in psychology and is the Research Wing Coordinator of Chennai Counselors Foundation (CCF).

Chetna Duggal is an Associate Professor in the School of Human Ecology, Tata Institute of Social Sciences, Mumbai. She has completed her M.Phil. in Clinical Psychology from NIMHANS, Bangalore and her Ph.D. from TISS, Mumbai. She is the Project Director and heads the School Initiative for Mental Health Advocacy (SIMHA). She is a practicing psychotherapist and through her initiative RAHBAR she works for training, supervision and professional development of mental health practitioners and supervisors. She is a trustee of Aprnishala, an organisation working towards making social-emotional learning accessible to children from underprivileged contexts, and is on the advisory board of Project Mumbai for the mental health initiative. chetna.d@tiss.edu

Sunita Jitendra Gaud, Master of Clinical Psychology from Pune, India in the year 2006 is now a member of Australian Counselling Association. She worked in the position of Sports Psychologist for 5 years at the Army Sports Institute and helped the sportspersons to use their full mental potential in achieving their participation in the World Championships and Olympics. She has been working for the Department of Communities, Australia as a Child Protection Officer for the last 7 years and specialised in a range of fields including Trauma, Relationship Counselling, Family Counselling and Risk Assessment. sunita.gaud2011@gmail.com

J Jasseer is the Associate professor and Head, Department of Psychology, University of Kerala and he did his Masters and PhD. Published 21 research articles and co-author of one book titled 'Basics of Counselling'. He is the Honorary Director, Center for Geriatric Studies and Psychology Consultancy cell attached to the Department of Psychology, University of Kerala. He had supervised 8 doctoral students, developed and standardized 12

psychological tests. He is registered with the Rehabilitation Council of India as a rehabilitation psychologist. He is also the President of the Kerala Manasasthra Parishath. drjasseer@yahoo.co.in

Srinivasan Jayaraman, is M.Phil. in Clinical Psychology and is Assistant Professor in Clinical Psychology, SRM University, Chennai. He is Executive Committee Member, Indian Association of Clinical Psychologists and Treasurer, Tamil Nadu Association of Clinical Psychologists. vasanjayaraman@gmail.com

Annie John is Head, Counselling Services, Mallya Aditi International School, Bangalore, India. She did her Masters in Psychology from University of Kerala, M.Phil. and Ph.D. in clinical psychology from NIMHANS, Bangalore. She was instrumental in developing the systematic assessment tool of learning disability, which was later modified as the NIMHANS battery of Learning Disability. She was the lead in developing IACP Practice guidelines for Learning Disability. She practices as a School Psychologist. mais.annie@gmail.com

Smriti Joshi is a clinical psychologist and certified advanced telemental health professional, with 18 years of experience. She currently leads designing psycho therapeutic interventions for the world's first mental health chatbot - Wysa and played a key role in developing a text based supportive therapy delivery platform for Wysa users. She was also instrumental in setting up of one of the first online therapy platforms in India and has been on the advisory board of some others. She is a life member of International Society of Mental Health Online (ISMHO), Telemedicine Society of India (TSI) and IACP. smriti009@yahoo.com

T Kalpna has done her Masters in Psychology and M.Phil. from Himachal Pradesh University and is currently pursuing her Ph.D. in the area of Cognition and Personality from Maharishi Dayanand University, Rohtak, Haryana. She is a member of Indian Academy of Applied Psychology (IAAP). Her areas of research interest are personality, cognitive psychology, industrial psychology, school psychology, gender psychology and criminal psychology. kashipuni3@gmail.com

Dherandra Kumar is the founder and director of Psyindia (multidisciplinary intervention centre) and LRS World College (RCI Recognized). He is a consultant with Apollo Hospital, Noida, President-Elect of Indian Association of Clinical Psychologists and Chairperson of Committee on Tele-counselling Practice Guidelines. He was instrumental in setting up the mental health support helpline in the wake of COVID 19 pandemic. He is consulted as an expert by different media organizations such as NDTV, Zee News, India TV, Time, Times of India, Hindustan Times, Indian Express, Femina, Vanita, Child, India Today, Radio Mirchi, Red FM, Radio City and other media
dr@psyindia.com www.psyindia.com

N Suresh Kumar did his Masters in Psychology from Bharathiar University, Coimbatore, M.Phil. in Clinical Psychology from Sri Ramachandra Medical College, Chennai and Ph.D. from Bharathiar University. He is currently working as Asst. Prof cum Clinical Psychologist, Department of Psychiatry, Madurai Medical College, Tamil Nadu. He is the Secretary of the Tamil Nadu Association of Clinical Psychologists and Executive Committee member, Indian Association of Clinical Psychologists. He had published several research papers in various National and International journals.
nsureshkumarpsy@gmail.com

Preethi Krishnan works as a clinical Psychologist/Counsellor in Srishti Institute of Art Design and Technology, Bengaluru, a visiting Professor at Sweekar Academy in Hyderabad, a part-time faculty at Montfort and is also a private practitioner. She was formerly a Professor and Head of the Department of Clinical Psychology, SRM Medical College, Chennai and Sri Ramachandra University, Chennai. She did her M.Phil. in Clinical Psychology from NIMHANS and has a Doctorate in Counselling Psychology from Swinburne University, Australia. She had worked with the people who were affected by the Gujarat Earthquake and Tsunami and was also involved in research related to the disasters. She is also a Professional Life Member of the Indian Association of Clinical Psychologists. p.krishnan2006@gmail.com

Anagha Lavalekar is a passionate traveler in the field of psychology. She has a Masters in Clinical Psychology, and a Doctorate in Social-Educational Psychology aiming at fusion of Eastern and Western viewpoints on quality of life. As a Director at Jnana Prabodhini's Institute of Psychology, Pune, India she is pursuing the path of positive mental health through different initiatives in profession, and has contributed to the field of research and academics over the last 25 years. She has published more than 30 articles in national and international referenced journals, written books on psychology, edited books on compilation of research and is also a National level awardee for Research in Psychology. anagha.lavalekar@jnanaprabodhini.org

Leister Sam Sudheer Manickam received his Masters in Psychology from University of Kerala, Clinical Psychology training (M.Phil.) from the National Institute of Mental Health And Neuro Sciences, Bengaluru and Ph.D. from C P University, USA. He is the Professor of Clinical Psychology and Hon. Founder Director of Centre for Applied Psychological Studies, Thiruvananthapuram, India and serves as Director of Training and Research, Mhat, Calicut, India. He also serves in the research committee of the Association for the Advancement of Gestalt Therapy. Lssmanickam@gmail.com

Asima Mishra is currently working as a Clinical Psychologist in Central Institute of Psychiatry, Ranchi. She is pursuing Ph.D. in Clinical Psychology from CIP under Ranchi University. Her areas of interest include working with children, Adult psychiatry and psychotherapy.

Ganesh Nerur has an M.Sc. in Applied Psychology from Annamalai University. He is a non-practitioner. He is a member of the Advisory Committee and active member of the Chennai Counselors Foundation (CCF). He is a retired IT Professional, having managed and mentored large teams across cadres. He is an avid blogger and studying human behaviour is his passion.

B J Prashantham is Professor of Counselling Psychology and Director, Institute of Human Relations, Counselling and

Psychotherapy, Christian Counselling Centre, Vellore, India, Distinguished Prof. of Coaching Psychology, CFI Graduate School of Coaching, USA and is a world renowned Psychologist with 50 years of professional experience as a trainer and supervisor of many counsellors. He has versatile competencies in areas like corporate coaching, counselling, clinical work, cross-cultural psychology, trauma counselling and psycho-neuro-immunology. He is the President of Association for Psychological Counselling (APC), India and author of best-seller book 'Indian Case Studies in Therapeutic Counselling which was translated into Tamil, Burmese, and Korean languages. drprashantham@gmail.com

Nandini Raman, is a consultant counselor, a corporate trainer, and a columnist with The Hindu. She did B.A in Psychology and Education from Sophia College, University of Mumbai and did M.Sc. Psychology from University of Madras. She consults at Venkateshwara Hospital, Nandanam and at Saraswathi Vidyalaya and Sri Sankara Vidyashram, Chennai.

K Rangaswamy, President, Tamil Nadu Association of Clinical Psychologists, Retired and Visiting Professor at Institute of Mental Health, Chennai. Former Dean and Head of the Department of Clinical Psychology, SARS, Secunderabad. He is a Fellow of Indian Association of Clinical Psychologists. He was formerly editor of Indian Journal of Clinical Psychology and currently the editor of Journal of Psychological Researches.

Prasanta Kumar Roy has done M.Phil. in Medical and Social Psychology from Central Institute of Psychiatry, Ranchi and Ph.D. from University of Calcutta and is working with Department of Clinical Psychology, Institute of Psychiatry, COE, Kolkata. He is having training in Disaster Mental Health, Clinical Hypnosis, Verbal Behavior Therapy, Interpersonal Therapy and Social Role Valorization. His areas of interest include the Comprehensive System of Rorschach, Mindfulness based intervention, Hypnotherapy, Psychological Trauma Management, Disaster Psychology. He has volunteered in many natural and man-made

disasters in India to provide psychological support and training. He is currently a Member of Disaster Mental Health Task Force, Indian Association of Clinical Psychologists. prasanta.roy@gmail.com

Neha Sayeed is an Associate Professor; Head, Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi, Jharkhand, India. She is the chief coordinator of suicide prevention helpline which renders help to suicidal individuals round the clock. She has been a gold medalist in Social science and an achiever in her university. Her area of research includes Neuro-Cognitive Psychology, Suicide Prevention, CBT, Adult Psychiatry, Sex Therapy. neha.s.cip@gmail.com

NovRattan Sharma is a Professor at Maharishi Dayanand University, Rohtak. Currently, serving as the Secretary of Indian Academy of Applied Psychology (IAAP) and the editor of the Journal of Indian Health Psychology. With the experience of 36 years in teaching and research, he has contributed extensively to the psychology discipline by publishing 12 books and approximately 196 papers in national and international Journals. His areas of interest are Personality, Applied positive health, and Counseling Psychology.sharmanr5@gmail.com

Prerna Sharma has done her M.Phil. in clinical psychology and Ph.D. She has drawn her work experience working with institutes like TISS, Mumbai; Medanta, Sangath, Goa; GMCH, Chandigarh and Dr. RML Hospital New Delhi. She is passionate about broadening horizons of mental health for every person. She believes that the future of psychology lies in moving out of the closed spaces of clinics and hospitals and having meaningful collaboration and dialogue with experts from other fields as well as laypersons. She is currently working as a clinical psychologist in the center of excellence in mental health, Dr. RML Hospital, New Delhi. prernasharma02@gmail.com

R Suryakumar is a Counseling Psychologist and Founder of MANAS Counseling Services, Chennai. He is a Research Scholar, pursuing his PhD from Bharathiar University, Research and Development Centre, Coimbatore. He is the President of TA Study

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

