



Dr Shruti Niraj

Clinical psychology · Trauma · EMDR

CLINICIAN PROFILE

CLINICAL PSYCHOLOGY · TRAUMA · MENTAL WELLNESS

Dr Shruti Niraj

DClinPsy (UK) · Chartered Clinical Psychologist · HCPC · BPS

Consultant Clinical Psychologist

Families come after trauma, after a long illness that has worn the mind as well as the body, or because sleep, mood and pain have not settled. Dr Shruti Niraj is a Chartered Clinical Psychologist, registered with the HCPC and the British Psychological Society, with more than twenty years in mental health, including fourteen years in the NHS. She trained in the United Kingdom — DClínPsy, EMDR, CBT, ACT and compassion-focused work — and now practises at SMSIMSR, including attachment-focused EMDR and health psychology for medical trauma and chronic illness.

Consultant Clinical Psychologist

Sri Madhusudan Sai Institute of Medical Sciences and Research

Sathya Sai Grama, Muddenahalli — 30 minutes from Bangalore International Airport

Psychology sits beside the medical plan.

She works trauma, health psychology and mental wellness on this campus. Medicines are kept to what is needed. Talking therapies and attachment-focused EMDR sit with the longevity and pain clinic when the illness is long. Caregivers are part of the same plan.

What she sees patients for

International families most often come after trauma, after a chronic illness that has not settled, or because mood, sleep, pain or addiction sit beside a medical list. The longevity and wellness clinic is on the same campus.

Trauma therapy	Attachment-focused EMDR and trauma work after medical events, accidents or long illness
Health psychology	Living with chronic physical illness — pain, recovery, the mind that has to sit beside the body
Talking therapies	CBT, ACT, compassion-focused therapy, IFS-informed and attachment-informed work
Mental wellness	Depression, anxiety, burnout, PTSD, OCD and the conditions that sit in the campus longevity programme
Caregivers	Psychological support woven into holistic care — including the person who came with the patient

Why families can feel steady in her care

► Fourteen years in the NHS

Health psychology in the United Kingdom — medical trauma and chronic physical illness. Chartered, and registered with the HCPC and the British Psychological Society.

► Therapies that are written down

EMDR, Parts 1–3, Richman training, UK. CBT, ACT, compassion-focused therapy, IFS-informed and attachment-informed work. Attachment-focused EMDR for trauma.

► A published trail

Papers in the Scandinavian Journal of Pain and Neuropsychological Rehabilitation — including mindfulness after acquired brain injury, and a case series on stellate ganglion block in treatment-resistant mental health disorders.

Credentials

Present appointment	Consultant Clinical Psychologist Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Sathya Sai Grama, Muddenahalli
Qualifications	Doctorate in Clinical Psychology (DClínPsy), UK EMDR Parts 1, 2 and 3 — Richman EMDR Training, UK



	MSc Psychological Research Methods, UK PG Certificate in Psychological Therapies, UK Conversion Diploma in Psychology, UK MA Psychology · BSc Nursing
Registration	Health and Care Professions Council (HCPC), UK British Psychological Society (BPS) — Chartered
Earlier work	Fourteen years, National Health Service (NHS), United Kingdom Health psychology — medical trauma and chronic physical illness
Practice	Trauma therapy and attachment-focused EMDR CBT, ACT, CFT, IFS-informed and mindfulness-based therapies Health psychology · Mental wellness · Caregiver support
Selected papers	Mindfulness training after acquired brain injury — Neuropsychological Rehabilitation, 2020 Stellate ganglion block in treatment-resistant mental health disorders — Scandinavian Journal of Pain, 2025

A short note on coming to clinic

Bring a plain account of sleep, mood, pain, trauma and what you can no longer do, with any recent letters from your physician. The first visit is an assessment and a written plan — not an automatic course of sessions. This note is to help you choose a psychologist. It is not a substitute for a consultation.

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