

Faculty Profile:



Soheli Datta, Ph.D.

- 1. Designation:** Assistant Professor (Stage II), Department of Applied Psychology, University of Calcutta.
Deputy Coordinator and Core Faculty, M.Phil. in Clinical Psychology Programme, Clinical Psychology Centre of University of Calcutta
- 2. Specialization:** Clinical Psychology, Stress Management, Psychological Assessment, Psychotherapy, Psychological Rehabilitation and Counselling
- 3. Contact information:**
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92, Acharya Prafulla Chandra Road, Kolkata: 700 009
E-mail: datta.soheli@gmail.com
- 4. Academic Qualifications:** B.Sc. (Hons.) in Psychology, M.Sc. (Hons.) in Psychology, M.Phil. in Clinical Psychology [R.C.I. Licensed, CRR No. A42978], Ph.D. in Psychology

5. Positions held/ holding:

- a. Assistant Professor, Department of Applied Psychology, University of Calcutta, November 2015 till present
- b. Core Faculty, M.Phil. in Clinical Psychology, Clinical Psychology Centre of University of Calcutta, U.C.S.T.A., November 2015 till present
- c. Member, P.G. Board of Studies, Department of Applied Psychology, University of Calcutta, November 2015 till present
- d. Coordinator, Service Programme Unit, Department of Applied Psychology, University of Calcutta, March 2017 till present
- e. Coordinator, Adolescent Friendly Health Clinic, Department of Applied Psychology, University of Calcutta, March 2017 till present
- f. Deputy Coordinator, M.Phil. in Clinical Psychology, Clinical Psychology Centre of University of Calcutta, U.C.S.T.A., 2022 till present
- g. Coordinator, National Rural Health Mission, University of Calcutta in collaboration with Department of Health and Family Welfare, State Family Welfare Bureau, Government of West Bengal, 2023 till present
- h. Coordinator, Specific Refresher Course in Cognitive Science, H.R.D.C., C.U, 4th December- 17th December, 2023

6. Research interests: Clinical and Forensic Psychology Child and Developmental Psychology, Geriatric Psychology, Projective Psychology, Psychotherapeutic research, Cognitive Psychology, Psychological Assessment, Psychotherapy and Rehabilitation

7. Research guidance:

Number of researchers awarded M.Phil. degrees: 14

Number of researchers pursuing M.Phil. degrees: 2

Number of researchers pursuing Ph.D. degrees: 4

8. Membership of learned societies:

- a. Life Member, Somatic Inkblot Society (International)
- b. Professional Life Member, Indian Association of Clinical Psychologists (National)
- c. Life Member, Indian Academy of Applied Psychology (National)
- d. Life Member, International Benevolent Research Foundation (National)
- e. Reviewer, Indian Journal of Psychiatry
- f. Reviewer, Journal of Education, Society and Behavioural Science
- g. And many more

9. Publications:

sl. no	Article	ISSN
1	Datta S. and Das S. (2015). A comparative study of some psychosocial factors in Schizophrenia. Indian Journal of Clinical Psychology, 42(2),102-110	ISSN: 0303-2582
2	Datta S., Das S., and Dogra A.K. (2015). Generalized Anxiety Disorder, Social Phobia and Mixed Anxiety & Depressive Disorder: A Comparative Study of Metacognition and Stressful Life Events, Ind. J. of Psychol Issues, 23(2), 35-48	ISSN 0972-4427
3	Dogra A.K., Datta S., Mukherjee A., and Saha B. (2015) Career Maturity: A correlational study among girl adolescents. International Journal of Education and Management Studies, 5(3), 250-253	ISSN: 2231-5632
4	Mukherjee A., Datta S., Sanyal A., Dogra A.K., and Das S. Personality of Children with Emotional Disorders: A psychodynamic study, (2016). SIS J. Proj. Psy. & Ment. Health, 23, 22-26	ISSN: 0971-6610
5	Datta S. and Das S. Cognitive Behaviour Therapy in Social Phobia- A Case Study, (2016). SIS J. Proj. Psy. & Ment. Health. 23, 88-95	ISSN: 0971-6610
6	Datta S. and Das S. (2016) Application of Self- Regulatory	ISSN: 0303-

	Executive Function (S-REF) Model in psychopathology formulation of patients with anxiety disorders, Indian Journal of Clinical Psychology, 43(1), 12-19.	2582
7	Datta S. and Das S. (2016). Metacognitive style and stress vulnerability: Interpretative approaches from TAT narratives, International Journal of Social Sciences Review, 4 (3), 359-364.	ISSN: 2324-8033
8	Datta S. and Mukherjee T. (2017). A Clinical Case Study with Acceptance and Commitment Therapy, Indian Journal of Clinical Psychology, 44(1), 68-74	ISSN: 0303-2582
9	Rai R. And Datta S. (2017). Application of Cognitive Behaviour Therapy in GAD: A clinical case study in the socio-cultural context of West Bengal, Indian Journal of Health and Well-being, 8(10), 1276-1249	ISSN-p-2229-5356
10	Das I. and Datta S., A comparative study to assess the dimensions of personality, depression and aggression among male bodybuilders. Indian Journal of Community Psychology, 2018, 14(1),168-179	ISSN-0974-2719
11	Dhar S. and Datta S., (2019). Psychosocial impact of women undergoing treatment of infertility. Disabilities and Impairments. Vol.33 No. 1, pp 45-55	ISSN 0970 356X
12	Dutta S. and Datta S., (2021). A Comparative Study on Social Desirability, Self-Esteem, Self-Consciousness, Sensation Seeking Behaviour and Mood & Feelings of College and University Going Students with and Without Selfie Addiction. International Journal of All Research Education and Scientific Methods (IJARESM), Volume 9, Issue 8, August -2021	ISSN: 2455-6211
13	Sarkar S. and Datta S., (2021). A comparative study of neuro-cognitive correlates in Schizophrenia (Florid and Partial remission phase) and normal controls. Himalayan Journal of Applied Medical Sciences and Research, Volume 2, Issue 6, December, 2021	ISSN: 2709-3514
14	Das T., and Datta S. (2022). Acceptance and Commitment Therapy for a young adult female with borderline personality features: A case study. International Journal of Recent Advances in Multidisciplinary Research, Vol: 09,	ISSN: 2350-0743

	Issue- 12, pp. 8266-8272, December	
15	Chattopadhyay S. and Datta S. (2023). Mindfulness as an adjunct to cognitive restructuring and ERP: Psychotherapeutic intervention of Individuals Diagnosed with OCD. <i>SIS J. Proj. Psy. & Ment. Health.</i> 30, 44-53	ISSN: 0971-6610
16	Sarkar, S., & Datta, S. (2023). “A Comparative Study of Neuro-Cognitive Correlates in Patients diagnosed with Schizophrenia and Normal Controls”. <i>Indian Journal of Clinical Psychology</i> , 50(1). Retrieved from https://ojs.ijcp.co.in/index.php/ijcp/article/view/389	ISSN: 0303-2582
17	Datta, S., & Ghosh, S. (2023). Unveiling the Overlooked- A Comprehensive Review of Deafblindness in India. <i>Indian Journal of Clinical Psychology</i> , 49(04). Retrieved from https://ojs.ijcp.co.in/index.php/ijcp/article/view/414	ISSN: 0303-2582
18	Datta, S. & Ghosh, S. (2023). Enhancing Mindfulness and Resilience in Chronic Myeloid Leukaemia: An Acceptance and; Commitment Therapy (ACT) approach. <i>Indian Journal of Clinical Psychology</i> , 50(03).	ISSN: 0303-2582
19	Das, T., and Datta, S. (2023). Effectiveness of Acceptance and Commitment Therapy in a Community Sample of Young Adults with BPD Features: A Preliminary Investigation. <i>Indian Journal of Clinical Psychology</i> , 50(04).	ISSN: 0303-2582

10. Book Chapters:

- a. Sarkar, S., and Datta, S. (2022) The Germ Warfare in the Pandemic Years, *Impact of Covid 19 Pandemic in India*, Shriyanshi Prakashan, Agra, 41-60
- b. Sarkar, S., and Datta, S. (2022) Psychological Outlook of Crime During the Covid 19 Pandemic, *Discerning Crime: Psychological, Forensic and Legal Aspects*, Asian Press Books, December, 215-226
- c. Datta, S. (2023) Mindfulness Based Strategies in Dealing with stress among parents having Children with Autism, *Mindfulness and Alternative Healing: The New Normal*, New Delhi Publishers, New Delhi, 35-51
- d. Roy, S., and Datta, S. (2024) Post Traumatic Growth and the Experience of Trauma as Affected by Poverty: A Socio-Cultural Issue in India, *VRIDHHI: Post Traumatic Growth in Indian Context*, Infinity

Publication, London, March, 46-63

- e. Dasgupta, A., and Datta, S. (2024). Mental Wellbeing and the Kama Sutra: A Synergy Between Hedonic and Eudaimonic Approaches. In: Pant, N. (eds) *Psychology of Sexuality & Mental Health* Vol. 1. Springer, Singapore. https://doi.org/10.1007/978-981-97-0281-7_10
- f. Patla, P., and Datta, S. (2024). Neuro-Psychological Profile of Patients Suffering from Dementia and their Healthy Controls: A Comparative Study, *Ageing and Mental Health*, Global Vision Publishing House, New Delhi, 67-78
- g. Chakraborty, A., Datta, S. (2024). Reconceptualising Conflict: navigating through conflict with the art of effective communication and resolution techniques. *Everyday Psychology: Applying Psychological; Insights in Modern Life*, Walnut Publication, India, May 2024, 103-119
- h. Ghoshhajra, P., Datta, S. (2024). Adult urban romantic relationships: a humanistic and object relations lens to understanding the impact of parent-infant dynamics in navigating romantic love relations. *Everyday Psychology: Applying Psychological; Insights in Modern Life*, Walnut Publication, India, May 2024, 120-128
- i. Chakraborty, A., Datta, S. (2024). Embracing mindfulness: a self-reflecting approach towards day-to-day, mental well-being. *Everyday Psychology: Applying Psychological; Insights in Modern Life*, Walnut Publication, India, May 2024, 220-232

11. Invited Lectures/Webinars:

International

- a. Invited Lecture on “Crime, Criminology and Criminal Victimization” at the 1st Dhaka International Conference, Dhaka, Bangladesh, May, 2022
- b. Invited lecture entitled “Coping styles, stressful behavior, and health status- somatic and anxiety problems” at Samriddhi College, Bhaktapur, Nepal, January, 2023
- c. Invited lecture entitled “Emerging Issues in Crime and Justice: Role of Psychology in Assessment, Prevention and Intervention” at the Thames International College, Kathmandu, Nepal, January, 2023

National

- d. Emerging psycho-social issues among college-going adults at Rammohan College, in January, 2016
- e. Stress and Diabetology, at Mukta Mancha, Kolkata in February, 2016
- f. Mental Health Hazards among adolescents at Rammohan College, in March, 2017
- g. Psychological Assessment at Indian Institute of Foreign Trade, 2018
- h. Depression and Suicide at Sishu Mangal Hospital, July 2018
Stress among engineering students in pandemic, Webinar, Greater Kolkata College of Engineering and Management, December 2020
- i. Food Safety: Concern for all, Webinar, Silver Point School, June 2021
- j. Presented a Panel Discussion on the theme of Geriatric Psychology, organized by Thikana Shimla, September 2022
- k. Invited lecture on “Consultation Liasion Psychiatry”, International Conference in Health Science, organized by Professional Institute of Bangladesh, Kolkata, August 2023
- l. Invited Talk on “Importance of health psychology” at the “Introductory workshop on psycho-oncology” at the Tata Medical Center, Kolkata, held on 7th May 2024.

12. Participations

International

- a. Presented a research on “Psychopathology in Anxiety Disorders: A study of Metacognition, Thought Control and Life Events” at the WPA World Congress of Psychiatry (2019) at Lisbon, Portugal
- b. Presented a research on “Psychopathology behind crime: A comparative study of aggression, criminal thinking, stigma and discrimination across gender among convicts of homicidal murder” at the WPA World Congress of Psychiatry (2019) at Lisbon, Portugal
- c. Presented a research on “Neuropsychology of Dementia and old age: A comparative study of memory functioning, visuo-motor perception and visuo-spatial constructive ability” at the WPA World Congress of Psychiatry (2019) at Lisbon, Portugal
- d. Presented a Symposium on “Beyond Cognitive-Behavioural Approach: Into the world of Mindfulness and Its Diversities”, at the 32nd

- International Congress of Psychology (2021) at Prague, Czech Republic
- e. Presented a research on “Discrimination, distress, acceptance and social support: A comparative study among Lesbian, Gay and Bisexuals” at the 32nd International Congress of Psychology (2021) at Prague, Czech Republic
 - f. Acted as a Chairperson in a Scientific Session at the 1st Dhaka International Conference, Dhaka, Bangladesh, May, 2022
 - g. Presented a research on “TAT narratives in Anxiety Disorder: A metacognitive perspective” at the 1st Dhaka International Conference, Dhaka, Bangladesh, May, 2022
 - h. Acted as a Chairperson and Moderator in 3 Oral Scientific Session [Anxiety Disorders, Autism / Perinatal and Suicidology] at the 23rd WPA World Congress of Psychiatry, 28 September – 1 October 2023 at Vienna, Austria
 - i. Acted as a Chairperson and Moderator in 3 Poster Scientific Session [Miscellaneous and Addictions at the 23rd WPA World Congress of Psychiatry, 28 September – 1 October 2023 at Vienna, Austria
 - j. Presented a research on “Role of presumptive stressful life events, metacognition and thought control strategies among patients suffering from anxiety disorders and their healthy controls: A comparative study” at the 23rd WPA World Congress of Psychiatry, 28 September – 1 October 2023 at Vienna, Austria.

National

- a. Presented a research titled, Application of Self-Regulatory Executive Function (S-REF) model in psychopathology formulation of patients with Anxiety Disorders, 42nd NACIACP, 2016
- b. Presented a Symposium on “Acceptance and Commitment Therapy: Theory, Practice and Utility”, National Conference on Expanding Frontiers of Applied Psychology: Golden jubilee Celebration, 2017
- c. Presented a Symposium on “Understanding Child and Adolescent Psychopathology: Socio Cultural Changes and Major Shifts in Perspectives and Policies”, 44th NACIACP, 2018
- d. Presented a research on “A Comparative study of Socio-Adaptive Functioning, Emotional Intelligence and Theory of Mind in Autism and Normal Controls”, 47th NACIACP, 2021
- e. Acted as a Chairperson in a Scientific Session at the 49th NACIACP, held at SGT University, Gurugram, February 2023
- f. Presented a Symposium titled, the Effectiveness of Third wave Cognitive Behavioural Therapy on Young Adults in the Indian Population, at the 49th NACIACP, held at SGT University, Gurugram, February 2023
- g. Acted as a Chairperson for the session “Paediatric Psycho-oncology” at the Ecancer - TMC Psycho-Oncology Congress held at the Tata Medical Center, Kolkata on 7th September, 2024.

13. Projects and Training Programmes:

- Adolescent Health Clinic, Department of Applied Psychology, C.U., in collaboration with State Family Welfare Bureau, Government of West Bengal, 2017 till present
- Course Title: Advanced Psychoanalytic and Third-Wave Perspectives in Psychotherapy, Department of Applied Psychology, C.U., Funding agency: RUSA, Entrepreneurship Hub, and Skill Enhancement and Career Hub (Faculty of Science), 2023 till present
- A Sensitization Training on National Viral Hepatitis Programme (NVHCP) for PEER Supporters, Department of Applied Psychology, C.U., in collaboration with Directorate of Health Services, Government of West Bengal, 2023 till present
- Induction Training Programme of AFHC counsellors on Adolescent Health services, Department of Applied Psychology, C.U., in

collaboration with State Family Welfare Bureau, Government of West Bengal, 2023 till present

14. Awards:

- Recipient of Order of Merit from University of Calcutta for obtaining the 2nd Rank and Letter Grade A+ in M.Sc (Honours) in Psychology (2012)
- Recipient of Sheela Kanoria Scholarship, from Rotary International, Rotary Club of Calcutta, on 21st June, 2013
- Dr. Sarvepalli Radhakrishnan Teaching Excellence Award, 2022 (IBRF, Kolkata)