

**Name:** Dr. Shabina A. Sheth

**Email Address:** shabinasheth9@gmail.com

**Contact Number :** 07043392868

**Professional Title/Occupation:** doctor- M.D. Psychiatry

**Organisation:** GMERS Medical College, Himatnagar

**Address of Organisation/Practice:**

Near Government Polytechnic college. Hadiol road, Himatnagar, Gujarat-383001

**Professional Qualifications:**

MSc Psychotherapy,  
Diploma in Special Education (ASD),  
MA Journalism and Mass Comm,  
BA English Hons

**Courses undertaken in Play Therapy:**

Play Therapy for Children with Special Needs

Play Therapy Skills (Special Needs) - ongoing

**Details of any other relevant qualifications/courses taken in the field:**

Have experience with different areas of child psychiatry.

**Currently undergoing supervision in current practice:** Yes

**Ages catered for:** Children, adolescent and adult psychiatry

**Services offered:**

Play therapy, counselling, psychoeducation, behavioural therapy, cognitive behaviour therapy (specifically for anxiety spectrum disorder), progressive muscle relaxation for the patients of special needs, abuse, emotional issues, behavioural problems- according to need.

Therapy for family members of children with special needs if needed.

## **Personal Profile:**

DR. SHABINA SHETH

M.B.B.S; M. D. (PSYCHIATRY)

GENDER: Female

DATE & PLACE OF BIRTH: 5th May, 1991; Himatnagar (Gujarat)

RILIGION: Humanity

NATIONALITY: Indian

Supervised 3 year residency in M.D Psychiatry

- Master trainer course in effective communication skills

- Training in Alternatives to Seclusion and Restraint, Right of person with Mental Illness, Recovery Oriented Care

Areas of interest

- General Adult Psychiatry
- De-addiction
- Sex therapy
- Child And Adolescent Psychiatry
- Forensic psychiatry
- Women Mental Health
- Psychotherapy
- Community psychiatry
- Recovery oriented care
- Consultation liaison Psychiatry

I have experience in different area of child psychiatry like autism, adhd, intellectual disability, anxiety and school refusal in children and many more. at this early age psychotherapy is very helpful and necessary apart from pharmacotherapy. so i am using play therapy as part of behaviour modification, or to develop a rapport or to communicate wuth child.... as per need of child. it depends on their diagnosis also.

- Presented the paper “ Humanizing Mental health care- Experiences of peer support in two different settings in Gujarat after Quality Rights Project” at IPSGSB 2017- won Dr. R.C. Maniar Best Paper Award

-- 2 published case reports and a original research article in indexed journal

-- dissertation on Comparing effectiveness of only medication and CBT+ Medication in patient with panic disordr with or without agoraphobia.