

Dr Anupam Pokharel

Consultant Psychiatrist



Qualifications	MBBS MD FRANZCP, Cert.Psychotherapies (RANZCP)	
Current Positions	Consultant Psychiatrist Mitcham Private Hospital, VIC	2011-
	Consultant Psychiatrist Monash Health, Melbourne	2018-
	Member of (Victoria) State Assessment Panel Royal Australian and New Zealand College of Psychiatrist	2011-
	Independent Medical Examiner, WorkSafe VIC and TAC	2013-
Professional Education Qualifications	Cert Psychotherapies (RANZCP) - CBT Stream (Post Fellowship). Two Years Supervised Training	2011
	FRANZCP Fellow of the Royal Australian and New Zealand College of Psychiatrists	2008
	MD (Psychiatry): Institute of Medicine, Tribhuvan University, Kathmandu, Nepal	1998-2001
	MBBS Quaid-I-Azam Medical College, Bahawalpur, Pakistan	1990-1995
Training	EMDR (Eye Movement Desensitization and Reprocessing)	2014 & 2015
Trauma Management	I am currently involved in providing clinical care to civilian and past and present non-civilian personnel with diagnosis of PTSD.	
	I provide pharmacological and psychotherapies (CBT and EMDR) in outpatient and inpatient settings.	
Registration Details	AHPRA Specialist Registration MED0001213601	
	Nepal Medical Council General Medical 2365 (Permanent)	
	Nepal Medical Council Specialist Registration 2365	

Locum Experience	Launceston General Hospital Psycho-geriatric Team and Consultation Liaison Psychiatry Team	Dec 2017 – Jan 2018
	Glenside Hospital South Australia	May 2017
	Southern Health Melbourne	Nov-Dec 2014
Post-graduate Training and Experience	Consultant Psychiatrist Eastern Health, Melbourne, VIC	2009-2011
	<ul style="list-style-type: none"> • Providing comprehensive psychiatric service to inpatients and CAT Team. • Teaching experience: supervision of basic trainees in Psychiatry, Medical Officers and IMG preparing for Fellowship Exams. • Chair: IMG Support Group • Mentor: Overseas Trained Psychiatrists 	
	Consultant Psychiatrist Ballarat Health Services, Ballarat, VIC	2006-2009
	<ul style="list-style-type: none"> • Providing comprehensive psychiatric service to out and inpatients. Played a leadership role in the field of Mental Health in Ballarat/Ararat/Stawell area. • Teaching experience: Undergraduate medical and nursing students. 	
	Career Medical Officer / Senior Registrar Hunter Mental Health, Newcastle, NSW	2003-2006
<ul style="list-style-type: none"> • General Adult Psychiatry 9 months • Neuropsychiatry Rehabilitation psychiatry and Consultation Liaison psychiatry each 6 months • Dual Diagnosis 2 months • Providing effective and appropriate services for patients with mental illness. • Participating clinical duties as arranged by Clinical Director. • Participating in after-hours rosters. The positions were accredited. • Teaching experience: Teaching junior medical officers, medical and nursing students. 		
Assistant Professor in Psychiatry BP Koirala Institute of Health Sciences, Dharan, Nepal	2003-2006	
<ul style="list-style-type: none"> • Providing psychiatric services to out and in-patients and teaching undergraduate and postgraduate medical students. 		
Medical Officer Mental Hospital, Lagankhel, Nepal	2001-2002	
<ul style="list-style-type: none"> • Providing psychiatric services to out and in-patients and teaching interns and nursing staffs posted to the hospital. 		
Registrar (Specialist) Part time (1 day a week) Patan Hospital, Lagankhel, Nepal	2002	
<ul style="list-style-type: none"> • Providing psychiatric services to out and in-patients and teaching interns, general practice trainees and nursing staffs posted to the hospital 		



Teaching Assistant in Psychiatry 2001
 Institute of Medicine, Kathmandu, Nepal

- Providing psychiatric services to out and in-patients and teaching undergraduate and postgraduate medical students

Postgraduate Trainee in psychiatry 1998-2001
 TU Teaching Hospital, IOM, Kathmandu, Nepal
 Full time residential training in psychiatry.

Medical Officer in Dept of Internal Medicine 1997-1998
 Bir Hospital, Kathmandu, Nepal
 Diagnosis and management of patients suffering from different medical conditions. Included duties in Emergency Dept. and ICU.

Research

Thesis: A phenomenological study of patients in stupor and stupor-like states. (Submitted to the Faculty of Institute of Medicine, Tribhuvan University).

Other research conducted as mentioned below under the heading of 'Journal articles'

Publications and Paper Presentations

Journal Articles

[Regmi, SK](#); [Pokharel, A](#); [Ojha, SP](#); [Pradhan, SN](#); [Chapagain, G](#). (2004) Nepal mental health country profile. *International Review of Psychiatry (Peer reviewed journal 2004-11699-014)*. Vol 16(1-2), 142-149

Ojha, S. P., [Pokharel, A.](#), Koirala, N. R., Sharma V. D., Pradhan, S. N., Nepal, M. K., & Timsina, C. L. (2003) Profile of first 100 inpatients in De-addiction Ward T. U. Teaching Hospital, Nepal. *Journal of the Nepal Medical Association*, 145, 32-35

[Pokharel, A.](#), Koirala, N. R., Sharma, V. D., Regmi, S. K., Nepal, M. K., Khalid, A., Ojha, S. P., & Timsina, C. L. (2002) Acute and transient psychotic disorders: a study of diagnostic stability. *Post-Graduate Medical Journal of Nepal*. 1(3), 22-25

Khalid, A, Koirala NR, Regmi SK, Sharma VD, Chapagain G, [Pokharel A](#), Ojha SP (2001) Practice of ECT in a Teaching Hospital in Nepal. In: **Proceedings of the first Asia Pacific ECT Conference 2001**. Eds: Little JD & Petrides G; 27-30

Ojha, S. P., [Pokharel, A.](#), Acharya, R. P., Pandey, K. R., Bhusal, C. L., Marhattha, M N. (2001) Socio-psychological study among injectable drug users in Kathmandu Valley. *Journal of the Nepal Medical Association*, 141, 235-240

Ojha, S. P., [Pokharel, A.](#), Nepal, M. K., Regmi, S. K., Koirala, N. R., Sharma, S. C. (2001) Symptom profile and co-morbid psychiatric disorders in mentally retarded children. *Journal of the Nepal Medical Association*, 140, 177-180.

Other Publications

Book: 'Manasik Awasthata': A book in Nepali language describing general information on mental health and illness. This book has been used by different organizations in mental health awareness programs. (Published: September 2002)

Founder of website: www.mentalhealthnepal.com



Medical Conferences

Paper presentation

CBT in Psychosis. In IV Conference of Psychiatric Association of Nepal. 24-25 March 2010, Kathmandu, Nepal

Mental Health Act. In AMNECON Nepal April 2009.

Challenges and opportunities for young psychiatrists in south Asia. In XIII World Congress of Psychiatry held in Cairo, Egypt (September 10-15, 2005)

A study of suicide intent communication in depressive disorders. In: First Scientific Conference of Tribhuvan University Teaching Hospital, Maharajgunj, Kathmandu, Nepal on 24-25 August 2001

A profile of the children and adolescents referred by Paediatricians to the Child Guidance Clinic, T.U. Teaching Hospital. In: The Xth Nepalese Congress of Paediatrics held in Kathmandu, Nepal on 11th March 2000

A sociodemographic study of patients with headache. In: International conference of pain. 25-26 February 2000, BPKIHS, Dharan, Nepal

Psychiatric Emergencies in a General Hospital setting. Nov 14, 1999. In: Second International Conference of Psychiatrists' Association of Nepal. Kathmandu 13-14 Nov 1999.

Poster presentation

Suicide in a remote district of Nepal. In: XIII World Congress of Psychiatry held in Cairo, Egypt (September 10-15, 2005)

Participation

XII World Congress of Psychiatry held in Yokohama, Japan (August 24-29, 2002) (Awarded fellowship as a young psychiatrist)

XIII World Congress of Psychiatry held in Cairo, Egypt (September 10-15, 2005) (Awarded fellowship as a young psychiatrist)

RANZCP Conference, Gold Coast Australia: 4/2007

WPA International Congress, Melbourne, Australia 2007-11-28

RANZCP Congress, Melbourne, Australia 5/2008

AMNECON Nepal April 2009

First South East Asia Maudsley Forum 3-5 December 2009 Hong Kong

Global Psychopharmacology Conference 11-14 November 2010 Colorado Springs CO, USA

RANZCP: Section of Psychotherapy Conference 22-24 July 2011 Melbourne

Psychotherapy for Psychotic Patient Conference 10 September 2011 Sydney

Health of Health Practitioners: 3-5 Nov 2011, Auckland, New Zealand

RANZCP Congress, Hobart, Australia 5/2012

Attended various CPD activities over the years including 2018.

