

Richa Khanna, Ph.D.

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Education

University of Delaware, USA

Social Justice Post Doctorate Fellow **2019**

University of Missouri- Kansas City, USA

Doctor of Philosophy in Counseling Psychology (APA-accredited) **2018**

SNDT Women's University, Mumbai

Master of Arts in Industrial Psychology **2009**

Fergusson College, Pune

Bachelor of Arts in Psychology **2007**

Clinical Experience

Counseling Psychologist and Supervisor Mumbai, India

January '21-Present

Self-Employed

- Providing long term individual online therapy to diverse clients presenting with anxiety disorders, mood disorders, feminist and multicultural identity concerns; and grief and loss among others
- Providing ongoing individual clinical and research supervision to practicing mental health professionals
- Serving as an external doctoral committee member with Tata Institute of Social Sciences, Mumbai
- Mentoring and supporting individuals interested in pursuing a psychology-based career

Teaching Experience

School of Human Ecology

October 2019 – June 2023

Tata Institute of Social Sciences, Mumbai, India

Assistant Professor

- Taught semester long courses in the M.A. Applied Psychology (Clinical and Counseling Practice) program, including Community Mental Health, Ethics in Clinical and Counseling Practice, Preparation for Fieldwork and Theories/Approaches to Psychotherapy, among others.
- Individual and group supervision of students on their practical training/field work experiences. Site placements include community-based sites, NGOs and inpatient psychiatric hospitals.
- Research guidance of master's level thesis projects
- Coordinated fieldwork for placement of first year students, across both online and offline modalities.

- Evaluation of admission candidates for M.A., M.Phil. and PhD courses
- Served as a member of the Academic Council of the institute.

Other Experience

Center for Counseling and Student Development (CCSD) August '18 – '19
University of Delaware, Newark, DE

Social Justice Post-Doctoral Fellow

- Spearheaded the creation of a Social Justice Team that would help fulfill the unmet mental health needs of marginalized racial sections of the student community.
- Led and managed consultative relationships with campus partners to address mental health needs of international students and ethnic minority students.
- Committee work:
 - Multicultural Committee: Planned multicultural dialogues and other professional development activities among staff members.
 - Intern Selection Committee: Short listed and interviewed intern applicants
- Conducted triage assessments and provided treatment recommendations.
- Crisis intervention for clients presenting on an emergency basis.
- Provided brief individual therapy to diverse clients presenting with anxiety disorders, mood disorders, feminist and multicultural identity concerns, and grief and loss among others.
- Supervised a doctoral level practicum student on a weekly basis for a semester.
- Participated in weekly staff meetings, post-doc seminars, post-doc process lunch, case group, individual supervision, supervision of supervision and case disposition meetings.

Center for Counseling and Student Development August 2017 – July 2018
University of Delaware, Newark, DE

Pre-Doctoral Intern

- Conducted weekly initial consultations with incoming clients, including bio-psychosocial assessment of presenting concerns and providing appropriate treatment dispositions and referrals.
- Provided brief individual therapy to diverse student clients presenting with relationship concerns, cultural identity issues and self-exploration, grief and loss, anxiety, and depression among others.
- Crisis intervention including assessment, safety planning and therapy for clients presenting on an emergency basis.
- Co-lead Group Therapy:
 - Understanding Self and Others for Students of Color: Co-facilitated pre-group meetings with potential clients to assess for treatment fit, co-led

weekly process groups, and provided weekly supervision to the process observer

- You've Got This: Co-facilitated a four-week psycho-educational group based in Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT), including concepts such as mindfulness, emotional regulation, cognitive distortions and assertiveness.
- Collaborated with Office for International Students and Scholars to address mental health needs of international students at the university.
- Provided weekly individual supervision to a doctoral level practicum student.
- Attended and participating in weekly staff meetings, intern seminars, intern process lunch, case group, individual supervision, group supervision, supervision of supervision and case disposition meetings.
- Attended weekly rotations with a staff psychiatrist including observation of medication management and psychiatric assessments; and engaging in case consultation.
- Committee work:
 - Multicultural Committee: Planned and co-facilitating multicultural dialogues and other professional development activities among staff members
 - Intern Selection Committee: Evaluated incoming intern applications

Outreach Experience

University of Delaware CCSD

August 2017- August 2019

- Co-facilitated the following outreach presentations:
 - Campus Connect: A suicide sensitivity and suicide prevention training for newly hired resident assistants.
 - Who Am I- Understanding one's Identity for Personal Development: Identity development of freshman students from a social justice lens?
 - You've Got This Lite: Workshop on emotional self-care for resident assistants.
 - Us vs. Them - Bridging the Gap: Cultural dialogue for members of the Asian American student organization.
 - Igniting the Asian American Movement: Reflective Dialogue on Intersecting Identities for members of the Asian American student organization
 - World Scholars Psychological Well-being
- Served as CCSD's Representative for the following events:
 - Weekly International Student Coffee Hour
 - Blue and Golden Open House

- “Paws our Stress” Puppy Raisers of the University of Delaware (PRoUD) Event
- New Student Orientation for Domestic and International Students
- Welcome Events for several diverse student groups (Asian Americans, Latinx Students, African American Students, International Students)

UMKC Counseling Center

August 2014 – March 2015

- Mood and Alcohol Screening for UMKC’s Health Sciences students:
 - Provided information about various college mental health issues.
 - Administered screening tool, provided consultation and possible referral sources.
- Counseling Center Representative at Outreach table for UMKC students:
 - Campus Safety Event: Educated students about alcohol poisoning and engaging them in some bystander intervention scenarios for some impromptu skits
 - Substance Abuse screening table: Administered substance abuse/alcohol screening tool, provided consultation and possible referral sources.
 - Lemonade Stand for incoming students
 - Vagina Monologues Event

Refereed National/International Presentations

Khanna, R. (2022). *Mental Health Training and Supervision in India: Review, Reflections and a Call for Systemic Re-evaluation*. Poster presented at the International Interdisciplinary Conference on Clinical Supervision, Washington D.C., USA

Khoury, B., **Khanna, R.**, & Silva, D. (2021). *International Licensing Guidelines: Working and Volunteering in International Settings*. Contributed Symposium presented at the American Psychological Association Annual Conference.

Perez, L., Carll, E., **Khanna, R.**, & O’Donnell, K. (2021). *Division 52’s COVID-19 Taskforce: An International, Multifaceted, Collaborative Initiative COVID-19 and Service Delivery Worldwide*. Contributed Symposium presented at the American Psychological Association Annual Conference.

Khanna, R., & Kalaga, A. (2021). *COVID-19 Psychological Impact among Employees in India’s Corporate Sector*. Paper presented at the International Conference on Role of HR in the New Normal, IMT, Nagpur, India.

Brown, S. & **Khanna, R.** (2018). *Am I a Feminist Therapist?* Structured Discussion presented at the Association for Women in Psychology Conference,

Philadelphia.

Khanna, R. & Chen, H. (2018). *Still I Rise: A Students of Color Process Group*. Structured Discussion presented at the Association for Women in Psychology Conference, Philadelphia.

Coker-Appiah, D. S., **Khanna, R.**, Dass-Brailsford, P., Henninger, A., Iwasaki, M., Rużyczka, E. W., Hu, G., & Inman, A. G. (2016). *Diverse and Global Insights on Women and Trauma: A Focus on Assessment, Prevention and Intervention from Theoretical, Research, and Clinical Care Perspectives*. Contributed Symposium presented at the International Congress of Psychology, Yokohama, Japan.

Khanna, R., & Marszalek, J. (2015). *The relationship between Dispositional Flow, Spiritual Intelligence and Life Satisfaction*. Paper presented at the American Psychological Association Annual Conference, Toronto, Canada.

Khanna, R., Browne, S., Anderson, W., & Marszalek, J. (2014). *Development of the Meaning in Life through Religion and Spirituality Scale*. Poster presented at the American Psychological Association Annual Conference, Washington D.C.

Khanna, R. & Langrehr, K. (2014). *The Indian Male Sexual Offender: Will the Good Lives Model (GLM) Work?* Poster presented at the Asian American Psychological Association Annual Conference, Washington D.C.

Refereed Publication

Karakulak, A., Tepe, B., Dimitrova, R., Abdelrahman, M., Akaliyski, P., Alaseel, R. R., ... & da Silva, M. Z. (2023). Empathy, Fear of Disease and Support for COVID-19 Containment Behaviors: Evidence from 34 Countries on the Moderating Role of Governmental Trust.

Dougall, M., Konantambigi, R. M., & **Khanna, R.** (2022). Nature of Romantic Relationship in Committed Emerging Adults: Exploring Challenges and Resilience. *Psychological Studies*, 67(4), 537-548.

Khanna, R., & Kalaga, A. (2021). COVID-19 Psychological Impact among Employees in India's Corporate Sector. *Journal of Psychosocial Research*, 16(2).

Varghese, F. P., Nolan, J. N., Bihm, E. M., Salagame, K. K. K., **Khanna, R.**, & Rasheed Ali, S. (2017). Transformational leadership and Asian Indian values: Duty, selfless service, and nonviolence. *The Counseling Psychologist*, 45, 810-829.

Other Publications

Khanna, R. (2021). Book Review: Roma Minority Youth across Cultural Contexts: Taking a Positive Approach to Research, Policy, and Practice. *Journal of Youth Development*, 16(5), 279-281.

Khanna, R. (2021). A Book Review on Handbook of Positive Youth Development: Advancing Research, Policy, and Practice in Global Contexts. Radosveta Dimitrova and Nora Wiium (Eds.)(Cham, Switzerland: Springer), 2021, 754 pages, ISBN 978-3-030-70261-8. *Scandinavian Journal of Child and Adolescent Psychiatry and Psychology*, 9(1), 174-175.

Khanna, R. (2017, Spring). (W)Righting the Conflict. *WomanView, the Newsletter for APA Division of Counseling Psychology's Section for the Advancement of Women*

Khanna, R. (2015, Winter). Is it too late to be a feminist? Diary of the ageing Indian woman. *The Feminist Psychologist, the Newsletter of APA's Division for the Psychology of Women.*

Unpublished Research

Khanna, R., Marszalek, J. (2018). *A Feminist Identity Model Among Women of Color.* Unpublished Dissertation, University of Missouri-Kansas City

Khanna, R., Marszalek, J. (2015). *The relationship between Dispositional Flow, Spiritual Intelligence and Life Satisfaction.* Unpublished Pre-dissertation, University of Missouri-Kansas City

Khanna, R., Browne, S., Anderson, W., & Marszalek, J. (2014). *Development of the Meaning in Life through Religion and Spirituality Scale.* Unpublished research, University of Missouri-Kansas City

Professional & Leadership Activities

- Invited Speaker for the following webinars:
 - Symbiosis International University, 2021: Mental Health in University Communities
 - National Network of Depression Centers India Foundation, 2021
 - Division 52, November 2021: Reflections from Former International Students: Important Considerations for Our Profession and Training Programs
- APA Division 56 CHANGE Grant Reviewer, 2021
- American Psychological Association Convention Proposal Reviewer (Division 17, 35)
- Student mentor for CEP doctoral students August 2014-July 2017
 - Provide mentorship and support to a current doctoral counseling psychology student
- Student interviewer for CEP Doctoral Students Interview Day 2016, 2017
 - Served as a group interviewer for four interview candidates
 - Served as a facilitator for a group performance task.
- American Psychological Association Division 17 Section on Positive Psychology: Teaching Representative October 2013-July 2015
 - Engaged in promotional activities and efforts to recruit student members.
 - Collaborated with other representatives to review and finalize section award applications.
 - Gathered and disseminated teaching resources and information.
 - Participated in quarterly business meetings.
- Student Representative, DaLee Scholarship Awards Committee Fall 2014, Fall 2015
 - Collaborated with faculty members and students to review research proposals and make funding decisions.
- Co-chair: CEP Student Affiliates of Seventeen (SAS) June 2013-May 2014
 - Planned and organized the social hour for interviewees of the counseling psychology doctoral program.
 - Organized and managed the incoming doctoral student's orientation.
 - Assigned student mentors to incoming doctoral students.
 - Planned budget requirements as needed.

Awards, Organizations & Hobbies

- DaLee Scholarship Award by UMKC's School of Education 2016 to support dissertation research.
- Awarded by UMKC Women's Council 2016 to present as part of an international symposium panel discussion titled "Diverse and Global Insights on Women and Trauma: A Focus on Assessment, Prevention and Intervention from Theoretical, Research, and Clinical Care Perspectives" at the International Congress of Psychology, Yokohama, Japan
- International Affiliate Member of American Psychological Association, Division 17, Division 35
- Passionate about Improv Comedy and Theatre, Racquetball and Feminist-based essay writing

Other Skills

- Language: Proficient in written and spoken English and Hindi