



Dr Arun Gupta Consultant Psychiatrist

GMC: 6094989

Dr Gupta has been a psychiatrist since 1984 and CBT Therapist since 2006. He specialises in assessment and management of ADHD in adults.

He has been assessing and treating patients with Trauma related to war/road traffic accidents/crime/rape etc with good results using a combination of medicines and trauma focussed CBT.

Dr Gupta has special interest in treatment of Insomnia and have received training in CBTi (specialised CBT for treatment of Insomnia). He is developing an educational/training video for training therapists in CBTi.

He has been delivering a training programme in CBT at King George's Medical University, Lucknow, India, and is involved in research activities in NHS for National Institute of Health Research. He is a member of Global Clinical Practice Network (GCPN) of WHO (World Health Organisation).

Dr Gupta carries out assessment of Mental Capacity for local authority for Deprivation of Liberty Safeguards (DoLs), is approved under section 12 of Mental Health Act, 1983 and is an Approved Clinician as defined in the Mental Health Act.

He has served as College Tutor, Clinical Tutor and Associate Director of Medical Education between 2005 and 2011. He is now Associate Medical Director in Access and Community CBUs in the South Care Group, and regularly attends regional, national and international conferences.

AREAS OF EXPERTISE

- OCD
- PTSD
- CBT
- Bipolar
- Personality Disorders
- Psychotic Illness
- Schizophrenia

PROFESSIONAL EMPLOYMENT

1993 - 1994; Senior Psychiatrist, Government of India

1985 - 1993: Psychiatrist Specialist Grade, Government of India

1984 - 1985: Chief Resident, King George's Medical College, Lucknow

1983 - 1984: Senior Resident, King George's Medical College, Lucknow

1982 - 1983: Junior Resident, King George's Medical College, Lucknow

1981 - 1982: House Officer, King George's Medical College, Lucknow.

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PROFESSIONAL EDUCATION AND QUALIFICATIONS

1979: M.B.B.S. King George's Medical College, Lucknow University, Lucknow, U.P., India

1984: M.D. (Psychiatry) Same as above

2006: Postgraduate Diploma in Cognitive Behaviour Therapy Newcastle Cognitive Behaviour Therapy Centre, Plummer Court, Newcastle Upon Tyne. (Accredited by Durham University, UK)

2010: Certified leader Training NTW Continuous Improvement Training, Northumberland Tyne & Wear NHS Trust

2011: CMI level 6 Certificate in Management and Leadership (QCF) Durham Business School, Durham, UK

2016: CMI Level 7 certificate in Strategic Management, North East Leadership Academy, UK.

TEACHING RESPONSIBILITIES

1. Clinical Tutor (renamed as associate director of medical education): I have worked as clinical tutor for south of Tyne for the NTW NHS Foundation trust from January 1, 2007 till June 30, 2011. This job involved quality assuring post graduate medical education in psychiatry in the area. As Clinical Tutor I was responsible for organizing and coordinating training of postgraduate trainees in psychiatry in localities of Sunderland, Gateshead and South Tyneside and training of GP trainees and foundation program trainees across the trust. The role was upgraded as Associate Director of Medical Education in 2008. I handed over these responsibilities in June 2011 after trust underwent reorganization.
2. College Tutor: I worked as college Tutor in Psychiatry for Sunderland since April 2005. This job involved organizing training of Senior House Officer/Post Graduate Students in Psychiatry (including Foundation Year 2 and G.P. registrars) I am approved as College Tutor by Royal College of Psychiatrists UK. The role was handed over to my successor in 2008.
3. I used to be the Journal Club at Cherry Knowle Hospital, which is a weekly activity and is attended by all Senior House Officers, as well as consultants, SPRs and non career grade doctors. I handed over the role to my successor in 2008.
4. I train undergraduate medical students in clinical psychiatry. I am also involved in their end of training assessments.
5. I am approved educational supervisor for psychiatric trainees.
6. I regularly lecture GPs and Consultant Psychiatrist in various aspects of mental health.
7. I am running a project on training in CBT at King George's Medical University, Lucknow, India through conducting workshops and providing supervision over

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telephone since 2006. This work has been published in peer reviewed international journals.

8. Teaching of B.Sc. Nursing Students (Undergraduate Nursing in Psychiatry) : I was regularly delivering 20 hours of lectures every year on psychiatry at Raj Kumari Amrit Kaur College of Nursing, Andrewsganj, New Delhi, India for B.Sc. Nursing Students until 2004. It is a premier institution of nursing education in India affiliated to Delhi University. Its graduates in nursing are working all over India and abroad in teaching positions. The list of topics is as follows
9. Teaching of House Officers and Junior Residents (Psychiatry) : The house officers and junior residents are medical graduates preparing for post graduation. They are posted in the department of psychiatry for six months. They accompany me at the time of ward rounds and outpatient work and receive informal clinical education in management of psychiatrically ill patients.
10. Teaching of Senior Residents (Psychiatry): Senior Residents are postgraduates in Psychiatry posted for three years under training. One or two Senior Residents are posted with me at a time. They are provided supervision in day to day management of inpatients as well as outpatients. There are total 4 senior residents in the department. Teaching seminars and case discussions are held regularly every fortnight on different topics.
11. Teaching of Undergraduate Students of Occupational Therapy and Physiotherapy: We received undergraduate students of Occupational Therapy and Physiotherapy from Institute of Physically Handicapped. This is an institute which trains students of Occupational Therapy and Physiotherapy for graduate degree to be awarded by the Delhi University. We took 12 lectures in clinical psychiatry for these students out of which I personally delivered three lectures and supervised my senior residents and other junior faculty for rest of the lectures.
12. Teaching of Legal Officers : Every year I was invited by 'National Institute of Criminology and Forensic Science', Ministry of Home Affairs, Government of India for delivering lectures to judicial officers and police officers on topics related to forensic psychiatry.

RESEARCH

1. Developing Training in CBT in India: This is a project that I started in 2006. The aim is to establish training in CBT at C S M Medical University, Lucknow, India post graduate students in Psychiatry. Workshops are held every year at Lucknow followed by regular supervision over telephone from UK. As the work progresses the possibility of conducting research on CBT in Indian population would be explored. (on going).
2. OBSRVA: this is industry sponsored post marketing surveillance for side effects of Asenapine. I am principle investigator. (2013 - 2014).
3. EVP: A Randomized, Double-blind, Placebo-controlled, Parallel, 26-Week, Phase 3 Study of 2 Doses of an Alpha-7 Nicotinic Acetylcholine Receptor Agonist (EVP-6124) or Placebo as an Adjunctive Pro-cognitive Treatment in Schizophrenia

Subjects on Chronic Stable Atypical Antipsychotic Therapy; I am principle investigator. (2013 – 2015).

4. I am a regular peer reviewer for HTA and NIHR in NHS and Journal of Neurology and Neuropsychiatry.
5. 'Platelet MAO activity in Chronic Schizophrenia' : This was a research project carried out during 1982-86, in which platelet MAO activity of patients of Chronic Schizophrenia, one first degree relative of each patient and healthy volunteers matched for age and sex was studied. The statistical analysis of results was carried out. The findings were published in Indian Journal of Psychiatry (1985) and Indian Journal of Medical Research (1987). The first phase of the study formed the basis of my thesis for degree of M.D. in Psychiatry.
6. 'A Study of Patients attending emergency outpatient Services' : This was a hospital record based retrospective study of the usage pattern of the emergency outpatient services at the King George's Medical College, Lucknow carried out during 1981-82. The data was analysed and published in Indian Journal of Psychiatry (1982).
7. 'Community Psychiatry Service – Research cum Training Project' : This was an Indian Council of Medical Research sponsored project carried during 1984 onwards. The Chief Investigator was late Professor B.B.Sethi and I was one of the workers as I was working as Chief Resident in the Department of Psychiatry. The project involved making home visits in seven villages of Sarojini Nagar block of Lucknow, interviewing key informants for studying their attitude towards mental illnesses and identifying mentally ill people in the village , treating those identified mentally ill persons and training primary health care workers of the Sarojini Nagar block of Lucknow in managing mentally ill persons. The results of first phase of the study were published in Indian Journal of Social Psychiatry (1985).
8. 'A Study of Heroin Abuse' : This study was carried out at Dr Ram Manohar Lohia Hospital, New Delhi during 1985 to 1989. The profile of heroin abusers attending Psychiatry OPD at Dr Ram Manohar Lohia Hospital, New Delhi was studied. The efficiency and safety of use of Clonidine in management of heroin withdrawal syndrome was studied in inpatients as well as outpatients. The epidemiological part of the study was published in Indian Journal of Psychiatry (1987). The results of the study of Clonidine in inpatients were published in British Journal of Addiction (1988). The paper on results of the study of Clonidine in outpatients was accepted for presentation at VIII World Congress of Psychiatry in 1989 held at Amsterdam, and its abstract was published in the World Congress Abstracts.
9. 'Role of Relaxation Exercises and Yogasanas in Management of Psychiatric Illnesses: This research project has been undertaken by me since 1988. A new method of relaxation exercise termed 'Relaxation Exercises with Auto Time Control' was developed by me. Its efficacy and suitability for treatment of anxiety disorders was evaluated and found effective and practically suitable. Relaxation exercises with auto time control helped the patients in getting rid of their long-term dependence upon anxiolytics and tricyclic antidepressants. The results were presented at the annual conference of Indian Psychiatric Society and were later published in Health Administrator (1992) and formed a chapter of the book Mental Health Care in India (1999). In the next phase role of 'Yogasanas' was studied. 'Yogasanas' are Indian method of exercise being practiced in India since times immemorial, but scientific evaluation according to modern methods was

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needed. I planned the research project for scientifically evaluating the usefulness of 'Yogasanas' in treating anxiety disorders and dysthymia in a single blind controlled design comparing 'Yogasanas' with general physical exercise.

'Yogasanas' were found to be effective in managing chronic anxiety disorders and dysthymia and superior to general physical exercises. They helped the patients in getting rid of their dependence on psychotropic medications. The results of the study were presented at XIII World Congress of Social Psychiatry (1992) and 44th Annual National Conference of India Psychiatric Society (1992). The project has continued till now, though further papers have not been prepared. The findings have been submitted as a chapter for a book under preparation.

10. A study on 'Abuse of Buprenorphine and other medicinal drugs' was undertaken with Dr (Mrs.) Neena Bohra as Chief Investigator and myself as Co-investigator since 1998 and was completed in January, 2001. This was a multi center research project sponsored by Unichem Laboratories. The results are being studied by the planners of the project.
11. Treatment of major depression and anxiety with the Selective Serotonin Re-uptake Enhancer Tianeptine in the Outpatient Psychiatric Care Setting of India. I participated in the study which was later presented at 152nd Annual Meeting of American Psychiatric Association in 1999 and published in Journal of Indian Medical Association in 2003.
12. I have conducted an audit on following the Trust guidelines on high dose antipsychotic drug treatment in my patients.