

Dr. Sonera Jhaveri commenced the Course in Vedic Astrology in June 2015.



Sonera Jhaveri, M.Sc., M.Sc., M.A. PhD is an integral psycho-therapist who has been trained in San Francisco, California in body-centered, existential phenomenological, transpersonal, psychodynamic, cognitive- behavioral and dialectical behavioral therapy. She includes mindfulness practice, yoga, somatic awareness, dream work, art therapy and ecotherapy in her therapeutic repertoire. Her orientation is towards facilitating the harmonization of the multi-dimensional facets of an individual and integration of mind, body, soul and spirit. She has specialized in working with generalized anxiety disorders, depression and mood disorders, anger management, stress reduction, issues of low self esteem, eating disorders, marital discord, chemical dependency and addictions. She works within the ambit of health psychology and does therapeutic work with individuals enduring cancer, autoimmune diseases, terminal illnesses, kidney dysfunction, post natal depression and infertility. Currently, she has a private practice in Mumbai, India and is a consultant psychotherapist to Dr Balabhai Nanavati Hospital. Sonera also works with corporate banks and institutions such as Citibank and other privately owned businesses in the capacity of a stress and wellness coach.

EDUCATION

Ph D. East West Psychology (August 2009- September 2013)
California Institute of Integral Studies, San Francisco, CA

M. A. Integral Counseling Psychology (August 2006- July 2009)
California Institute of Integral Studies, San Francisco, CA

M. Sc. Medical Anthropology (September 2003- October 2004)
University College London, London, UK

M. Sc. Anthropology and Development Studies (September 2001- October 2002)
London School of Economics, London UK

B. A. Social Anthropology and Law (September 1999 –July 2001)
The School of Oriental and African Studies, London, UK

GRADUATE FIELDWORK AND RESEARCH PROJECTS

Fieldwork for Doctoral Work in East- West Psychology

California Institute of Integral Studies, (September 2009- 2013)

Research Topic – Unconscious Ecological Alienation and its impact on the Psychesoma. Although there have been studies on the noxious effects caused by human destruction of nature and the oppression of the man-made environment, there is scarce mention of the subliminal dimensions of this ecological alienation, or the dissociation or lack of self-reflexivity regarding one's embodied responses to the surrounding world. This inquiry, then, seeks to explore the dissonance between documented psycho-physiological responses and psycho-emotional disconnection. It aims to be a movement amidst the registers of the pre-reflective and reflective; conscious and unconscious.

Methodology - The study is of mixed method design and will be conducted in Mumbai, India. Data gathering will occur by recording psycho-physiological responses to experimental stimuli consisting of randomized images of normalized ecological destruction with the aid of physiological monitoring, and through semi-structured interviews using the hermeneutic-phenomenological method.

Fieldwork for Doctoral Proposal in Medical Anthropology

University College London, (September 2004-August 2005)

Research Topic – The Cross cultural implications of healing with Ayahuasca in Post Modern Peru. Observation of Ayahuasqueros healing clients with diverse psycho-physical problems such as depression; trauma; cocaine-alcohol addictions; cancer. Focus was on indigenous and new age constructions on health and illness and the bioenergetics of the bodymind.

Methodology – participant observation; phenomenological; narrative

Fieldwork and Research for M.Sc dissertation in Medical Anthropology

University College London, (June- August 2003)

Research Topic - The therapeutic efficacy of Meditation on the Medicine Buddha within the context of Tibetan Medicine and integrative possibilities with Biomedicine. Observation of Tibetan Healers at the Mentsekhang (Tibetan hospital) in Dharmasala, India. Focus was on the therapeutic impact of healing images, the imagination and meditation.

Methodology- participant observation; phenomenological; narrative

WORK EXPERIENCE

Dr. Balabhai Nanavati Hospital, Vile Parle, Mumbai (January 2014 – Present)

Consultant Psychotherapist: responsibilities to centralize and develop the Department of Integrative Psychotherapy in order to expand the outreach and efficiency in the hospital to support the therapeutic facilitation of clients suffering from cancer, kidney dysfunction and neuroendocrinological disorders. Supervise and offer individual and group therapy; train hospital staff; create an internship program; enhance psycho-education and mental health awareness.

Bay Area Addiction Research and Treatment: Methadone and Opiate Support Clinic for Heroin addiction in San Francisco, CA, USA (July 2008- July 2009)

Intern: therapeutic counseling and case management, for disempowered and disenfranchised population with dual diagnosis of chemical dependency and mood disorders or psychosis. Diagnosis, case formulation and treatment plans. Emphasis on harm reduction and emotional regulation. Facilitation of a mindfulness group. Therapeutic orientation is existential, phenomenological, psychodynamic, transpersonal with an emphasis on mindfulness, guided imagery, arts, dream work and somatic awareness.

Anthropology and Medicine, journal established at University College London, Publisher Carfax (September 2003- March 2005)

Trainee Editor: responsibilities of editing, selecting and reviewing of articles; revising documents and formats; tabulating and record keeping.

Visakha Nava Nirman Samithi: Non Governmental Organisation working for Rural and Tribal development in Andhra Pradesh, India (July- August 2001)

Intern: undertaking ethnographic field work with indigenous minorities of Khonda Dora; Gadaba; Kondu; Mali and Valmiki to gain insights for the understanding of developmental challenges in areas physical, reproductive and mental health; literacy; nutrition; ecological preservation and female emancipation; administration and organization

Arfat Selvam and Gunasingham Advocates and Solicitors, Singapore (July- August 2000)

Intern: duties included administrative tasks to support departments of Intellectual property; fund management; visits to Subordinate and Supreme courts in Singapore; Legal research; filing; amending and typing correspondences, Legal drafts, Legal documents, corporate and secretarial forms.

VOLUNTEER EXPERIENCE

**The Friendship Line, Institute of Aging, San Francisco CA
(November 2007- May 2008)**

Volunteer: offer counseling, crisis intervention and out reach to depressed, abused and/or suicidal elders, some of whom who have substance addictions. Also to check in with social workers, family members and community-based service providers to enhance and preserve well being of clients.

ACTIVITES, EXTRACURRICULARS AND INTERESTS

Traveled extensively in Latin America and Asia; speak, read and write in Spanish, Hindi, Gujarati and Marathi; time in nature; meditation; yoga; permaculture; gardening; organic sustainable living and intentional communities; non ordinary states of consciousness; poetry; art cinema, philosophy and literature; meditation; yoga; dance; music and learning the Sitar.

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