

## CURRICULUM VITAE

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**DR. GAYATHRI K. KUMARASURIAR**

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**PSYCHIATRIST  
CLINICAL HYPNOTHERAPIST**

**Permanent Registration Malaysian Medical College No: 31427  
National Specialist Registry( Malaysia) No : 132944  
Royal College of Psychiatrist Membership No: 907488**



### **Motto in Life:**

*“Walk away with dignity  
when you have given your  
best and all you receive is  
brickbats. Express gratitude  
for the lessons learnt, instead”*

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### **CONTACT INFORMATION**

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## PERSONAL INFORMATION

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Date of Birth :08.06.1967

Place of Birth: Johor Bahru, Johor,Malaysia

Nationality : Malaysian

NRIC : 670608-01-5474

Gender : Female

Status: Married

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## INTERESTS

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- 1.Reading
  - 2.Travelling
  - 3.Gardening
  - 4.Music
  5. Dancing
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## EDUCATION

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- 1.Member of the Royal College of Psychiatrists, UK(MRCPsych)
  - 2.Bachelor of Medicine, Bachelor of Surgery, K.M.C. Manipal India (MBBS)
  - 3.Academy of Medicine,Malaysia(AM)
  - 4.Diploma in Reproductive Medicine, University Putra Malaysia (DRM)
  - 5.Practitioners Certificate in Clinical Hypnosis (PCertHyp) ICCHP
  - 6.Practitioners Diploma in Clinical Hypnosis and Hypnotherapy(PDCHyp) ICCHP
  - 7.Practitioners Diploma in Cognitive Behaviour Hypnotherapy (PDCHyp)- ICCHP  
International College of Clinical Hypnosis Practitioners( ICCHP)
  8. Essential Skills in Medical Education(ESME) - International Association for Medical Education (AMEE 2020)
  9. Certificate On Principles of Bioethics in Medical and Health Science and Health Science Education(2021)
  10. Postgraduate Diploma in Bioethics, Human Rights and Health Law in Medical and Health-Professionals Education(2022)
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## AWARDS

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-Award for Excellent Service : 2001,2010,2022  
-Promotions : 2003 , 2009 , 2010 and 2020  
-Fellowship : Mahadevan Travelling Fellowship Holder to Massachusetts General Hospital Boston, USA 2010/2011

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## WORK EXPERIENCES

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1994-1995 : Housemanship Training in Hospital Tengku Ampuan Rahimah, Klang Selangor, Malaysia

1995-1998: Medical Officer (Paediatric) in Hospital Sungai Petani, Sungai Petani, Kedah

1998-2003: Medical Officer(UD 41)(Psychiatry) in Hospital Sungai Petani, Sungai Petani, Kedah

2007-2010 : Senior Medical Officer/Registrar( UD48)( Psychiatry) in Hospital Sultan Abdul Halim, Sungai Petani, Kedah

2010-2011: Senior Medical Officer/Registrar(UD52)(Psychiatry) in Hospital Sultan Abdul Halim, Sungai Petani, Kedah

2011-2015: Senior Medical Officer/Registrar(UD54)( Psychiatry) in Hospital Sultan Abdul Halim, Sungai Petani, Kedah

2015- 2017: Psychiatrist (UD54) in Hospital Sultan Abdul Halim, Sungai Petani, Kedah

18 September 2017 -March 2020 : Psychiatrist (UD54) in Hospital Tengku Ampuan Rahimah , Klang, Selangor

2018-2020 : Psychiatrist - Weekly limited Private Practice at Manipal Hospital Klang

2 March 2020- Current :Psychiatrist (UD 56) in Hospital Melaka, Melaka

2021- Flexi Hours Consultation at Hospital Pantai Ayer Keroh, Melaka

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## ADDITIONAL EXPERIENCES

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- 1.Trainer, Supervisor & Mentor for Postgraduates Trainees, Medical Students and Hypnotherapy Trainees
- 2.Trainer for Parallel Pathway Psychiatry Postgraduate Trainees for Clinical Examination
- 2.PFA and MHPSS Provider
- 3.Postgraduate Psychiatry Trainer, Supervisor, Mentor
- 4.Undergraduate Trainer

- 5.Hypnotherapy Trainer
- 6.Examiner : Post Graduate Psychiatry Master's Exams, Under Graduate Medical Students Exams, Hypnotherapy Trainees' Exams
- 7.Interview Panel : In take into the Masters and Parallel Pathway(MRCPsych) Training Program in Malaysia and Placement of Psychiatrist (upon completion of 4 Post Graduate Training )
- 8.Training the Postgraduate Psychiatry Trainers/Supervisors -Organizing and conducting Training Sessions

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### **EVENTS ORGANISED AND ACTIVITIES IN THE LAST 10 YEARS AT THE DEPARTMENT, STATE AND NATIONAL LEVEL**

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- World Mental Health Day( Melaka State Level) (October 2022)
- Training of Trainer Workshop for KKM Psychiatrists -Supervision for Postgraduate Trainees in Psychiatry- Organising Chairperson(October 2022)
- Guidelines for Postgraduate Parallel Pathway Trainees in Psychiatry - Coordinator & Main writer( On going )
- Mental Health Awareness Seminar (MEHAS)for GPs MMA ( October 2021)-Organising Chairperson
- Training of Trainer Workshop for KKM Psychiatrists -Supervision for Postgraduate Trainees in Psychiatry- Organising Chairperson(August & September 2021)
- MMA Melaka-Organising Chairman -Mental Health Seminar for General Practitioners 2021
- PFA & MHPSS Provider during the Pandemic to Healthcare workers and General Public(2021/22)
- Postgraduate Forum for Doctors in Ministry of Health( Career Pathway) 2019
- Forum for Bullying & Harrassement for Doctors in the Ministry of Health(2019)
- World Mental Health Day (Selangor State Level) (October 2019)
- Medical Camps(2014-2017)
- ECG Workshop Kedah State Level (2015)
- Resilience and Team Building for Doctors (2014-2017)
- MMA Annual General Meeting :2012 Organising Committee Member
- MMA Editorial Board Member : 2013-2019
- MMA Council Member : 2014-2017,2022-2023
- MMA Committee Member of T&CM Committee :2015/16, 2016/17
- MMA Committee Member Constitution Committee 2021/2022/2023
- MMA Ethics Committee-2021/2022/2023-

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## **ACADEMIC POSITIONS**

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### **1.Part Time Lecturer for Psychiatry- Undergraduate**

- Management and Science University -2017-2020
- AIMST University -2014-2017
- Penang Medical College - 2014-2017
- MSU 2017-2020
- Manipal University College Malaysia 2020- till now

### **2.External Examiner for Psychiatry - Undergraduate**

- Management and Science University -2017-2020
- AIMST University -2014-2017
- Penang Medical College-2014-2017
- Manipal Medical College-2020, 2021,2022

### **3. National Coordinator Parallel Pathway Psychiatry Postgraduate Training KKM**

### **4. Co Head of Competency Psychiatry Directorate KKM**

### **5.Supervisor & Trainer for Psychiatry- Postgraduate**

- Psychiatry Postgraduate Programme under Ministry of Education and Ministry of Health and National Postgraduate Medical Curriculum(NPMC)

### **6.External Examiner for Psychiatry - Postgraduate**

- Psychiatry Masters Programme under Ministry of Education

### **7. Trainer & Facilitator** for on MRCPsych Exams and Interview Skills 2014- on going

### **8. Lecturer, Supervisor, Trainer& External Examiner**

- London College of Clinical Hypnosis Malaysia (2008-2012)
- Hypnosis NLP Asia(2013- 2014)
- Wawasan University -For ICCHP Hypnotherapy Training Courses(2020 – 2023)

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## PUBLICATIONS

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1. **Chapter on Bullying and Harrassment for House Officers Handbook 2<sup>nd</sup> Edition under Malaysian Medical Association (2022)**
2. **Chapter on Clinical Audit Module in the Post Graduate Syllabus of the National Curriculum Program(2019)( as part of National Curriculum Team)**
3. **Logbook and Guidelines for Postgraduate Psychiatry Parallel Pathway Trainees in Ministry of Health (2022)( awaiting publication)**
4. **Presentation module for Code Grey in Ministry of Health Malaysia (2018)**
5. **Revision of Malaysian Medical Council Guidelines Chapter on Ethical Implications of Doctors in Conflict Situations - Contributed new section- Treating the LGBT Population(2018)**
6. **Postgraduate Parallel Pathway Training in KKM Guidelines (2023)**
7. **Supervisor Guidelines for Post Graduate Training in Psychiatry (2023\_**

### Hypnotherapy :

**BSCH News Autumn and Winter ( BSCH news ) 2008 Issue : *Physician Heal Thyself : Ulcerative Colitis and Hypnotherapy***

**BSCH News Autumn and Winter ( BSCH news) 2009 Issue : *Hypnotherapy in Malaysia***

**BSCH News Spring and Summer (BSCH news) 2011 Issue: *Feel I'm going back to Massachusetts***

### Others:

**MPA(2011) *Bridge Over Troubled Waters***

**MMA Berita :2013-2018**

1. ***A Breath of Relaxation : Discover the Magic Within*( Vol 43, No 2 : February 2013)**
2. ***Closed Encounters of the Fifth Kind* (Vol 43, No 6 : June 2013)**
3. ***Coping or Caving With Stress* ( Vol 43, No 7 : July 2013)**
4. ***MMA Kedah Membership Program* ( Vol 43, No 8 : August 2013)**
5. ***Prejudice Begins at Home* (Vol 43, No 10: October 2013)**
6. ***Where Do They Go?* ( Vol 44, No 2 : February 2014)**
7. ***Housemanship Training in Malaysia : YB Datuk Dr. Jayainderan Tan Sri Sinnadurai Deputy Director General of Health ( Medical) ( Vol 44, No 5 : May 2014)***
8. ***Present...Future....Our Focus* ( Vol 44, N0 6 : June 2014)**
9. ***RV Pillay: 55 Years of Clinical Practice- Personality Article* ( Vol 44, No 8 : August 2014)**

10. *A Ray of Light, A Glimmer of Hope* ( Vol 44, No 11 : November 2014)
11. *Dato' Seri Dr. TP Devraj : Uncut- Personality Article* ( Vol 45, No 2 : February 2015)
12. *Holiday of a Life Time* ( Vol 45, No 10: October 2015)
13. *Kedah Installation Night* ( Vol 45, No 11 :November 2015)
14. *Deadly Silence Part 1* (Vol 45, No 12 : Dec 2015)
15. *Deadly Silence Part 2* ( Vol 46 No.1 : January 2016)
16. *Depression at the Community Level* (Vol 47 N0 4 : April 2017)
17. *Happy Moments Everyday* (Vol 47 No 7 :July 2017)
18. *The Psychological Cumber* (Vol 47 No 9 : September 2017)
19. *Psychosocial Aspects of HIV/AIDS* (Vol 47 No 12 : December 2017)
20. *The Malaysian Trailblazer Returns* (Vol 48 No 6 : June 2018)
21. *A Blot of Ink* ( Vol 48 : No 7 July 2018)
22. *Leadership : Do You Have What It Takes* (Vol 48 : No 11 November 2018)
24. *Rainbows In The Shadows*
25. *Then Came The Dolphins* (Vol 50 No4 :April 2020)
26. *Suicide An Enigma* (Vol 51 No 9 :September 2021)

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## APPOINTMENTS

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### 2018/2019/2020/2021/2022:

#### 1. Psychiatry Postgraduate Appointed Positions by the Ministry of Health Malaysia

- Interview Board Postgraduate Intake Ministry of Health
- Psychiatry Postgraduate Specialty Committee for the Ministry of Health 2018/2019/2020/2021
- National Coordinator for Postgraduate Psychiatry Parallel Pathway Trainees
- Committee Member of the National Curriculum Program for Postgraduate Syllabus for Psychiatry 2018/2019/2020/2021
- Trainer for Training the TtT Director s for Postgraduate Psychiatry Training in Malaysia
- Trainer for Training the Trainers under Ministry of Health Malaysia

#### 2. Malaysian Medical Council (MMC)

- From 2/7/2018 : Preliminary Investigation Committee Malaysian Medical Council 2018-2024
- From 21/8/2018: Committee for Revision of MMC Guidelines : Ethical Implications of Doctors in Conflict Situations
- SCC-EDU Psychiatry MMC 2020/21 2021/22/23

- Assessor for Accreditation the Psychiatry Specialty Postgraduate Training Program in Malaysia 2022/2023

3. **Others** - Medical Director of ICCHP (UK) till 2023

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## SKILLS

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- Clinical Skills ,Treatment administration, Needs assessment
- Psychotherapeutic Intervention : CBT, Psychodynamic Psychotherapy, Mindfulness Based Psychotherapy, ACT
- Grief & Bereavement Counselling
- Hypnotherapy
- Organizational Skills, Planning and Coordination
- Teaching Skills

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## RESEARCH

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- 1.Hypnotherapy and effect on Stress and Anxiety( Training : 2008-now)
- 2.Metabolic effects of antipsychotics(2010-2011)
- 3.Wellness Program for Hospital Staff(2013)
4. Stress Management for House Officers
5. Suicide / Deliberate Self Harm (2013-2014)
6. Brilliant Study: Multicentre Trial : Bonanserin Patch 2016 ( Hospital Sultan Abdul Halim)
7. I-CURE Study : Multi Centre Trial: 2018/2019 ( Hospital Tengku Ampuan Rahimah -Independent Rater)
8. Clinical Audit- Monitoring Patients on Clozapine
9. Poster Presentation : In the Depth of Despair -Healing by Eye Movement Desensitisation Reprocessing (EMDR) 2 October 2019



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## POSTS HELD IN ORGANIZATIONS

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### **National & State Level**

- 1.National Curriculum Committee 2018-2021( Completed Curriculum)**
  - 2.Postgraduate Psychiatry Board 2017-Ongoing-Committee Member**
  - 3.Preliminary Investigation Committee(MMC)-2018-Ongoing Committee Member**
  - 4.Protemp SCC-EDU Psychiatry MMC 2020-Ongoing Committee Member**
  - 5.Malaysian Medical Association- Secretary 2021-2023 (MMA Melaka) ,Council Member(National)**
  - 6.Medical Director ICCHP,UK ( International)2020-2023**
  - 7.Malaysian Medical Association- Chairperson 2023-2024 (MMA Melaka) ,Council Member(National)**
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## TALKS GIVEN : HOSPITAL STATE NATIONAL AND INTERNATIONAL LEVEL

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1. Soft Skills Facilitator
2. Talks on Motivation for School Children
3. Talks on Parenting Skills
4. Houseman Orientation Program
5. Houseman Stress Management Program
6. Intervention of School going Adolescents -Screening for Depression and Measuring self esteem ( part of Department activity)
7. Empowerment talks for Teenage Girls
8. Talks on Relaxation Techniques for Medics, Paramedics and Students
9. Speaker for various courses organised by Department
10. Speaker for Pharmacy Division and Medical Division- State Level
11. Speaker for Malaysian Psychiatric Conference- National Level
12. Talks on Pain Management for Nurses
13. Speaker at Workshop on Pain Management using Hypnotherapy
14. Speaker at Forensic Workshop on Sexual Offenders- Case Presentation
15. Speaker at MMA Tri Event workshop on Women Empowerment & Communication Skills for Doctors & Breaking Bad News
16. Speaker at 4th Evidence Based Traditional and Complementary Medicine Seminar (MMA) on Hypnotherapy Revisited
17. Speaker at AIMST Bridging the Gap – Medico Legal Issues in Malaysia

18. Training of Trainer for the Code Grey Team in HTAR 2018
19. Management of Patients with Self harm Behaviour in Hospital & Other Health Care Settings 2018
20. MRCPsych Crash Course, Hospital Sungai Buloh 2018
21. Management of Workplace Violence, Hospital Shah Alam 2018
22. Kempen Kesihatan Sekeluarga, UPM 2018
23. Physician Resiliency Seminar- Bullying and Harassment University Perdana 2018
24. Bengkel Halatuju Program Kesihatan Mental dan Penyalahgunaan Substance Peringkat Negeri Selangor , I-KPKT, Bukit Tinggi, Pahang Darul Makmur 2018
25. Kursus Perlaksanaan Code Grey : Violence At Workplace, Hospital Serdang 2018
26. Interview Skill Workshop- 20 th Johor Mental Health Convention, Hospital Permai, Johor Bahru, 2018
27. CME- Hospital Shah Alam - Demons and Ogres, Hospital Shah Alam 2018
28. Kursus Keselamatan & Kesihatan Pekerjaan Untuk Anggota Kesihatan HTAR, 2018
29. Seminar on Contemporaray Women's Issues , Hospital Shah Alam 2018
30. World Mental Health Day 2018 HTAR
31. Kursus Medical Update , Hospital Shah Alam 2018
32. Seminar on Workplace Bullying and Harassment-MMA Penang , Hospital Pulau Penang 2018
33. Building Resilience at Workplace Federation of Malaysian Manufacturers , Selangor : 2019
34. Code Grey Violence At Workplace: Hospital Temerloh and Pahang Health Department :2019
35. Code Grey Violence At Workplace: Hospital Shah Alam:2019
36. Asia Pacific Federation of Coloproctology :2019
37. Managing Stress at Workplace -Malaysian Plastics Manufacturers Association :2019
38. Insomnia : Malaysian Medical Association- Wilayah Persekutuan Branch CME :2019
39. Management of Workplace Violence, Hospital Shah Alam 2019
40. Building Resiliency Among Doctors 2019
41. Life's ON GP Symposium :2019
42. How To Handle Stress During MCO :2020
43. Post Pandemic Workforce Strategy :2020
44. Hypnotherapy : Hocus Pocus Or A Real Thing :2020
45. Managing The Suicidal Patient :2020
46. PFA : Hospital Jasin
47. Depression in the Elderly 2021

48. Resilience During the Pandemic 2021
49. Reframing the Mind 2021
50. Hypnosis: A Timeless Antiquity 2021
51. Pathway to Postgraduate Training for Trainers(2021)
52. Pathway to Postgraduate Training for Trainees(2021)
53. Depression in Adults (2021)
54. Women and Mental Health (Tamil) (2021)
55. Suicide Risk Assessment(2022)
56. Workplace Based Assessments(2022)
57. Managing Aggressive Patients in a Hospital Setting(2022)
58. Facets of Insomnia(2022)
59. Reaching For The Stars-Junior Doctors(2022)
60. Joining Malaysian Medical Association(2022)
61. Positive Mindset at Your Workplace(2022)

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## **MEMBERSHIPS**

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1. Malaysian Medical Council
2. Academy of Medicine Malaysia
3. Malaysian Medical Association-Life Member
4. Royal College of Psychiatrist UK from 2014
5. Manipal Alumni Association Malaysia

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## **CONTRIBUTION TO HYPNOTHERAPY**

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1. Setting up the first Clinical Hypnotherapy services in a Government Hospital in Malaysia
2. Talks on Clinical Hypnotherapy to
  - i. Doctors
  - ii. Paramedics
  - iii. Medical Students
  - iv. Pharmacists
3. Translation of original English Scripts into the Malay language .
4. Application and modification of the scripts onto the local population according to their cultural beliefs
6. Lecturing for London College of Clinical Hypnosis (2008-2011)

7. Workshop for Psychoneuroimmunology 2011
8. Community Talks on Hypnotherapy and Health-2014-2021

### **CONTRIBUTION TO MIND BODY MEDICINE**

1. Facilitator and Speaker for Stress Management Seminars for Patients and Hospital Staff using Relaxation Techniques, new service introduced to the Psychiatric Department HSAH- 2012
2. Workshop for Psychoneuroimmunology -2011
3. Working with Autoimmune and Psychosomatics Disorders using Eclectic techniques- on going
4. 4 Step Technique for Relaxation using Breathing, Guided Imagery and Hypnotherapy

### **ATTACHMENTS FOR TRAINING OVERSEAS**

- Henry Benson Mind Body Centre in Massachusetts General Hospital under Dr. Henry Benson ( October 2010)
- Clozapine Clinic under Dr. David Henderson as an observer ( October 2010)

### **CURRENT RESPONSIBILITIES**

1. Training MRCPsych Masters Postgraduate Candidates
2. Psychiatry Male Ward Administration
3. Supervision of Clozapine , Lithium and TDM Clinic
4. Liaison Psychiatry

#### **5.Extracurricular Level:**

- MQA Committee- National Level
- MMC- Disciplinary Board Committee: Committee Member (2016-on going)
- MMA- Melaka State Chairman and Council Member