

Dr. Neelam Oswal, Clinical Psychologist, Phaltan, Maharashtra, India

Neelam Oswal is trained and has been working as a Clinical Psychologist for last 17 years. At present she is working as a Consultant Clinical Psychologist in a multi-specialty hospital at Phaltan in the state of Maharashtra in India.

She has assisted to develop a course of 'Buddhist Psychology and Psychotherapy' for Department of Pali and Buddhist studies in Sawitribai Phule Pune University. The course has started since 2015. She has been a visiting faculty for this course since its inception.

Neelam has been trained as clinical psychologist during her M.A. from University of Pune (1995-97) and during her M.Phil in Medical & Social Psychology from Central Institute of Psychiatry, Ranchi (1997-1999). She has completed her doctorate from University of Mumbai, during 2006 to 2009. Her topic for PhD was utility of Storytelling for Psychotherapies.

Her current research interests are exploring psychotherapeutic potential of Vipassana Meditation and use of storytelling in counseling. Scholar's Press, Germany has published a book authored by her based on her doctoral work titled, 'A Tale of Research on Stories Relieving Distress: A Psychologist's Narration' in April 2015. She has worked on the Effect of Vipassanā Meditation and Personality traits of the Vipassanā practitioners in a single organization in Phaltan, Maharashtra in 2010.

Her publications and invited lectures on Buddhism and psychology:

1. Christopher JC, Oswal N, & Deokar M. (2013). Perspectives on Mindfulness from the Buddha's homeland: A focus group enquiry. *Counselling & Spirituality*, 32(2). Pp 33-58. DOI: 10.2143/CS.32.2.3017316
2. 'An Enquiry into Vipassanā: Going beyond the Present Moment' A joint presentation with Dr. Mahesh Deokar at: '*Mindfulness: A pathway to Presence*' An International conference, organised by 'Just Being' centre for Mindfulness in Pune. (7/10/2016)
3. 'Buddhism and Psychology' at International conference on *Socially Engaged Buddhism* at Pali Department, Pune University (22/03/2013)
4. 'Differential benefits of Vipassanā meditation: A Theoretical and Empirical study' Co-authored with Dr. Mahesh Deokar, presented at Mahachulalongkarnrajvidyalaya, Ayutthaya, Bangkok, Thailand (7/01/2013)

5. 'Healing the healer: Vipassanā meditation for psychotherapists' at Advanced Centre for Indian psychology, Jain University, Bangalore (14/12/2012)
6. 'Buddhist perspective on Psychotherapy' at Marathi Manas-shastra Parishad-Mahaveer College, Kolhapur (23/11/2012)