Elizabeth Thomas

Dr. Elizabeth Thomas is currently Associate Professor of Psychology at CHRIST University, Bangalore, India. She serves as the Coordinator of the Department of Psychology and oversees the administrative and academic programmes of the department. She holds a doctoral degree in counselling psychology from CHRIST University and her work established a set of competencies essential for counselling psychologists in India. Dr Thomas has research interests in the area of counsellor competencies, school counselling policy, family and group counselling, health psychology and adolescent mental health with special reference to university engagement of students with mental health concerns.

She serves as co-investigator to collaborative research examining the effectiveness of video conferencing based peer support to deal with covid anxiety sponsored by the commonwealth of Australia through the University of New South Wales. She serves as doctoral supervisor to a number of candidates researching in areas that include interpersonal trauma, school counselling, art therapy for children, music based interventions and supported parental education programmes for mothers.