

## Kishore Chandiramani, MD, PhD

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KISHORE CHANDIRAMANI was born in India from where he did his medical graduation and postgraduate training in psychiatry. He is a consultant psychiatrist and has been working in the UK for the past twelve years. He specialises in treating anxiety and stress disorders. He has used the principles of mindfulness meditation and existential psychotherapy and has incorporated mind-body therapies including biofeedback treatment in his clinical practice. He practices Vipassana meditation, a form of mindfulness meditation that he learnt in India from Mr S N Goenka. He has conducted research and published numerous articles on the efficacy of Vipassana meditation in the treatment of psychiatric disorders and in prisoner rehabilitation. He enjoys cooking, reading, country music and travelling.

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