

# MANASI SHANKAR

Phone: (315) 751-1704  
[shankar.manasi@gmail.com](mailto:shankar.manasi@gmail.com)

1922 Garden Bing Cir,  
San Jose, CA- 95131

## EDUCATION

---

<b>Doctoral Fellowship</b>	Chicago Center for Family Health <b>Supervisor:</b> Dr. John Rolland, Dr. Froma Walsh, Dr. Steven Zuckerman	2020-2021
<b>PhD</b>	Virginia Tech, Marriage and Family Therapy <b>Dissertation:</b> “She is a Formidable Woman, A Powerhouse of Sorts”: A Transcendental Phenomenology of the Experience of Growing up with Parental Disability, Through a Family Resilience Framework <b>Committee:</b> Dr. Pamela Teaster (Chair), Dr. Erika Grafsky, Dr. Megan Dolbin-MacNab, Dr. Ashley Shew	2017- 2021
<b>MS</b>	Syracuse University, Clinical Mental Health Counseling	Dec 2016
<b>P.G Diploma</b>	Martin Luther University, Counseling Psychology	May 2014
<b>B. A.</b>	Christ University, Psychology Honors	May 2013

## CERTIFICATION AND TRAINING

---

<b>Licensed Professional Counselor</b> State of Illinois License number: 178.016727	2021
<b>Essentials of CBT</b> Beck Institute for Cognitive Behavior Therapy	2020
<b>EMDR</b> Eye Movement Desensitization and Reprocessing EMDR trained practitioner approved by EMDRIA (EMDR International Association)	2019
<b>AAMFT Approved Supervisor (In Training)</b> Person of The Therapist Supervision (POTT, Aponte & Kissil, 2016)	2019
<b>NCC</b> National Certified Counselor Certification # 829954	2015

## TEACHING EXPERIENCE

---

Adjunct Faculty, Department of Counseling Psychology, <b>University of San Francisco</b>	2022
Instructor of Record, Course: Infancy & Early Childhood Development (In-Person), <b>Virginia Tech</b>	2019- 2020
Instructor of Record, Course: Family Relationships	2017-2019
Completed in-depth training on Teaching Apprenticeship	2017-2019
Student Supervisor, Course: Field Study Training Child Development Center for Learning and Research, Virginia Tech	2019
Completed certification and training on Preparing to Teach at a Distance (TLOS, Online teaching certification), Virginia Tech	2019
Instructor of Record, Course: Life Skills Upward Bound Summer Program, Blacksburg, Virginia	2018
Teaching Apprentice, Contemporary Practices in College Education	2018
Teacher, Child Development Center for Learning and Research, Virginia Tech	2017
Instructor, Larkspur Educational Trust: School for Individuals with Learning Disabilities, Bangalore, India	2013
Teacher, Kid Care: Elementary school for students from low-income families Kerala, India	2012

## PRESENTATIONS AND INVITED LECTURES

---

<b>Shankar, M.</b> Speaker, AAMFT Systemic Family Therapy Conference	2021
<b>Shankar, M.</b> Guest Speaker, Converse College, North Carolina. Amplifying the Disability Dialogue within MFT Discourses	2021
<b>Shankar, M., &amp; Teaster, P.</b> “She is a Formidable Woman, A Powerhouse of Sorts”: A Transcendental Phenomenology Examining the Experience of Growing up with Parental Disability <b>NCFR Conference</b>	2021
<b>Shankar, M.,</b> Komelski, M., Allen, K. “College Students’ Perspectives of an Immersive,	2021

Integrative Health and Wellness Practices Course: Challenges, Adaptations and Growth  
**NCFR Conference, 2021**

- Manasi, S.** Guest Lecturer, Converse College, North Carolina. An overview of Working with People with Disabilities in a Mental Health Setting: Theories, Models and Practice 2020
- Manasi, S.** Growing up with a parent with a disability: Unheard stories of challenges and triumphs. Presented at the Quint State Conference, Athens, Georgia. 2019
- Manasi, S.** Working with vulnerable populations in early childhood education. Guest lecturer for Infancy & Early Childhood Education I, Virginia Tech 2019
- Manasi, S.** Working with children living with disabilities and their families. Guest lecturer for Infancy & Early Childhood Education II, Virginia Tech. 2019
- Manasi, S.** Attachment and parent style influences on compassion towards humanity in early adulthood. Presented at the Quint State Conference, Tennessee. 2018
- Manasi, S.** Clinical implications and best practices for working with clients from Collectivistic communities. Speaker at the Brown Bag Series, Syracuse University, New York. 2016

**CLINICAL EXPERIENCE**

---

**Specializations & Interests:** Individuals and families living with disability and/or chronic illness, trauma focused and informed services, college student populations, sexual and domestic violence, ethnic and racial minorities, immigrants, refugee populations, EMDR, CBT, insight-based therapy, mindfulness-based therapy practices, grief therapy, low-income families, community involvement and advocacy, working with individuals utilizing person centered and strength-based approaches

**Doctoral Fellow,** Chicago Center for Family Health, Chicago, IL. 2020-2021

- Worked in an integrative healthcare setting, collaborating with physicians, social workers, psychiatrists, and other healthcare providers to offer holistic healthcare and support to clients.
- Engaged in case discussions and clinical supervision around client cases.
- Offered therapy services to individuals, couples, and families with racially, ethnically, nationally and economically diverse identities, including clients with varying dis/abilities.

**Psychosocial Consultant & Therapist Advocate** Aurora Health, Chicago 2020-2021

- Mentored 8-10 medical residents to offer psychosocial consultations around patient care.
- Facilitated a medical residency support group for 7, second-year residents.

- Collaborated with attendings and physicians on client cases to discuss progress and systemic interventions.

**Support Group Facilitator**, Medical Residency Program, Advocate Aurora Health, Chicago 2020-2021

**AAMFT Supervisor in Training**, Virginia Tech, Blacksburg, VA 2020  
Supervisor: Dr. Megan Dobin-MacNab

**College Counselor**, Family Therapy Center, Virginia Tech 2018 - 2020

- Offered therapy services to undergraduate and graduate college students
- Served as the mentor to the Undergraduate Field Study program
- Engaged in supervision and case discussions through individual and group supervision sessions.

**Therapist**, Brownell Center for Behavioral Health, Syracuse, NY 2015- 2016

- Offered therapy to clients from diverse backgrounds in a community mental health setting.
- Collaborated with physicians, trauma specialists and case managers to offer effective client care.
- Engaged in individual and group supervision around client cases.

**Grief Support Group Facilitator**, Brownell Center for Behavioral Health, Syracuse, NY 2016

- Facilitated a support group for clients who lost loved ones to death, utilizing experiential Interventions, prioritizing safety, and empathic interventions.

**Vocational Trainer**, Asha Niketan: Home for individuals with intellectual disability 2012

- Offered vocational training to residents with intellectual and cognitive impairments To empower through employment
- Assisted the development of programmatic strategies to support community members With intellectual impairments.

**Intern Therapist**, Manasa Neuropsychiatric Hospital, Bangalore, India 2012

- Shadowed a psychiatrist during patient visits, screening, and assessment.
- Engaged in case discussions with faculty, supervisors, and fellow interns.

## RESEARCH EXPERIENCE

---

**Shankar, M.** Applied Disability Research: Strategies to Strengthen the Disability Knowledge Translation Framework within Family Science (Proposal accepted for publication; *Family Focus, Winter Issue*) 2021

Dr. Pamela Teaster & **Manasi Shankar** (In Preparation) Kentucky 2021

## Prosecution Cases and Reporting of older Adult Abuse

Dr. Pamela Teaster & <b>Manasi Shankar</b> (Submitted) Older Adult Treatment and Vaccination During the COVID-19 pandemic in the United States	2020
Dr. Pamela Teaster & <b>Manasi Shankar</b> (In Preparation), Research and Live Theatre as Applied to the Transition of older Adults in Care Facilities	2020
Dr. Komelski, Manasi <b>Shankar</b> , Dr. Katherine Allen (In Preparation) College Student Perceptions of a Mindfulness-Based Curriculum	2020
<b>Manasi Shankar</b> , Steph Cooke, Dr. April Few-Demo (In Preparation) Exploring Transformations in Father-Daughter Dating Communication: Emerging Adult Women’s Perspectives of Implementation	2019-Present
Step Cooke, <b>Manasi Shankar</b> , Dr. April Few-Demo (In Preparation) Re-authoring Family Narratives Around Dating among Emerging Adults	2019
Graduate Research Assistant to Dr. Carolyn Shivers, associate professor working on disability and disability accessibility.	2018
Emotion coder for research study conducted by Dr. Cynthia Smith on children’s emotion regulation during play.	2018
Independent content analysis on the impact of secure attachment on mental health throughout the lifespan.	2016
Thesis in the field of Oneirology, titled “Dreams as a reflection of Everyday Life: An Experiential Study on Adolescents”.	2015

## **PROFESSIONAL & COMMUNITY SERVICE**

---

Ad-Hoc Reviewer, Journal of Marriage and Family Therapy	2018- Present
Graduate representative, Human Development and Family Sciences Scholarship Board	2019
Mentor for the Undergraduate Internship Program at the Family Therapy Center, Blacksburg, Virginia	2019
Elected Delegate, Human Development Graduate Student Assembly,	2018

Virginia Tech

Writer & Editor, The New Indian Express, Kochi, India 2014

Care Aid, Little Sister of the Poor: Home for the Aged, Bangalore, India 2012

Lead Teacher & Mentor of the “Library Project”, Make A Difference 2011  
(Organization working with low-income children to provide free education and vocational services), Bangalore, India

---

### PROFESSIONAL AFFILIATIONS

---

NCFR (National Council on Family Relations) 2020

AAMFT (American Association of Marriage and Family Therapy) 2017-Present

NBCC (National Board of Certified Counselors) 2016- Present  
Nationally Certified Counselor

ACA (American Counseling Association) 2014-2016

Chi Sigma Iota Epsilon (International Honor Society for Counseling Students) 2014-2016

---

### FUNDING & AWARDS

---

Awarded the Hulick Scholarship for Leadership, Friendship and Service intended to support graduate students pursuing pursue a service, research or training career that will positively impact individuals and families living with chronic illness and disability. 2018-2019

Merit based membership to Chi Sigma Iota, International honor Society for professional counselors. 2015