

Paranamana, Nadika Ph.D.

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Nadi Paranamana is a Sri Lankan immigrant living in Connecticut. She is a clinical psychology doctoral candidate at the University of Hartford in her third year of training. Nadi is currently completing a clinical placement at the Yale New Haven Hospital's Dialectical Behavior Therapy (DBT) program. Earlier this summer, Nadi completed a year long clinical placement at the Hartford Hospital's Schizophrenia Rehabilitation Program where she treated a diverse client population. Nadi is passionate about serving immigrant and minority populations, those diagnosed with serious mental illnesses, PTSD and complex trauma. She is also committed to finding empirical solutions for effective treatment. Therefore, Nadi dedicates a portion of her time to both quantitative and qualitative research.

Nadi is a research affiliate at the Yale Program for Recovery and Community Health (Yale PRCH) where she works with an interdisciplinary research team on identifying health outcome disparities in ethnic minorities pertaining to person-centered care planning. Furthermore, her research efforts have focused on the phenomenology of auditory hallucinations, affectivity in schizophrenia spectrum disorders, metacognitive self-reflection and cognitive flexibility in psychosis, and post-war reconciliation strategies to promote harmony among ethnic minorities in Sri Lanka. Nadi also has a strong background in mindfulness and has contributed to numerous research efforts at the Langer Mindfulness Lab at Harvard University.

Moreover, Nadi is a member of American Psychological Association's Immigration Work Group, the Global Psychosocial Network (GPN; www.globalpsychosocial.org) and Psychologists for Social Responsibility (PsySR; www.psysr.net) where she contributes her knowledge and expertise in multicultural competency, trauma treatment, and post-war reconciliation to advocate for social justice. Nadi is currently working closely with her collaborators to develop interventions to address various local and global human rights crises. She is also currently involved in developing culturally relevant curriculum for the Bachelor of Science in Psychology program offered by The Open University of Sri Lanka (OUSL). In view of her academic, professional, and community efforts, Nadi became the recipient of the prestigious *Program Excellence and Service Award* of University of Hartford's Graduate Institute of Professional Psychology (GIPP) in May 2018. Nadi's long-term goal is to empower underserved populations by way of providing ecological valid and culturally relevant clinical interventions, dissemination of knowledge, and advocacy. In her spare time, Nadi likes to swim, paint, and meditate.

Her CV attached.