

Dr Pamadeth Shobha

MBBS MRCPsych

Professional Profile

Dr Shobha joined the Kent and Medway NHS Trust in 1999 as a Consultant Psychiatrist after completing her specialist registrar training from GKT (Guys King's St Thomas') rotation scheme. She left the NHS in September 2016 to continue with her private practice.

Working as a consultant in general adult psychiatry for over 15 years, Dr Shobha has extensive experience in managing a wide range of mental disorders including depression, anxiety spectrum disorder, phobias, PTSD, mood disorders and psychosis. Her area of special interest is bipolar affective disorder. She has set up bipolar psych-education and focus groups in the Medway area to support / empower bipolar sufferers and their carers to facilitate the recovery process. She has also set up a well-being group "Healthways" in one of the Medway libraries, a social inclusion initiative, to improve awareness about mental health issues, healthy lifestyle and physical health monitoring. Dr Shobha incorporates cognitive behaviour therapy in her clinical practice to provide evidence-based care to patients suffering from anxiety spectrum disorder, depression and post-traumatic stress disorder. Dr Shobha has been an examiner for the Royal College MRCPsych Examination since 2004.



Special Interests

Bipolar disorder, Anxiety spectrum disorder, Mood disorders, Community and rehabilitation psychiatry