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Notice for the PhD Viva Voce Examination

Ms Sai Sindhura B K, Registration Number: 2190117, PhD Scholar at the School of Psychological Sciences, Education and Social Work, CHRIST (Deemed to be University), will defend her PhD thesis at the public viva-voce examination on Thursday, 29 October 2026, at 10.00 am in CDI Conference Room, Block V, Bangalore Kengeri Campus, CHRIST (Deemed to be University), Bengaluru - 560074, Karnataka, India.

Title of the Thesis	:	**Therapist-Parent: The Role of Adverse Childhood Experiences and Meaning-Making in Parenting Stress**
Discipline	:	**Psychology**
External Examiner - I	:	**Dr Maya Rathnasabapathy** Professor School of Arts and Sciences Sai University Paiyanur, Panchanthiruthy - 603105 Tamil Nadu
External Examiner - II	:	**Dr Azizuddin Khan** Professor Department of Humanities and Social Sciences Indian Institute of Technology Bombay Powai - 400076, Mumbai Maharashtra
Supervisor	:	**Dr Ganesh Kumar J** Assistant Professor School of Psychological Sciences, Education and Social Work Bangalore Kengeri Campus CHRIST (Deemed to be University) Bengaluru - 560074 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts, and research scholars of all the branches of research are cordially invited to attend this open viva–voce examination.

Registrar (Academics)

Place: Bengaluru
Date: 17 October 2026

ABSTRACT

Various socio-economic changes in the last few decades have led to challenges in balancing professional and parenting responsibilities. For mental health professionals (MHPs) who are also parents to a minor child (therapist-parent), this balance will be particularly challenging and complex to maintain, as they navigate caregiving both at work and at home. In parallel, according to another body of research, helping professionals report higher personal exposure to adverse childhood experiences (ACE) and associated stress, which raises important questions about how early adversity intersects with parenting stress and occupation. While previous studies have examined ACE in relation to occupational stress among MHPs, little is known about how ACE relates to their parenting stress or how they make meaning of these experiences within their parenting roles. Using an explanatory sequential mixed-methods design, this study investigated the quantitative relationship between ACE and parenting stress among 79 therapist-parents through standardized self-report measures. The role of psychological training and professional insight in shaping meaning-making and parenting experiences was explored qualitatively through semi-structured interviews with 10 participants. Results showed that 98.7% of participants reported exposure to at least one ACE during their childhoods. Significant positive correlations were found between parenting stress, all four ACE categories (ACE-Parents, ACE-Family, ACE-Abuse, and ACE-Violence) and the total ACE score. Hierarchical regression analysis indicated that ACE-Parents and gender significantly predicted parenting stress, whereas the total ACE score did not. A thematic analysis of the interviews revealed the "double-edged" nature of psychological knowledge and insight, along with multiple sources of parenting stress and coping strategies among therapist-parents. Overall, the findings suggest that parent-related childhood adversities may be particularly relevant to parenting stress among therapist-parents, while meaning-making and professional insight may shape how early experiences are interpreted within current parenting roles.

Keywords: *ACE, Dual Caregiving, Therapist-parent, Practitioner-parent, Trauma-informed parenting, Reflective Parenting, Psychological Insight.*

Publications:

1. **Sindhura, B. K.**, & Ganesh, K. J. (2025). A bibliometric analysis of scientific literature on adverse childhood experiences (2004–2024). Cambridge Prisms: Global Mental Health, 12, https://doi.org/10.1017/gmh.2025.10009
2. **Sindhura, B. K.**, & Ganesh, K. J. (2026). Parental adverse childhood experiences and parenting stress: A systematic review. Trauma, Violence and Abuse. https://doi.org/10.1177/15248380251408737