

**CHRIST**(DEEMED TO BE UNIVERSITY)
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Notice for the PhD Viva Voce Examination

Ms Pratigya J Sodemba, Registration Number: 2071041, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), will defend her PhD thesis at the public viva-voce examination on Wednesday, 07 October 2026, at 11.00 am in Room No. 628, 6th Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis	:	Emotional Labour, Empathy, and Triguna Personality as Predictors of Vicarious Traumatization: Moderating Role of Supervisory Working Alliance
Discipline	:	Psychology
External Examiner - I	:	Dr S Jeyavel Professor Department of Psychology Central University of Karnataka Kadaganchi, Kalaburgi Karnataka - 585367
External Examiner - II	:	Dr Rakesh Kumar Behmani Professor Department of Applied Psychology Guru Jambheshwar University of Science and Technology Hisar - 125001 Haryana
Supervisor	:	Dr Neeraj Panwar Assistant Professor (Former) School of Psychological Sciences CHRIST (Deemed to be University) Bengaluru - 560029 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:** 25 September 2026

ABSTRACT

Therapeutic work that involves listening to clients' trauma narratives predisposes therapists to adverse outcomes such as vicarious traumatization. Novice therapists have been identified as a high-risk group owing to their limited experience. This study aimed to identify intrinsic predictors of vicarious traumatization and examine whether supervisory working alliance moderates this relationship. A non-experimental correlational design was employed using purposive sampling. Data were collected from 177 second-year M.Phil. trainee therapists using standardized measures of the study variables. The analyses were performed using Pearson's correlational analysis, moderation, and mediation analyses with Hayes's PROCESS Macro. The correlational analysis revealed all study variables correlated significantly, which allowed for further examination of moderating role of supervisory working alliance. The moderation analysis showed three significant moderating effects of supervisory working alliance between surface acting, deep acting, *tamas guna*, and vicarious traumatization. Furthermore, there was a marginal moderating effect observed between *sattva guna* and vicarious traumatization. As the supervisory working alliance did not moderate the relationship between empathy component and vicarious traumatization, the mediating role of supervisory working alliance was tested. The finding revealed a significant mediating role of supervisory working alliance between empathy components and vicarious traumatization. Overall, the study finding illustrates the complex interaction between intrinsic factors such as empathy, personality, and emotional labour and extrinsic factor supervisory working alliance in influencing trainees' vulnerability to vicarious traumatization.

Keywords: empathy, supervisory working alliance, trainee therapists, *triguna* personality, secondary traumatization

Publications:

1. **Sodemba, P. J., & Panwar, N.** (2025). An exploratory study of emotional labour among therapists and counsellors in India. *Counselling and Psychotherapy Research*, 25(1). <https://doi.org/10.1002/capr.70006>
2. **Sodemba, P. J., & Panwar, N.** (2026). *Triguna* personality and vicarious traumatization: A comparative study between trainee therapists and doctoral scholars. *Indian Journal of Psychological Science*, 21(1), 185–191. <https://doi.org/10.66509/IJPS.21.1.2026.185-191>