

International Psychology Trauma Specialist

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Please describe the area of psychology you practice. For example, what does your day-to-day schedule look like?

I am an International Psychology, Trauma Specialist. I have a digital therapy and human rights consultancy that I am the Founder and Director of called Fourth Dimension. Its name signifies a door to the realization of limitlessness. I see clients from around the world, averaging 5 a day. I am based in Kuala Lumpur. My mornings I see international clients, in the afternoon I see people in Malaysia and starting around 4pm, I work for about 5 hours doing human rights work because that is when London opens up and where headquarters are for Amnesty International. I chair the International Board of Amnesty International, the first psychologist to do so.

What advice would you give to an ECP who wants to pursue a position or additional training opportunities in this area of psychology?

Remember that you have something unique to offer. It's not only about finding someone to mentor you, please offer yourself for reverse mentoring. People considered "older" or more "experienced", if wise, will certainly have something to learn from you. Deeply reflect on your life experiences and be able to answer the why, how and so what? This will be your unique selling point and set you apart. Keep travelling, reading and going outside your field for experience and reading so you are more multidisciplinary and holistic. Lastly, it's a numbers game sometimes. Don't let rejection daunt you. Rejection can be protection. Say Yes to almost everything and surrender, you would be quite surprised at what starts to shape up!

Contact Us: earlycareer@apa.org

For further resources, please click [here](#) to check out our ECP website.



Were there specific factors that led you to choose this area of psychology? Was there a critical moment that changed your career trajectory?

Yes, I was on the clinical psychology track when on the last day of my wedding, I was held at gun point. The resulting trauma had me deeply reflecting about the systemic and institutional nature of crime, poverty, discrimination and other things. In this context there was the intersectionality of socio-economic-status, age, caste etc. and it provided a much more fruitful framework than clinical psychology that often emphasizes the locus of control and responsibility lies solely with the individual. From there, I switched my doctorate major to International Psychology whose premise is there is not a one size fits all of psychology, namely psychology's Global North antecedents shouldn't be expected to work with the Global Majority. Indigenously, I am considered the protector of the people and land in India, as a result, activism and human rights is a natural extension of my identity.

