For a live audience

Who Am I

A spoken introduction - simple, personal, and true

For over 25 years, I have sat with young minds in crisis - as a psychiatrist, inside some of the most demanding units in the NHS.

But somewhere along the way, I began asking a harder question. Not just how do we heal what is broken - but how do we help a person become whole?

That question took me beyond medicine. Into neuroscience, philosophy, mindfulness, and the arts. And along the way, I found I could not say everything in the language of medicine alone - so I also write poetry, direct films, and once staged a musical. Some truths, I have learned, only survive in verse, or on a screen.

Today, I try to bring all of this together. I teach young people, professionals, and organisations around the world - from the NHS to Greenpeace, from Indian universities to global stages - how to build what I call Mental Wealth: the inner resources of awareness, resilience, and flourishing that let a person not just cope, but truly thrive.

I do not claim to have arrived anywhere. I am a fellow traveller - one who has spent over 25 years gathering maps, and now spends his days sharing them.

My name is Amit Biswas. And this is the work of a lifetime - still, very much, in progress.

Shaped by science, inspired by art, rooted in spirit, held by community.

For hosts, event organisers and professional invitations

Professional Introduction

To be read, or read aloud, when introducing Dr Biswas to an audience

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Dr Amit Biswas is a Consultant Child & Adolescent Psychiatrist, Human Potential Consultant, educator, poet and filmmaker with over 25 years in psychiatry. He has worked with young people and families in crisis, led NHS services and brought science, philosophy and the arts together to explore what it truly means to live well.

As a trained mindful leader, he has led clinical services across NHS teams and other organisations, in strategic and operational roles, at local, national and international levels, namely Associate clinical director of CAMHS, Well Being Co-Lead (London) of RCPsych.

He is the creator of SMERT™ - Self-Mastery, Mindfulness, Excellence, Resilience Training - a nine-week, research-based, experiential programme drawing on ten pillars of interdisciplinary practice and the Mental Wealth and Human Potential frameworks. The programme equips people with inner resources to build resilience, master their mind, and live and lead with excellence.

Alongside medicine, he has published four collections of poetry, directed the feature film Bridge, which premiered at BFI Southbank and won multiple international awards, and made documentaries. He has written plays and musicals, and staged dance theatre at London's Bloomsbury Theatre to raise awareness.

He now shares that journey through global teaching and capacity building for human flourishing, cultivating Awareness, Wellbeing and Excellence for young people, professionals, leaders and communities.

Psychiatrist. Human Potential Consultant. TEDx Speaker. Poet. Filmmaker.

Shaped by science, inspired by art, rooted in spirit, held by community.

About Me

Clinician. Leader. Educator. Poet. Filmmaker.

I am a consultant child and adolescent psychiatrist who has spent over 25 years inside some of the most demanding clinical environments in the world - inpatient adolescent units, forensic settings, neurodevelopmental services. I have sat with families in crisis, trained doctors at Oxford and Cambridge, led services across the NHS, and built programmes that have reached organisations from Greenpeace International to universities across India, Europe and the United States.

But I have also written poetry on the banks of the Thames, directed a film that premiered at BFI Southbank, and staged a musical at the Bloomsbury Theatre. Decades of asking the same question - not only of my patients, but of myself: what does it truly mean to live well?

> *"Awareness opens the door. Wellbeing walks through it. Excellence thrives there."*

I now bring the fullness of that journey - clinical, philosophical, creative and personal - into a new chapter of global teaching and consulting. My work is for young people navigating an overwhelming world, for professionals seeking more than performance, and for organisations ready to build genuine cultures of wellbeing. I am guided, above all, by humility. I do not claim to have arrived anywhere. I am a fellow traveller who happens to have collected some useful maps.

My work brings mind, body, spirit and community together - cultivating Awareness, Wellbeing and Excellence, unlocking human potential, and supporting a life well lived.

Credentials & Recognition

NHS practice, leadership and teaching.

Consultant Child & Adolescent Psychiatrist. (FRCPsych. FRSM. MDCH).

Associate Clinical Director, CAMHS

Lead clinician across several Tier 4 inpatient units, specialist & crisis teams.

Hon. Senior Lecturer, Queen Mary University of London (former).

Senior Lecturer: MA in Child & Adolescent Mental Health CCPE / University of Northampton.

Roles are listed as credentials only, not as endorsements.

Awards

- Mayor of London's Leadership Award (King's Fund Millennium Commission)
- Spirituality Essay Prize, Royal College of Psychiatrists (2022) - ‘Psychiatrist as Scientist, Artist and Mystic’
- Gold Medal in Psychiatry, University of Calcutta
- Multiple International Film Awards for the Feature Film Bridge
- Blaker Fund Award, Scientific & Medical Network
- Finalist, Mental Health Star Awards, Midlands Combined Authority
- King's Fund Bursary, Mindful & Compassionate Leadership Training
- Erasmus Hospitality Project Grant, University of Salamanca

Affiliations

- Fellow, Royal College of Psychiatrists (FRCPsych)
- Fellow, Royal Society of Medicine (FRSM)
- Member, British Society of Lifestyle Medicine
- Member, National Centre for Integrative Medicine
- Board Member, Scientific & Medical Network
- Professional Affiliate, Galileo Commission

The programmes and services on this site are educational and developmental. They are not a substitute for medical, psychiatric or psychological assessment or treatment. If you are in crisis, please contact your GP, call NHS 111, or call Samaritans on 116 123 (UK). In an emergency, call 999.

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