

# Amit Solanki

Psychotherapist | MSW, Clinical & Trauma Specialization | PhD, Nanophysics

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## PROFESSIONAL SUMMARY

Clinical social worker and psychotherapist with an unusual path: a PhD in nanophysics and more than a decade of research and teaching at Harvard, followed by a Master of Social Work with clinical and trauma specialization. Provides affirming, trauma-sensitive psychotherapy drawing on CBT, DBT, ACT, Motivational Interviewing, mindfulness-based interventions, and compassion-focused approaches. Experienced in psychosocial assessment, crisis intervention, benefits navigation, and care coordination with older adults and multilingual communities. Continues research at Harvard SEAS on aging and artificial intelligence. Sessions and services in English, Hindi, and Gujarati.

## CORE COMPETENCIES

- Individual Psychotherapy (CBT | DBT | ACT | MI)
- Psychosocial Assessment & Care Planning
- Family Systems & Caregiver Support
- Research Design & Data-Driven Quality Improvement
- Compassion-Focused & Mindfulness-Based Psychotherapy
- Crisis Intervention & Supportive Counseling
- Group Facilitation & Psychoeducation
- Teaching, Mentoring & Public Communication
- Affirming, Culturally Responsive & Trauma-Sensitive Care
- Healthcare Benefits Navigation (MassHealth, Medicare, SNAP)
- Interdisciplinary Team Collaboration
- Scientific & Web Software Development

## CLINICAL EXPERIENCE

### Psychotherapist (Part-Time); Therapy Intern | Omega Therapy Practice

Medford, MA | 08/2025 – Present

Psychotherapist, Part-Time | 05/2026 – Present

- Provide individual psychotherapy to adults and adolescents presenting with anxiety, depression, substance use, panic disorder, and mood-related concerns, under licensed clinical supervision.
- Tailor care using CBT, DBT, ACT, Motivational Interviewing, behavioral activation, graded exposure, and mindfulness- and compassion-based approaches, attentive to each client's goals and cultural context.

Therapy Intern | 08/2025 – 05/2026

- Built and managed a caseload of eight clients; coordinated care with psychiatric providers, completed warm handoffs, and developed structured between-session interventions.
- Documented clinical encounters and progress notes in alignment with ethical standards and regulatory requirements, ensuring accuracy for billing and quality review.

### MSW Intern, Adult Family Care; Senior Community Support / Public Benefit Specialist | Somerville-Cambridge Elder Services

Cambridge and Somerville, MA | 05/2023 – 01/2025

- Conducted psychosocial assessments and developed person-centered care plans for older adults and families from diverse cultural and linguistic backgrounds, including Bengali- and Gujarati-speaking communities.
- Provided information and referral, crisis support, supportive counseling, and navigation of community-based services; guided clients through MassHealth applications and benefits eligibility.
- Co-facilitated two six-week Savvy Caregiver groups using person-centered, family-systems, MI- and CBT-informed strategies to reduce caregiver burden and strengthen coping skills.

### Clinical Support Fellow | Cambridge Health Alliance, Center for Mindfulness and Compassion

Cambridge, MA | 04/2023 – 12/2023

- Supported six eight-week groups across Mindfulness-Based Cognitive Therapy, Mindfulness-Based Stress Reduction, and Mindfulness Therapy for Primary Care programs.

- Completed an eight-week MBCT Teacher Intensive, strengthening facilitation skills in mindfulness-based psychoeducation and group support.

## RESEARCH & TEACHING EXPERIENCE

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### **Research Associate, Social Technology for Global Aging Initiative (The Digital Hearth) | Harvard School of Engineering and Applied Sciences**

Cambridge, MA | 05/2024 – Present

Research the intersection of aging, artificial intelligence, and community support systems. Partner with local community organizations to facilitate educational dialogues for older adults and caregivers, translating lived-experience feedback into ethical design frameworks for assistive technology.

### **Research Associate in Electrical Engineering | Harvard University**

Cambridge, MA | 07/2022 – 06/2024

Conducted nanophotonics and nanofabrication research focused on nanowire-based multispectral sensors.

### **Postdoctoral Researcher and Lecturer in Electrical Engineering | Harvard University**

Cambridge, MA | 06/2013 – 05/2022

Developed germanium nanowire light detectors using top-down fabrication processes; taught coursework in microelectromechanical systems and nanofabrication; mentored students.

## EDUCATION

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### **Master of Social Work (MSW), Clinical/Trauma Specialization**

University of Kentucky | Remote | 08/2024 – 05/2026

### **Doctor of Philosophy (PhD), Nanophysics**

CEA Grenoble | Grenoble, France | 2010 – 2012

### **Master of Science (MSc), Nanotechnology**

KTH Royal Institute of Technology | Stockholm, Sweden | 2007 – 2009

### **Bachelor of Technology (B.Tech), Electronics and Communication Engineering**

Maulana Azad National Institute of Technology | Bhopal, India | 2003 – 2007

## PUBLICATIONS & PATENTS

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Twenty publications and patents in nanophotonics and semiconductor devices; 390+ citations, h-index 11. Full list on Google Scholar. Selected:

- “Nanowire array based multispectral sensors.” *US patent application*, 2025.
- “Dynamic selection of visible wavelengths using resonant TiO<sub>2</sub> nanostructures.” *Nanophotonics*, 2023.
- “Electrostatically doped silicon nanowire arrays for multispectral photodetectors.” *ACS Nano*, 2019.
- “Vertical Ge–Si nanowires with suspended graphene top contacts as dynamically tunable multispectral photodetectors.” *ACS Photonics*, 2019.
- “Harnessing the interplay between photonic resonances and carrier extraction for narrowband germanium nanowire photodetectors spanning the visible to infrared.” *ACS Photonics*, 2018.
- “Top-down etching of Si nanowires.” *Semiconductors and Semimetals*, 2018.
- “Dielectric coating-induced absorption enhancement in Si nanowire junctions.” *Advanced Optical Materials*, 2015.
- “Vertical germanium nanowires as spectrally-selective absorbers across the visible-to-infrared.” *Applied Physics Letters*, 2014.
- “Geometrical control of photocurrent in active Si nanowire devices.” *Nano Energy*, 2012.
- “Effect of HCl on the doping and shape control of silicon nanowires.” *Nanotechnology*, 2012.

## PROJECTS

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- **Antara Therapy** (antaratherapy.org) — psychotherapy practice and its calm, accessible web presence; designed and built end to end.
- **Lithikon** (lithikon.org) — browser-based chip-layout editor (GDSII/OASIS/DXF) and e-beam lithography workflow with proximity-effect correction and fracturing for Elionix writers.
- **badmintonschedule.org** — community scheduling platform for the Harvard Badminton Club: sessions, partners, tournaments, and automated reminders.

## CERTIFICATIONS, TRAINING & LANGUAGES

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- Mindfulness-Based Cognitive Therapy (MBCT) Teacher Intensive Training — 2023
- Certified Application Counselor — MassHealth / Public Benefits
- Certified Savvy Caregiver Group Facilitator
- Languages: English (Native) | Gujarati (Fluent) | Hindi (Fluent)