

Professional Biography and Credentials

Vaishnavi Roberson, Ph.D.

Vedic Astrologer • Vedic Counselor • Spiritual Mentor • Teacher • Former Clinical Psychologist

Oak Ridge, Tennessee

Vedic Counseling Solutions

[Website](#)

[Email](#)

PROFESSIONAL OVERVIEW

Vaishnavi Roberson, Ph.D. is a Vedic astrologer, Vedic counselor, teacher, and former clinical psychologist whose work integrates Vedic wisdom, yoga philosophy, Ayurveda, meditation, and grounded psychological insight.

With more than fifty years of Vedic study and practice and more than thirty-five years of professional psychological experience, Vaishnavi helps people cultivate discernment, align with dharma, and apply timeless Vedic wisdom to modern life.

She is the founder of Vedic Counseling Solutions and creator of the Rebel Mystic™ Path, a signature framework that integrates Vedic Astrology, Vedic Counseling, Ayurveda, yoga philosophy, meditation, and grounded psychological insight.

EDUCATION

Ph.D., Clinical Psychology — Michigan State University, 1988

Minor: Health Psychology. Specialization: Psychology of Women / Women's Studies.

Predoctoral Internship in Clinical Psychology (APA Approved) — Ulster Community Mental Health Services, Kingston, New York, 1986–1987

M.A., Clinical Psychology — Michigan State University, 1984

B.A., Psychology — University of Tennessee, 1979

Medical Technology Training — Carle Clinic Hospital

Certified Medical Technologist (A.S.C.P.)

SELECTED PROFESSIONAL TRAININGS

- **Transcendental Meditation** — 1975–present
 - **Science of Creative Intelligence** — 1975
 - **Reiki Training and Master Level Study** — 1985–1994
 - **Ayurveda Studies & Training** — 1995–present, including studies with Dr. Vasant Lad, Maya Tiwari, and Dr. David Frawley / American Institute of Vedic Studies
 - **Maharishi Ayurveda for Health Professionals** — Levels 1–3 Training, 1998–2008
 - **Certification in Vedic Counseling** — Ayurvedic Healing Institute, Dr. Suhas Kshirsagar, 2018
 - **Vedic Astrology Training & Certification** — American Academy of Vedic Art and Science, Sam Geppi, 2020–present
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PROFESSIONAL EXPERIENCE

Founder, Vedic Counseling Solutions — 2018–present

Provides Vedic Counseling, Vedic Astrology consultations, spiritual mentoring, and dharma guidance through the integration of yoga philosophy, Ayurveda, meditation, and grounded psychological insight. Offers individual consultations, teaching, writing, and community education focused on discernment, dharma, and the practical application of ancient Vedic wisdom to modern life.

Clinical Psychologist, Private Practice — 1988–2022

Licensed psychologist in Tennessee for more than 30 years with specialties including psychology of women, spirituality and psychology, cultural diversity, health psychology, trauma-informed approaches, and integrative psychotherapy. Provided individual, couples, and family psychotherapy, teaching, public speaking, and interdisciplinary healing approaches.

Founding Board Member (2022–2025); Volunteer (2025–present) — Alliance for Integrated Awareness (AIA), a 501(c)(3) Nonprofit Organization

Co-founded the Alliance for Integrated Awareness (AIA) and served on its Board of Directors from 2022 to 2025. AIA is a nonprofit organization dedicated to advancing equity, cultural humility, and access to innovative, evidence-informed approaches to mental health and well-being. As a board member and continuing volunteer, contributed to organizational development, strategic planning, educational programming, and public outreach in support of expanding access to Accelerated Access Integrative Therapy (AAIT) for historically underserved and marginalized communities.

Founder and Director, Ayurveda Center for Natural Healthcare — 1998–2015

Integrative center offering Ayurveda, massage therapy, psychotherapy, Reiki, yoga-related education, and community classes and workshops.

Assistant Professor of Psychology, University of Dayton — 1988–1995

Teaching included psychology of women, human sexuality, abnormal psychology, psychology and spirituality, and introduction to clinical methods. Participated actively in Women's Studies, multicultural education, and interdisciplinary programs.

SELECTED PUBLICATIONS & WRITINGS

“Practicing Ayurveda in the United States: Self-Realization Through Conflict Resolution”

Light on Ayurveda Journal, 2006.

“The Limits of Academic Freedom for Non-Tenured Faculty”

In Women Who Don't Sell Out, 1995.

“Birth, Transformation and Death of a Refugee Identity: Women and Girls of the Intifada”

Women and Therapy Journal, 1992.

“Palestinian Mental Health Services: Present and Future”

Research Report, 1990.

Additional publications and conference presentations addressed:

- feminist psychology
 - diversity and inclusion
 - women's studies
 - qualitative methodology
 - refugee mental health
 - spirituality and psychology
 - integrative healing
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SELECTED PRESENTATIONS & TEACHING

Vaishnavi has taught and presented widely in areas including:

- Vedic wisdom
- Ayurveda
- Reiki
- spirituality and psychology
- women's studies
- cultural diversity
- ethics
- integrative healing
- discernment and spiritual growth

Presentations and workshops have been offered through:

- universities
- professional organizations
- medical centers
- community wellness organizations
- spiritual education settings

ORGANIZATIONAL LEADERSHIP & SERVICE

Founder — Ayurveda Center for Natural Healthcare

Associate — Center for International Studies, University of Dayton

Leadership and service roles included:

- Women's Studies programs
 - multicultural initiatives
 - professional psychology organizations
 - massage therapy organizations
 - integrative health education
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HONORS & RECOGNITION

- **Rotarian of the Year** — 2012, 2016
 - **Chapter Meritorious Award**, American Massage Therapy Association, Tennessee Chapter — 2008
 - **Top Docs List**, City View Knoxville Magazine — 2005
 - **Joseph J. Malone Fellow for Arab and Islamic Studies**, National Council on U.S.-Arab Relations — 1992
 - **Michigan State University Woman Achiever** — 1985
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INTERVIEWS, PODCASTS & MEDIA

The Christian Stran Podcast — Episode One featuring Vaishnavi Roberson, Ph.D. (2023)

Conversation exploring trauma, collective consciousness, Vedic wisdom, psychology, social justice, spiritual practice, and the role of discernment and healing in times of cultural upheaval.

[Available on YouTube](#)

The Astral Hour Podcast — Mary Vaishnavi Roberson: Navigating Life with Vedic Astrology (2023)

Conversation exploring Vedic astrology, Vedic counseling, eclipses, nakshatras, karma and life direction, spiritual discernment, and practical ways to integrate Vedic wisdom into everyday life.

[Available on Apple Podcasts](#)

CURRENT FOCUS

Today, Vaishnavi's work is dedicated to helping people apply ancient Vedic wisdom to modern life with greater clarity, discernment, and compassion. Through Vedic Counseling Solutions and the Rebel Mystic™ Path, she offers Vedic Astrology consultations, Vedic Counseling, spiritual mentoring, writing, teaching, and community gatherings such as Cosmic Conversations.