

Daniella Satyasari

Psychiatrist
Sports Physiologist

Born Date: 5 Mei 1989

Expertise Skill

√ Psychotherapy
√ Addiction psychiatry
√ Motivational Interviewing
√ Dialectical Behaviour Therapy
√ Sports Physiologist
√ Certified Sports Nutrition Advisor

Education

2016-2020
University of Indonesia
Psychiatry

2007-2013
Tarumanegara University
Faculty of Medicine

2004-2007
BPK Penabur 5
Senior High School

Contact Me

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Current Work Experience

PSYCHIATRY DIVISION STAFF | Sept 2021 - Present
Psychiatry Department, Faculty of Medicine Trisakti University, Jakarta

- Lecturer and examiner
- Researcher
- Assessment team in Medical Education Unit
- Counseling team

PSYCHIATRIST | July 2020 - Present (part time)
Balai Besar Rehabilitasi Badan Narkotika Nasional (BNN) Lido

- Treat drug dependent patients, detoxification and rehabilitation
- Conducting psychotherapy (CBT, MET, MI, RPT, DBT)

PSYCHIATRIST | Oct 2023 - Present (part time)
Satrio Clinic, East Jakarta

- Executing psychotherapy
- MMPI

PSYCHIATRIST | Mar 2026 - Present (part time)
Eka Hospital Permata Hijau, West Jakarta

- Executing psychotherapy

Work Experience

PSYCHIATRIST | Aug 2021 - Aug 2022
Harapan Bunda Hospital, Jakarta

VOLUNTEER PSYCHIATRIST | Oct 2020 - Apr 2022
Wisma Atlet Emergency Hospital, Jakarta

VOLUNTEER DOCTOR IN FORENSIC PSYCHIATRY DIVISION| July - Dec 2020
Bhayangkara Tk.I R. Said Sukanto Hospital, Jakarta

INTERNSHIP MEDICAL DOCTOR| Jun 2014 - Jun 2015
Embung Fatimah Hospital, Batam



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Certification

- *Clinical Teacher in Psychiatry*
  RSCM-FKUI Jakarta, 2025
- *Sports Nutrition for Strength Training*
  APKI, Jakarta, 2024
- *Advanced Personal Fitness Trainer*
  Rai Institute, Jakarta, 2024
- *Ahli Ilmu Faal Olahraga Klinis*
  Workshop and Certification | by BNSP, Jakarta, 2024
- *Promising Treatment of Treatment Resistant Depression*
  Workshop on Pertemuan Ilmiah Tahunan I by PDSKJI Jaya, Jakarta 2022
- *Promising Treatment of Treatment Resistant Depression*
  Workshop on Pertemuan Ilmiah Tahunan I by PDSKJI Jaya, Jakarta 2022
- *Motivational Enchancement Therapy and Relapse Prevention for Addiction*
  Workshop in Training on Psychiatry Update VII, Bandung, 2022
- *Motivational Interviewing for Addiction*
  Psychwire Course, 2022
- *Dialectical Behaviour Therapy*
  Psychwire Course, 2022
- *MMPI-2 Comprehensive*
  Workshop in Jakarta, 2020
- *Implementation Recovery Assessment Scale-Domain & Stages (RAS-DS)*
  Workshop in RSCM, Jakarta, 2019.
- *Psychiatric Update in Medical Practice: Early Detection and Treatment of Anxiety and Depression Disorders in Primary Health Care*
  Workshop in RSCM, Jakarta, 2015

Book

- Epidemiologi Gangguan Jiwa / 2026
- *Couple Journal* / 2020
- *Happiness Project Journal Book* / 2020



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Publication

- Hubungan Profil Lipid dan Kejadian Migren pada Karyawan.
  Bioscientist, 2025
- Stress and Traumatic Related Disorder pada Konten Moderator
  Jusindo, 2024
- Pendekatan Kedokteran Keluarga pada Diabetes Mellitus dengan Komplikasi Kronis
  Jurnal Pengabdian Masyarakat Trimedika, 2024
- Cognitive intervention for Mild Cognitive Impairment (MCI) among the elderly: A bibliographic network analysis of research trends
  NPG Neurologie- Psychiatrie- Geriatrie, 2024
- A Research Trends of Mild Cognitive Impairment (MCI) and Brain Imaging Through Bibliometric Analysis".
  Universa Medicina, 2023
- Validity and Realibility of Cigarette Dependence Scale-12 (CDS-12) Indonesian Version
  FKUI, Jakarta, 2019.
- *Transactional Analysis on Bipolar Disorder II, Current Episode of Depression: Case Report*
  2018 PDSKJI Annual Scientific Meeting, Jakarta (1st Place)
- *What Makes Prescribing Drugs Has It's Challenges?*
  International Society for Biomedical Research on Alcoholism, Kyoto, 2018
- *Psychodynamic Psychotherapy for Multidrugs Dependence: Case Report*
  World of Addiction congress, Jakarta, 2018 (3rd Place)
- *Nicotine as Therapy to Repair Cognitive Deficit in Schizophrenia: Literature Review*
  8th National Conference on Schizophrenia, Jakarta, 2017 (2nd Place)



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Speaker

- Peran Keluarga Mendapingi Pemulihan, 2026
- Mengelola Stress dalam Dunia Kerja, 2026
- From Motion to Meaning, IdeaFest, 2025
- Pivotal Role of Exercise in Elderly, 2025
- Peranan Aktivitas Fisik pada Pekerja, 2025
- The Importance of Physical Activity in Children, 2024
- Memertahankan Motivasi dan Konsistensi Olahraga, Jakarta, 2024
- Mencegah dan Mengatasi Keputusasaan, Jakarta, 2024
- Mental Health in Female Sexual Disorder, Jakarta, 2024
- Perawatan dan Pendampingan Disabilitas Mental, Jakarta, 2023
- Stress Management in Workplace, Jakarta, 2023
- CELEBRATE: Accepting Myself and Embrace it More, Jakarta, 2023
- Schizophrenia in Lobaris Webinar, Jakarta 2023
- Depression in Adolescence on Lifestyle Program by MNC, 2022
- Cope with Sexual Abuse, Jakarta 2022
- Mental Health Care for Disabilities, Jakarta, 2022
- The Impact of COVID-19 on Mental Health, Jakarta, 2022.
- Why do Elderly Easily Irritated? on Fit Radio Semarang, 2022
- Knowing Tourette Syndrome on Fit Radio Semarang, 2022.
- How to be Free from Toxic Relationship webinar, Jakarta 2021.
- Mental Health of Mothers After Childbirth during a Pandemic, Jakarta 2021.
- The Difference between Illusions, Delusions and Hallucinations, Jakarta 2021.
- The Importance of Integrated Postnatal Care from a Psychological Side on Fit Radio Semarang, 2021
- Emergency Drug Management, Jakarta, 2020.
- Dealing with Quarter Live Crisis webinar, Jakarta, 2020.
- How to Deal with Abusive Relationship & How to Reach Self Compassion, Jakarta, 2020
- Anxiety during Pandemic and Baby Blues Syndrome, Jakarta, 2020
- Self Care: Important or Selfish?, Jakarta, 2020
- How to Deal with Boredom in the Pandemic Era, Jakarta, 2020
- Prescription Drugs Abuse in Indonesia: New Phenomenon, How to Handle? Kyoto, 2018.