



Gursheel Kaur

Psychotherapist



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It is a joy to be hidden and a disaster not be found.
D.W. Winnicott

EDUCATION

MA Psychosocial Clinical Studies

**Dr. BR Ambedkar University
New Delhi**

2022-24

BA (Hons) History

**Sri Venkateswara College
University of Delhi
New Delhi**

2018-21

SKILLS

- Interpersonal Communication Skills
- Communication Skills
- Team-work
- Critical Thinking
- Creative & Literary Articulation
- Time Management
- Organizational Skills
- Microsoft Office: Word & Excel
- Graphic Designing (Canva)

LANGUAGES

- English
- Hindi

PROFILE

Hello! I am Gursheel, a psychoanalytically oriented psychotherapist (in training). The imagination of life I carry is one where suffering is not too far from living & loving. The intention is to co-create a space where our experiences of "important-nothings" can be metabolized & contained.

WORK EXPERIENCE

Ehsaas Clinic | Centre for Psychotherapy & Clinical Research (CPCR) | 2023-24 (Oct-May)

Therapist (Trainee)

- Trained & supervised under department faculty members
- Practised at the college clinic under Psychoanalytic Orientation with an assigned supervisor (patient/client population: students (max edu qualification-PhD candidates))
- Conducted Group Listening Circles
- Engaged in continuous self-reflection & supervision sessions

iCALL Psychosocial Helpline | TISS | 2023 (Sep-Nov)

Intern

- Contributed to the development of resource material for the ReYou Mental Health Application
- Engaged in psychosocial themes for suicide prevention handbook

Salaam Baalak Trust | 2023 (June-July) | Volunteership

Counsellor Trainee

- Engaged in Counselling & Listening Skills under supervision (population: children, ages: 10-18)
- Tried incorporating themes of play based on the psychoanalytic thought
- Engaged in self-reflection and observation on themes of margins, grief, mourning & resilience

HOBBIES

- Daydreaming
- Reading
- Designing Mood Boards
- Making spontaneous plans with friends
- Taking walks
- Pinterest Scrolling

Maathr: Maternal Mental Health | 2022-23 (Apr-Sep)

Intern

- Prepared psycho-education content for website, blogs & social media handles
- Spearheaded Mental Health Campaigns: Maathr x Sweekar Rainbow Parents

Heart It Out (Private Mental Health Services Organization | 2021 (Jan-May)

Intern

- Contributed to preparing psycho-education material for blogs & social media handles
- Participated in mental health webinars
- Engaged in research & monthly workshops
- Participated in peer case discussions

CONTINUING EDUCATION ENGAGEMENTS & WORKSHOPS ATTENDED

- Children’s Book For All: Reading for a Cause, Impact of Child Sexual Abuse on Adult Survivor Lives through Psycho-social Emotional Lens | By Devanshi Agarwal & Arushi Ralli | 29 Sept, 2024
- Reading Circle: Reading Between the Lines | Facilitated by Reva Pura | Psychoanalytic Orientation | Cohort of ‘24
- Reading Circle: Robert Linder | Facilitated by Shaifila Ladhani | July-August ‘24
- Part of the Writing Lounge | Facilitated by Aanchal Bhatnagar, Lost & Found Psychotherapy ‘24
- Volunteership | One Future Collective | Mental Health Program | July-Sept 2021
- Participated in Deep listening Circle | Facilitated by Shalini Rao | April-July 2021
- Bridging Gaps Program | Pratisandhi Ngo | 2022