



GUNTAS KAUR

PROFESSIONAL SKILLS

- Metaphor analysis and therapy
- Art therapy
- Play Therapy
- Cognitive Behaviour Therapy (CBT)
- Psychotherapy
- Inner Child Work
- Relationship Counselling
- Career Coaching
- Business management
- Mentoring and Facilitation
- Trainer & Educator
- Acceptance And Commitment Therapy (ACT)
- Hypnotherapy
- Age regression
- Culinary Art Therapy Practitioner
- Reiki Master

SOFT SKILLS

- Creative spirit
- Self Management skills
- Team player
- Collaboration skills
- Critical Thinking
- Motivated
- Decision Making
- Self reflection
- Social skills

CONTACT INFO

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ABOUT ME

Aims to optimize human potential, by taking care of the mental wellbeing of all. Trying to make the world a much more simpler and harmonious place to live, for those looking to be empowered by breaking through all barriers and liberating themselves in their career, relationships, family, emotional and other social aspects in life.

WORK EXPERIENCE

- Counselling Experience of 3+ years
- Worked as Internship Supervisor & Counsellor at Asha the Hope Bangalore
- Experience with Mentoring Psychology students to bridge the gap from theoretical knowledge to practical Application in a non-clinical setting.
- Program Head for mental health awareness at Mindfull solutions
- Assistant Psychologist at Divine Healing Mandala
- Worked as a School Counsellor
- A Certified Pastry Chef from Academy Of Pastry Arts

EDUCATION

- Post Graduate Diploma in Art Counselling and Art Therapy
- Post Graduate Diploma in Child & Adolescent Psychology
- Diploma in Art therapy
- Diploma in Child & Adolescent Psychology
- Diploma in Family Therapy
- Masters in Psychology
- Clinical Hypnotherapist
- NLP Practitioner
- Certified Career Counsellor with CCI