

Eshmit Kaur
Drama Psychotherapist BA (Hons) MA HCPC
Training Integrative Embodied Psychotherapist
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Going to therapy can be hard; having to share inner conflicts and pain can feel exposing, yet liberating. It is through a trusting therapeutic relationship that an empowering environment forms, where these vulnerabilities can be shared safely.

Embedded in Sikh Ethos, I value honesty, non-judgement and universal truth. "EK" in Gurmukhi means "One" ; integration of the Soul, Mind and Body means we're able to reach a more fulfilled state and way of living. These three elements must communicate and flow for one to feel wholesome, connected, grounded and safe.

I work using 4 key components:

Stories & Creative Play: offer symbols of pain, hope and joy, when the words can't be found.

Somatics (body-based): an inherently Indigenous, Ancestral practice encouraging wholeness between the three elements.

Spirituality: is ever-present and can offer hope.

Social-Justice Led: anti-oppressive, anti-colonial & Intersectional.

CLINICAL AND RELEVANT EXPERIENCE

All roles listed below required robust risk assessing and safety planning, record-keeping in accordance to organisational guidelines, multi-agency and multi-disciplinary working on usually a daily basis.

Regional Clinician, The Esland Group

05/2023 – Present

- Providing consultation, debriefs, and monthly Team Around the Child meetings to residential care staff, underpinned by trauma-informed approaches to understand and manage the emotional, social and behavioural needs of developmentally traumatised children and young people
- Offering training to care staff and professionals surrounding mental health, attachment and trauma-related presentations
- Complete direct therapeutic assessments with clinical formulations and recommendations

Associate Practitioner, The Artist Wellbeing Company

08/2022 – Present

- Supporting the wellbeing of creatives on productions in theatre, film and TV
- 1:1 ad-hoc therapy, group wellbeing sessions and adapting to the performers' schedules, proficient record keeping and signposting as necessary

Drama Psychotherapist, Private Practice

11/2021 – Present

- Establishing a successful and growing private therapy service with the aim of reducing barriers of access for people of faith, the global majority and survivors of trauma
- Offering 1:1 and Dyadic Drama Therapy, workshops and consultations

Senior LAC Clinician & Drama Psychotherapist, Tier 3 (Looked After Children's Team) CAMHS

07/2021 – 03/2023

- Offering 1:1 and Dyadic Drama Therapy to survivors of Complex and Attachment Trauma - children and young people in residential foster placements, under SGO care, or fostered following on from full CAMHS assessments and consultations with social workers and professional's
- Establishing a coherent pathway for Unaccompanied Asylum Seeking Children (UASC) across the region, building relationships with the Local Authority and Children's Social Services as necessary
- Offering PACE Approaches, psychoeducation and relevant therapeutic parenting models to carers and professional's
- Establishing Arts in Health projects with local communities and within the NHS Trust
- Establishment of a Creative DBT-informed Skills Group for young people

Drama Psychotherapist, Tier 3 (CORE) CAMHS

03/2022 – 09/2022

- Invited to work in a fast-paced work environment with significant levels of risk and complex needs offering 1:1 and Dyadic Drama Therapy
- Carrying out robust and frequent assessments, typically referring onto alternative services or signposting appropriately
- Submitting MASH referrals; EHCP evidence/documentation and writing reports in a timely manner

Drama Psychotherapist, Tier 4 (Inpatient/Low-Secure) CAMHS

07/2021 – 03/2022

- Working in a high-risk environment with constant shifts in mental health presentations, establishing meaningful therapeutic relationships and offering 1:1 Drama Therapy on the wards with young people with complex histories and needs
- In-depth, daily multi-disciplinary working with all relevant staff
- Revitalising a DBT-informed Skills Group to a highly adaptable, Creative Arts DBT-informed Skills Group, taking into account young people's views and creating content and session plans that were interactive and playful and displayed a higher intake rate

CAMHS Practitioner, Tier 2 (GP Service) CAMHS

10/2020 – 07/2021

- Offering 1:1 CBT-informed Drama Therapy to children and young people in a Tier 2 service, incorporating part-therapy theory, intersectionality, DBT and psycho-education into practice
- Maintaining relationships with ethnically diverse populations, GP surgeries and multi-agency working
- Creating Psychological formulations, risk assessments, reports and record keeping to ensure clients feel safe and supported

Trainee Drama Therapist, Adult Mental Health Hospital, Accomplish Group

09/2019 – 03/2020

- Offered 1:1 and group Drama Therapy to clients with complex diagnoses based on attachment and trauma modalities, including CAT theory to enhance relationship building skills
- Liaised with the MDT regularly, created Psychodynamic formulations and carried out Drama Therapy assessments
- Co-facilitated a weekly DBT Skills Group for women in the hospital

Trainee Drama Therapist, Youth Offending Service, (Youth Offending Service)

01/2019 – 07/2019

- Offered 1:1 Drama Therapy sessions to young sexual offenders
- Liaised with families, schools and relevant clinical practitioners to safeguard and provide individualised interventions for young people
- Offered presentations and workshops about Drama Therapy to staff within the MDT

ADDITIONAL EXPERIENCE

- Published work in SAGE Publishers "Dramatherapy Journal":
<https://journals.sagepub.com/doi/10.1177/02630672221121446>
- 2 years sitting on the British Association of Dramatherapists (BADth) Inclusivity and Diversity Subcommittee
- Presented at BADth's Annual Conference three-years running
- Co-founder of 'DiversArty', a supportive and empowering space for training Arts Psychotherapists at the University of Derby
- Over nine-years experience in organising, managing and delivering Sikh community-based projects on Child Sexual Exploitation (CSE), substance misuse, and Sikh Culture and History both nationally and internationally.

EDUCATION AND QUALIFICATIONS

MA Dramatherapy	University of Derby	Distinction	2020
BA Acting (Hons)	Academy of Live and Recorded Arts	2:1	2017

TRAINING COURSES

Safeguarding Children L2	CPD Certified	2023
Dyadic Developmental Psychotherapy L2	DDP Institute	2023
Trauma-informed CBT	APT	2022
Dyadic Developmental Psychotherapy L1	DDP Institute	2022
Children's Accelerated Trauma Treatment (CATT)	Trauma Psychology	2022
Dyadic Arts Psychotherapy	BAAT	2022
CBT Essentials	APT	2021
DBT-A Level 1	APT	2020
Covid-19: Psychological First Aid	Public Health England	2020

PROFESSIONAL REQUIREMENTS

Registered Dramatherapist (AS 17080)	HCPC
Professional Liability and Indemnity Insurance	Holistic Insurance
GDPR (ZB247404)	Information Commissioner's Office

ARTIST WELLBEING CREDITS

Antigone	Regent's Park Open Air Theatre	2022
Arabian Nights	Bristol Old Vic	2023
Liberation Squares	Fifth Word Theatre, UK Tour	2024
Vitamin D	Soho Theatre	2024
King Troll	Kali Theatre & New Diorama	2024
The Valley of the Queens	Curl Girl Productions	2024

CURRENT (2024-2025)

Certificate in Integrative Embodied Psychotherapy with the Embodied Psychotherapy Institute.

I have an Enhanced DBS and registered on the update service. I can provide further references when required.