DR KAUR THERAPY

Dr Gurpreet Kaur | Clinical Psychologist and EMDR Practitioner

HCPC and BPS registered · info@drkaurtherapy.com · drkaurtherapy.com
25+ years in mental health, 15+ as a Clinical Psychologist · IFS Level 1 trained (IFS Institute)
Specialist in complex trauma, dissociation and intergenerational trauma · Online across the UK



INFORMATION FOR PROFESSIONALS

Clients contact me directly

How clients get in touch

To protect confidentiality, there's no referral form.
Clients book a free 15-minute call themselves, by scanning the QR code or visiting drkaurtherapy.com.
We talk through what's going on and whether working together feels right.

ONE-TO-ONE THERAPY

Weekly or fortnightly online sessions for adults (18+).
Drawing on EMDR, IFS, CBT, ACT and CFT, tailored to what's presenting.

anxiety and depression · PTSD and complex PTSD (C-PTSD) · dissociation · trauma (single-incident and complex) · burnout and chronic stress · imposter syndrome and perfectionism · over-responsibility, people-pleasing and boundary difficulties · grief and loss · intergenerational and cultural trauma · shame and low self-worth · life transitions and identity-related distress

IFS (parts work): for people who understand their patterns but still feel stuck, such as a harsh inner critic, people-pleasing or overworking.

Self-funding clients: £140 per session.
I also accept clients funded through private health insurance.
Possibility to refer on to trusted associate therapists if my caseload is full.

ONLINE EMDR INTENSIVES

Focused trauma therapy over 3 days, instead of weekly sessions spread over months.
14 hours in total, including a pre-assessment, a preparation workbook and a 30-minute follow-up review by email.
Intensives are also available for couples.

£3,000, self-funded (not available through insurance).
Suited to people who find weekly therapy hard to fit in, or who want focused time on a specific memory.

FOR PROFESSIONALS

Alongside client work, I offer the following to GPs and fellow clinicians.

- **One-to-one therapy** for professionals.
- **Reflective case consultation** (for GPs): a psychological perspective on a complex or stuck presentation. A professional-to-professional conversation, not a clinical handover. Charged hourly, ad hoc or ongoing.
- **Clinical supervision** (for allied mental health staff): hourly, or group supervision at a lower cost, for those working with trauma, EMDR or complex presentations.
- **Workshops and CPD talks:** trauma-informed practice and recognising complex trauma behind common presentations, for practices and teams.

Know a GP, psychiatrist or fellow clinician who might find this useful?

Please feel free to forward it on, copying me in so I can stay in touch.

Ask a brief clinical question or get in touch: info@drkaurtherapy.com

Dr Kaur Therapy is not a crisis service. Anyone in acute crisis should contact emergency services (999), NHS 111 (option 2) or local crisis mental health services.
Fees correct as of November 2026 and subject to change.