

Gurkirat Singh, MHC-LP



My name is Gurk and I am a Limited Permit Mental Health Counselor. My goal as a counselor is to create a space where people of any age, race, culture, ethnicity, gender, and sexual orientation can be their authentic self and help them to live a life that aligns with who they really are. I hope to help clients reflect on the past, stay grounded in the present, and set attainable, realistic goals for the future.

Credentials: Master of Science from SUNY Oswego

Experience with the following disorders/specialties:

Children's Issues

Therapeutic Approaches: Child Centered Play Therapy, Cognitive Behavioral (CBT), Expressive Arts, Humanistic, Person-Centered

Experience Working With: Toddler, Children (6-10), Preteen, Teen, Adults, Elders (65+)

