



ANIT KAUR

MA Art Therapy Student

Profile

A passionate professional with a diverse background in marketing, education, and the arts. After transitioning from marketing to teaching English and art, I became a full-time artist in 2020, using my global art shows to raise awareness about mental health. Driven by personal experiences, I am now pursuing a career in art therapy, aiming to combine my creative talents with a deep commitment to helping others heal and grow.



Work Experience & Art Exhibitions

2025-
Current

Star Shelter- Women's Abuse Shelter, Singapore

Art Therapist in Training- Clinical Placement

- 1:1 art therapy with women survivors
- Group/open studio art therapy with children
- Trauma-informed practice within an abuse shelter

Speaker at Creative Arts Therapies Symposium

Speaker & Presenter

2025

- Explored abuse, silence, and voice through an art therapy lens
- Linked trauma, mental health, and meaning-making via creative expression
- Centred culturally informed Sikh/South Asian women's experiences

Panelist, LASALLE College of the Arts, Singapore

Panelist

2025

- Spoke on integrating art therapy within multidisciplinary mental health practice
- Highlighted culturally responsive mental wellness approaches
- Advocated trauma-informed support for women affected by abuse

Standing Together Against Domestic Abuse, UK

Artist Ambassador

2025

- Artist Ambassador addressing domestic abuse through art-led advocacy
- Raise awareness through trauma-informed, culturally responsive creative work
- Deliver events that support survivor services and fundraising

United World College, SEA, Singapore

Art Therapist- Clinical Placement

2025

- Art therapy trainee supporting teenagers through 1:1 and group work
- Use creative processes to support emotional expression and wellbeing
- Work trauma-informed within an educational setting

2024

Art & Healing Exhibition on Abuse Awareness, Bali

Artist and Event Organiser

- Immersive art and healing experience addressing domestic abuse
- Explored silence, secrecy, and the emotional weight survivors carry
- Created space for witnessing, reflection, and meaning-making



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www.instagram.com/anit.kaur.art

Education

MA in Art Therapy

LASALLE College of the Arts, UAS

2024-2026

MA in Early Childhood Education

Monash University

2009-2011

Post Graduate Diploma of Education

University of Bath

2007-2010

Teaching English as a Foreign

Language Course (TEFL Certificate)

Shanghai Jiao Tong University

2006-2007

Bachelor of Business Administration

Hong Kong University of Science and Technology

2001-2004

Membership

Art Therapist Association Singapore

Student Membership

Language

English

Basic Mandarin

Basic Punjabi



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Work Experience & Art Exhibitions

2024

Caregivers Alliance Limited

Panelist for OCD Awareness

- Spoke at fireside chat to give hope and awareness to caregivers.
- Provided information on what Art Therapy might look like

2024

Re:Play, Scape Orchard Road, Singapore

Artist, Leader and Project Manager

- Created the Art Show from Conception
- Recruited team of artists, digital creators and playground designer
- Created successful art event that centred around the importance of mental wellness in Orchard Road.

2023

Mental Health Art Show, Samata Soul, Singapore

Artist

- Created and produced artwork that was curated for a meditative art show.
- Talked in a Panel Interview about how my passion for mental health informed my artwork.
- Participants were lead in an "Art Meditation" by the curator.

2022

Sikhi Art Gallery, Naam Ras, Singapore

Artist and Coordinator

- Created and produced original Artwork to be exhibited at event
- Lead a team of sales staff
- Handled behind the scenes admin, including set up, write ups, labels, marketing, etc.

"Love your Body" Art Show, Milan

Artist

- Created and produced artwork that was curated for a meditative art show.
- Talked in a Panel Interview about how my passion for mental health informed my artwork.
- Participants were lead in an "Art Meditation" by the curator.

2021

2020

Mental Health Art Show, Toys Museum, Singapore

Artist

- Created and produced artwork that was curated for a meditative art show.

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Work Experience & Art Exhibitions

2010 - 2013
Canadian Education Center, Adult Learning Centre
Lecturer

- Created and Planned stimulating and interesting lessons for adult learners.
- Conducted and facilitated lessons at the Beginner, Elementary, Intermediate, Upper Intermediate and Advanced level.

2009 - 2010
PAT’S Schoolhouse
Teacher

- Lead students throughout the day, in charge of English, Maths, Art, Science and Drama
- In charge of creating own lesson plans based on curriculum
- In charge of leading the art and decor presentation at the school

2007 - 2009
Shanghai Community Centre, Shanghai
Art and Creative Writing Teacher

- Taught children from the ages of 3-11 years old and help them create art work
- using various different techniques and methods. Each class focused on
- different artistic activities

2007 - 2009
Yew Wah International School, Shanghai
Teacher

- Lead students throughout the day, in charge of English, Maths, Art, Science and Drama In charge of creating own lesson plans based on curriculum In charge of leading the art and decor presentation at the school

2006 - 2007
Newave Learning Centre, Shanghai
Teacher

- Lead students throughout the day, in charge of English, Maths, Art, Science and Drama In charge of creating own lesson plans based on curriculum In charge of leading the art and decor presentation at the school

Awards and Achievements Academic awards

- As University Debating Captain, achieved Debating Champions
- Award and Best Individual Speaker Award 3 times consecutively. 2001 to 2004
- Model United Nations Best Speaker Award and Outstanding Delegation Award 2001
- A-level Business Studies Award 2001
- Non- Academic awards
 - Photography award 2005
- Creative Writing Award 2001 - Poetry Competition Award 2000 - Opinionated Essay Writing Competition 1996

Volunteer Service

Red Pencil Art Therapy Program 2024

Volunteered as Art Therapy Trainee and conducted back to back sessions for youths introducing art as therapy. Facilitated conversations based on art creation around emotions.

Central Sikh Temple 2024

Conducted art activity for 150 children.

Thye Hwa Hospital 2024

Volunteered with the art and wellness program to bring art activities and conversation to patients.

Star Shelter, Singapore 2024 -

Volunteered as a co facilitator for an art making session for women and children

AWWA Old Folks Home, Singapore
2009 TO CURRENT-Member and volunteer

Wei Chung Primary School, Shanghai
2008 TO 2009 -Volunteered and conducted art sessions as Primary School teacher for children of migrant workers.

Hong Qiao Childrens Hospital, Shanghai 2007 TO 2009 - Volunteered to spend time with children with Cerebral Palsy.
- Assisted in their physiotherapy, art workshops and activities to assist their development.