



## **DR GOWRISUNKUR - BIOGRAPHY**

Dr Gowrisunkur has been a Consultant Psychiatrist at the Priory Hospital in Altrincham since 2001 and a member of the Royal College of Psychiatrists since 1986. She is also a U.K.C.P. registered Psychoanalytic Psychotherapist. Prior to working at the Priory, Dr Gowrisunkur was a Consultant Psychiatrist and Psychotherapist working for Pennine Care Mental Health Trust. She has also appeared as a guest on 'live' BBC programmes where her expertise has been sought.

## **Qualifications**

- MBChB (Manchester)
- MRCPsych
- Institute of Health Service Management Certificate
- North West Institute of Psychodynamic Psychotherapy Diploma
- Specialist Training in Psychotherapy. C.C.S.T. awarded
- Section 12 Approved

## **Areas of Expertise and Special Interest**

- Psychotherapy and relationship Issues
- Women's Mental Health including Post Natal Depression
- Issues affecting older adolescents
- The interface of physical and mental health issues (Liaison Psychiatry)
- Complex post traumatic states
- Depression and other mood disorders including Bi-polar Disorder
- Anxiety states

## **Management and Leadership Skills**

- Former Chair of the North West Institute of Dynamic Psychotherapy
- Former Chair of the Medical Advisory Committee working with approximately 60 other Consultants at Tameside General Hospital
- One of the key players in the development and improvement of Psychological Therapy services at the Priory Hospital, Altrincham and in the instigation of treatment and care pathways in this area
- Co-ordinated a large research project study on the impact of Cancer on Mental Health at the Christie Hospital
- Key player in the change processes involving Mental Health Services at Tameside General Hospital and for Pennine Care Mental Health Trust
- Project managed the creation of a treatment model and care pathway for patients with complex mental health needs
- Consultant – providing extensive supervision and expertise to the Mental Health Teams and to other professionals working with Pennine Care Mental Health Trust

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### Training

- Dr Gowrisunkur trained in Medicine at the University of Manchester
- Further training in Psychiatry at the University Hospital of South Manchester and also attended their MSc in Psychiatry course
- Research Fellow for a year investigating Peri-natal Psychiatry
- Completed a two year research programme in Psychological Aspects of Cancer at the Christie Hospital
- Specialist Registrar Training at the Manchester Royal Infirmary
- Diploma in Psychotherapy at the North West Institute of Dynamic Psychotherapy

### Presentations

Dr Gowrisunkur attends conferences as a guest speaker where she has presented talks on issues such as:

- Organisation and development of services for complex patients
- Assessment and treatment in psychotherapy
- Management of stress at work and depressive disorders

### Radio and TV Broadcasting

Dr Gowrisunkur's expertise has been sought by the BBC and other Media on several occasions as a guest to discuss and comment on topical issues and in the development of television productions.

### Publications

Title	Authors	Journals
Social influences on the course of anxious and depressive disorders in school-age children.	Goodyer I, Germany E, Gowrisunkur J, Altham P.	The British Journal of Psychiatry, May 1991 158,676-684.
Comparison of Letter Quality between General Practitioners with High and Low Referral Rates to a general psychiatry clinic.	Creed F, Gowrisunkur J, Russell E, Kinsey J.	The Journal of Royal College of General Practitioners.
Access to Psychotherapy for Patients from Ethnic Minorities: The Manchester Experience.	Gowrisunkur J.	Conference Proceedings, Working Across Cultures Conference, 1994.
Ethnic Minorities and Psychotherapy: The Way Forward.	Gowrisunkur J.	Conference Proceedings, Options for Life Conference, 1995.
Ethnicity, Femininity and Psychotherapy: Absence and Silence.	Burman E, Gowrisunkur J, Sangha K.	European Journal of Psychotherapy and Counselling, 1998.

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# Talking-Cures

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## **WEBSITE**

For more information visit Dr Gowrisunkur's website: [www.talking-cures.co.uk](http://www.talking-cures.co.uk).

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