



Sanisha Gill

MSW, RSW

OSP Clinician

Sanisha Gill is a registered social worker with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). She graduated with her Masters in Social Work from University of Toronto in 2018. Prior to her education here, she specialized in psychology at the University of Toronto Mississauga and graduated with her Honours Bachelor of Science in 2016.

Sanisha has years of experience in providing Cognitive Behavioural Therapy (CBT) and Cognitive Processing Therapy (CPT) to adolescents and adults with various mental health conditions such as anxiety, depression, PTSD, panic, stress/life transitions, health anxiety, social anxiety, and insomnia.

Sanisha provides a warm and safe space for clients to discuss their challenges openly and works collaboratively with clients to help them achieve their goals for treatment.

In addition to receiving formal trainings in CBT and CPT, Sanisha also has extensive training in suicide intervention, mindfulness, and acceptance-based strategies. Sanisha's aim is to help client's get out of a dark space and help them better manage the challenges in their life so that they can live a life that is most meaningful to them.

