**Pallavi Tomar** is a Clinical Psychologist, Psychotherapist and Supervisor with over 13 years of experience in clinical, training and teaching settings across Delhi, Mumbai and Bangalore.

In her clinical practice, Pallavi works with adults on a wide spectrum of mental health conditions. Her areas of interest include anxiety related concerns, emotional and relational difficulties, as well as aspects of personal development. Her approach draws heavily from psychodynamic and person-centered psychotherapy with an attachment based and trauma-informed lens.

As a supervisor, she works to provide safe, effective spaces for therapists to create a more reflective and strength-based development of their skills and professional identity. She strongly believes in the power of supervision guided reflective processes in enhancing therapeutic skills and presence.

Pallavi is in supervision and personal therapy. Personal growth and development are important pursuits for her. When she is not working, she loves spending time with her family. Her days are occupied by her toddler and the blissful company of her dog Joy. She recharges with reading, art, being in nature and exercising.

Pallavi is based in Bangalore and is currently working only online. She can be reached on email at pallavi.tomar@live.in

**Educational Qualification & Clinical Training**

Delhi University (2004-2009)

* Masters in Clinical Psychology (Dept. of Psychology)
* Bachelors in Psychology (Jesus & Mary College)

Manipal University (2010-2012)

* Kasturba Hospital : MPhil in Clinical Psychology (Licensing degree as a Clinical psychologist)

Tata Institute of Social Sciences (2021-2022)

* Post Graduate Diploma in Supervision in Mental Health Practice

<https://www.linkedin.com/in/pallavi-tomar-6b653414/>